

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 introduce 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 2048 | Advanced Case Conceptualization

Lecture Credit: 1

Covers the differences between screening and assessment and use of assessment instruments. In this course components of the clinical assessment include a biopsychosocial interview, assessing risk for self-harm, identifying cultural needs and supports, problem domains, determining stage of readiness for change and strengths of the client. Stages of treatment and systems of care will be covered along with facets of treatment planning.

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 2052 | Advanced Pharmacology

Lecture Credit: 1

Focuses on the pharmacology of alcohol and drugs such as stimulants, nicotine, cannabis, hallucinogens, designer drugs, over the counter medications, and medications for psychiatric illnesses. When combined with CSL 251, this course meets the pharmacology training requirement for the Counselor II level of the Colorado Alcohol and Drug Abuse Program.

CSL 2053 | Cognitive Behavior Therapy

Lecture Credit: 1

Opportunity for students to learn the model of Cognitive Behavior Therapy as it applies to addiction. Discussion of the populations of clients where this model has proven most effective. Opportunity for skills practice during class that includes clinical feedback. Minimum of 14 contact hours.

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 2055 | Infectious Diseases for Addiction Counselors

Lecture Credit: 1

This class will help prepare addiction professionals to identify diseases frequently associated with drug abuse, determine client risk for infection, educate clients about disease prevention and treatment options, and assist clients in obtaining appropriate treatment as needed. This class 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 2056 | Co-occurring Disorders

Lecture Credit: 1

Presents the basics of working with clients with co-occurring mental health and substance abuse disorders. This class will address clinical assessment, treatment philosophy, strategies, and guidelines to provide integrated treatment with co-occurring disorders. It will include an introduction to the diagnostic criteria for the mental disorders most often seen with substance use disorders. The essential values, attitudes, and competencies of the counselor working with this population are discussed.

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 2059 | Advanced Professional and Ethical Practice

Lecture Credit: 1

Addresses organizational ethics and practices, individual provider ethics and practices, and guidelines for setting up a private practice. Topics will include Office of Behavioral Health (OBH) licensing rules; OBH behavioral health rules and regulations; practice standards and guidelines; Department of Regulatory Agencies (DORA) and the Mental Health Practice Act; the purpose of and the need for written policies and procedures; professional competencies, boundaries and ethical relationships; reporting violations; employee drug testing; liability insurance; clinical versus administrative supervision; the ethical delivery of culturally-responsive care and trauma-informed care; and the need for professional self-care plan. This course will build on Ethical Practice in Addiction Treatment course.

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.

CSL 3028 | Treating Diverse Populations

Lecture Credit: 2

Explores the diverse populations in addiction treatment, including gender-specific, criminal justice-involved, families, LGBTQIA, veterans, and those affected by the opioid epidemic. The course examines the impact of race, ethnicity, and culture on treatment effectiveness. This course presents definitions and principles related to microaggressions, systemic racial injustice, social justice, and multicultural and social justice counseling. This course meets the requirements per Behavioral Health Administration (BHA) for the Certified Addiction Counseling (CAC) clinical training program.

CSL 3030 | Advanced Models in Addiction Treatment

Lecture Credit: 1

An overview of specialized counseling models for behavioral health environments that offer co-occurring mental health and addiction interventions. It focuses on teaching the structure, purpose, appropriate population, and practice details of each model to equip clinical supervisors with the knowledge required to provide adequate support and supervision for these models. This course meets the requirements per the Behavioral Health Administration (BHA) for the Certified Addiction Counseling (CAC) clinical training program.

CSL 3050 | Advanced Motivational Interviewing

Lecture Credit: 2

Covers intensive skill development training in Advanced Motivational Interviewing (MI), focusing on assisting clients in identifying and strengthening intrinsic motivation for positive change. This course offers a brief review of the fundamental spirit, principles, and skills of MI, followed by interactive and experiential learning to develop and practice advanced MI skills. This course meets the requirements per the Behavioral Health Administration (BHA) for the Certified Addiction Counseling

CSL 4020 | Clinical Supervision I

Lecture Credit: 2

Introduces the foundational concepts and practices of clinical supervision in addiction counseling, including the purpose and value of clinical supervision, its historical development, and roles and models of supervision. This course explores cultural and contextual factors, ethical and legal issues, and performance evaluation, while emphasizing the core competencies for addiction counseling and skills needed for effective supervision in an integrated behavioral health and primary care setting. This course meets the requirements per the Behavioral Health Administration (BHA) for the Certified Addiction Counseling (CAC) clinical training program.

Prerequisite: CSL 2068 and CSL 2058 and CSL 2050 and CSL 3050 with a grade of C or better

CSL 4021 | Clinical Supervision II

Lecture Credit: 2

Focuses on clinical and service provider supervisors and acquired motivational interviewing (MI) skills, and explores observation and coaching strategies of skills. The course covers MI interview rating systems, general interview rating etiquette, using feedback, guidelines for MI supervision, coding to enhance clinical supervision, implementation, and integrating MI and clinical supervision into various settings. This course meets the requirements per the Behavioral Health Administration (BHA) for the Certified Addiction Counseling (CAC) clinical training program.

Prerequisite: CSL 4020 with a grade of C or better