

# ADDICTIVE DISORDERS COUNSELING (ADC)

## Credit Courses

### ADC 111 Substance Abuse and Society (2 Units)

Prerequisites: ADC 120.

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Hours: 36 (36 lecture)

Study of the impact of substance abuse on American society and governmental and community responses, including reducing crime, promoting education, prevention, treatment and rehabilitation. Topics include the cost of substance abuse, failure of the War on Drugs, current trends in diversion and treatment-based specialty courts, efficacy of different treatment modalities, and the effects on minorities.

Transfer Information: CSU Transferable, UC Transferable

### ADC 120 Alcohol and Other Drugs (3 Units)

Skills Advisories: Eligibility for ENG 110 or ENG 110H.

Hours: 54 (54 lecture)

Study of psychoactive substance use, abuse and dependence from social, historical and current perspectives, including biological, psychological and socio-cultural models of addiction and dependence. Explores the impact of alcohol and drugs on American society and the dynamics of chemical dependency. Other topics include the cost of substance abuse, different treatment modalities and philosophies, and the effects of substance abuse on minorities, seniors and women.

Transfer Information: CSUGE Area E, CSU Transferable, UC Transferable

### ADC 121 Basic Interviewing And Counseling Skills (3 Units)

Hours: 54 (54 lecture)

Presents skills fundamental to effective interviewing and counseling, including how to deal constructively with clients whose behavior is unpleasant. Students learn dynamics of behavior and relationships and develop a conceptual model for observing and assessing patterns of personal interactions. Skills learned may be applied in counseling, mediation, negotiation and interpersonal settings.

Transfer Information: CSU Transferable

### ADC 122 Pharmacological And Physiological Effects Of Alcohol And Other Drugs (3 Units)

Hours: 54 (54 lecture)

Survey of the medical and pharmacological aspects of alcohol and psychoactive substances. Includes theories and research pertaining to chemical dependency, pharmacological actions of drugs, drug classifications, medical and physical effects of alcohol and other drugs, the potential for abuse and dependency, and how psychoactive substances affect the mind and body.

Transfer Information: CSU Transferable

### ADC 123 Group Treatment (3 Units)

Corequisites: prior or concurrent enrollment in ADC 121.

Hours: 54 (54 lecture)

Examines the theory and practice of group therapy as a primary modality in the treatment of substance abuse/dependency and explores group structures and compositions that work best for different populations in successive stages of recovery, stages of group process, and effective group leader skills.

Transfer Information: CSU Transferable

### ADC 124 Chemical Dependency and the Family (3 Units)

Course Advisories: ADC 120 and ADC 121.

Hours: 54 (54 lecture)

Presents theory and clinical practice designed to provide a basic understanding of the family dynamics involved when a member has a chemical dependency problem. Therapeutic techniques to facilitate effective intervention strategies for the family as a system and individuals within that system.

Transfer Information: CSUGE Area E, CSU Transferable

### ADC 125 Co-Occurring Disorders I: Recognition and Referral (3 Units)

Course Advisories: ADC 120 and ADC 121.

Hours: 54 (54 lecture)

Explores historical and current theories dealing with clients who have both a substance abuse and co-existing psychiatric disorder. Includes concepts, definitions, epidemiology, historical divisions of the fields of substance abuse and psychiatry, funding, clinical implications, recognition, and assessment and referral of clients.

Transfer Information: CSU Transferable

### ADC 126 Treatment And Case Management Of Chemically-Dependent Individual (4 Units)

Prerequisites: ADC 121.

Hours: 72 (72 lecture)

Theories, skills, techniques, and legal/ethical practices fundamental to bio-psycho-social therapy for chemically-dependent individuals. Includes eliciting an appropriate case history; assessment and diagnosis; implementing effective intervention; case management skills; treatment plan development; and a review of legal and ethical issues governing the alcohol and drug counselor's responsibilities.

Transfer Information: CSU Transferable

### ADC 129 Emotional Balance and Mindfulness in Recovery (3 Units)

Hours: 54 (54 lecture)

Introduces bio-psychological approaches to treatment of trauma and addiction, engaging dynamics between the brain and the mind. Presents research demonstrating the efficacy of meditation, mindfulness, Emotional Freedom Technique (EFT), neurofeedback, and physical/emotional lifestyle choices as transformative practices which lead to increased and lasting emotional balance.

Transfer Information: CSUGE Area E, CSU Transferable

### ADC 130 Diversity and Cultural Issues In Counseling: Identity, Expression and Addiction (3 Units)

Hours: 54 (54 lecture)

Examines the importance of diversity and culture in determining an individual's reality as applied to the prevention and treatment of alcohol and other drug abuse or dependence. Explores both dependence and codependence from different cultural perspectives, with emphasis on increasing the student's awareness of the social and economic factors that influence substance abuse among ethnic populations.

Transfer Information: CSUGE Area E, CSU Transferable

### ADC 131 Attitudes, Motivation and Behavior Change (3 Units)

Prerequisites: ADC 120.

Hours: 54 (54 lecture)

Explores and contrasts models of motivation and behavior change in substance-abusing clients. Students examine and practice motivational-enhancing techniques, with emphasis on learning therapeutic skills to create conditions which facilitate an individual's motivation to change, enlisting the cooperation in developing a plan of change and helping the client to maintain a positive attitude.

Transfer Information: CSU Transferable

**ADC 132 Substance Abuse and Adolescents (3 Units)**

Course Advisories: ADC 120 and ADC 124.

Hours: 54 (54 lecture)

Focuses on the treatment needs and challenges of substance-abusing adolescents. Includes screening and assessment; developing effective prevention and treatment approaches; levels and types of care; case management; detoxification; individual, group and family therapy; peer-driven treatment; treatment in the juvenile justice system; and why adolescent treatment has been so unsuccessful.

Transfer Information: CSU Transferable

**ADC 133 Anger Management and Family Violence (3 Units)**

Prerequisites: ADC 120.

Hours: 54 (54 lecture)

Examines anger, aggression and violence, particularly domestic violence, and their connection to substance abuse. Explores screening for domestic violence and the creation of effective treatment plans.

Transfer Information: CSUGE Area E, CSU Transferable

**ADC 135 Chemical Dependency Counseling Case Management and Treatment (3 Units)**

Prerequisites: ADC 121.

Hours: 54 (54 lecture)

Theories, skills and techniques fundamental to bio-psycho-social counseling for chemically-dependent individuals, including eliciting an appropriate case history; assessment and diagnosis; treatment plan development; implementing effective interventions, and case management skills.

**ADC 139 Introduction to Process Addictions (3 Units)**

Hours: 54 (54 lecture)

Presents the psychological and physiological aspects of process addictions within a meta-pattern called Addiction Interaction Disorder (AID). Explores how addictions, compulsions and deprivations combine, interact and become part of one another and how these packages can be unbundled and approached separately or in whole.

Transfer Information: CSU Transferable

**ADC 140 Recovery Through Movement (2 Units)**

Hours: 36 (36 lecture)

Explores how daily physical practice can build conscious awareness and transform negative self-perception patterns and interpretations, resulting from addictive conditioned tendencies, through the use of building an awareness of how the body and the mind are connected, developing an awareness of how the body takes on the shape of our experience.

Transfer Information: CSU Transferable

**ADC 146 Substance Abuse Prevention (3 Units)**

Course Advisories: ADC 120 and ADC 121.

Hours: 54 (54 lecture)

Provides training from evidence-based prevention initiatives and practices; the application, effective planning and evaluation of those practices from research that validates the advantages of prevention; and the creation of new opportunities for expansion in the field of substance abuse.

Transfer Information: CSU Transferable

**ADC 147 Tobacco Addiction and Treatment (3 Units)**

Hours: 54 (54 lecture)

Explores the nature and severity of tobacco addiction and effective interventions and strategies to promote using cessation, personal awareness and wellness, modeling these strategies. Topics include, but are not limited to, managing symptoms of stress, diet, physical movement, goal setting, habit change, resistance and fear of change regarding cessation.

Transfer Information: CSU Transferable

**ADC 148 Legal and Ethical Issues in Addictive Disorders Counseling (3 Units)**

Prerequisites: ADC 121.

Hours: 54 (54 lecture)

Theories of legal/ethical practices fundamental to counseling for chemically-dependent individuals, including a review of legal and ethical issues governing the addictive disorders counselor's responsibilities.

Transfer Information: CSU Transferable

**ADC 152 Clinical Process (3 Units)**

Prerequisites: ADC 148 and ADC 135.

Corequisites: ADC 126 and ADC 290.

Hours: 54 (54 lecture)

Prerequisite or Through the use of case presentations, clinical process and supervision, this course further develops and integrates specific skills and competencies central to the entry-level alcohol and drug counselor's professional and clinical efficacy.

Transfer Information: CSU Transferable

**ADC 290 Work Experience in Alcohol and Drug Counseling (1-4 Units)**

Prerequisites: ADC 126.

Hours: 216 (216 lab)

Provides certificate and degree students in Alcohol and Drug Counseling with fieldwork at an agency offering counseling and/or case management services to individuals and families with alcohol or other drug problems. Experiential Learning consists of 216 hours of supervised fieldwork over a 16-week semester. Course restricted to 3 repetitions

Transfer Information: CSU Transferable