

COUNSELING (CSL)

CSL 2046 | Ethical Practice in Addiction Treatment

Lecture Credit: 1

Focuses on ethical issues specific to the practice of addiction counseling and on jurisprudence, which is the law and the practice of psychotherapy in Colorado. The course covers the Colorado Mental Health Practice Act and introduces the regulatory system and the role of Departmental of Regulatory Agencies (DORA) and Division of Behavioral Health (DBH) in the development and credentialing of the addiction counselor. Emphasis on developing ethical decision-making skills, knowledge of confidentiality and the prohibited activities in the Mental Health Practice Act become familiar with the National Association for Alcoholism and Drug Abuse Counselors (NAADAC) Code of Ethics and acquire the tools for ethical and legal practice.

CSL 2050 | Motivational Interviewing I

Lecture Credit: 1.5

Provides the opportunity for students to learn both the model of Motivational Interviewing as well as the underlying Stages of Development model. Discussion of the populations of clients where these models have proven most effective will be discussed. Student opportunity for skills practice during class that includes skill sets specific to each stage of client readiness will be used. Presentation of assessment instruments to evaluate client readiness for change.

Prerequisite: CSL 2068 with a grade of C or better

CSL 2051 | Pharmacology I for Addiction Counselors

Lecture Credit: 1

This class will provide a solid base of knowledge about the drugs of abuse including what is happening in human physiology and behaviors, and will enhance the ability of the counselor to offer treatment services in a manner that respects gender, race and ethnicity, sexual orientation, cultural, familial, systemic and socioeconomic diversity.

CSL 2054 | Trauma Informed Care

Lecture Credit: 1

Covers the concept of trauma-informed care, an approach being adopted within human services based upon an increased awareness of the ways trauma impacts functioning. Course will define what trauma informed care is and ways a traditional treatment setting can be modified to increase the sense of safety experienced by clients. Participants will learn how to incorporate trauma-informed practices into treatment with diverse populations, such as military veterans, women, and people with co-occurring disorders.

CSL 2058 | Group Counseling Skills

Lecture Credit: 1.5

Provides students with the skills that allow one therapist to facilitate a group process that help a number of clients simultaneously, and provides positive peer support and pressure for recovery. This class will help the student understand the use of group therapy and be able to demonstrate the skills necessary to facilitate a therapy group. The class will focus on group process and discuss diversity within groups, as well as challenges for group leaders.

Prerequisite: CSL 2068 with a grade of C or better

CSL 2061 | Case Conceptualization and Documentation

Lecture Credit: 1

Provides the counselor with an understanding of the clinical record and the continuum of client care that the record documents and tracks. The class presents screening, assessment and evaluation, diagnosis, American Society of Addiction Medicine (ASAM) patient placement criteria, treatment planning, progress note completion, documentation requirements and discharge planning. It emphasizes the confidentiality of the client record and includes releases of information, mandatory disclosure and informed consent among others.

CSL 2065 | Culturally Informed Treatment

Lecture Credit: 1

This class will provide a basic foundation for understanding how cultural competence, awareness and sensitivity can improve quality of care and increase positive outcomes. Cultural variables to be considered will include age, gender, sexual orientation, religious affiliation, language, educational level, physical ability, economic status and social class as well as racial and ethnic backgrounds. This course is intended to provide participants with basic skills to recognize and respect the behavior, ideas, attitudes, values, beliefs, customs, language, rituals, ceremonies and practices characteristic of diverse groups of people. Course design will include definitions and descriptions of culture including concepts of assimilation and acculturation. Exercises will involve self-examination and discussion of the evolution of one's own personal beliefs, values and attitudes.

CSL 2068 | Addictions Counseling Skills

Lecture Credit: 1.5

This class will provide a framework and counseling model for working with clients with substance abuse or dependence. This course will teach the counseling skills needed to help clients process their information and move toward the change process. The models utilized in this class are client-centered, counselor-directed therapy using a motivational style and spirit.

CSL 2069 | Principles of Addiction

Lecture Credit: 1.5

Focuses on the major theories of addiction in an historical and theoretical context. Includes an elaboration on NIDA's Principles of Drug Addiction Treatment. This class meets the principles of addictions training requirement for the Counselor I level of the Colorado Alcohol and Drug Abuse Program.