



## COURSE SYLLABUS

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**COURSE: SAB 210 ADDICTION & RECOVERY COUNSELING**

**HOURS: Lecture: 2 Lab/Shop: 2 Work Exp/Clinical: 0 Credits: 3**

### **COURSE DESCRIPTION:**

This course provides theory and skills acquisition by utilizing intervention strategies designed to obtain therapeutic information, support recovery, and prevent relapse. Topics include counseling individuals and dysfunctional families, screening instruments, counseling techniques and approaches, recovery and relapse, and special populations. Upon completion, students should be able to discuss issues critical to recovery, identify intervention models, and initiate a procedure culminating in cognitive/behavioral change.

**PREREQUISITE(S): NONE**

**COREQUISITE(S): NONE**

### **TEXTBOOK(S) & OTHER SPECIAL REQUIREMENTS:**

Open Educational Resources (OER) are listed in the course Moodle.

### **STUDENT LEARNING OUTCOMES:**

Upon successful completion of this course, the student will be able to:

1. To explore the strengths in various treatment options and what evidence-based research tells us.
2. To discuss the prevalence, characteristics, areas of risk, and treatment barriers that typically exist for a person with co-occurring mental disorders or disability.
3. To show the interconnectedness of all addictions and facts concerning the uniqueness of each one—gambling, food, shopping, Internet, and sex addictions.
4. To explore gender differences in the ways that behavioral addictions find expression.
5. To present the theories that relate to development across the life span and to relate these theories to alcohol and other drug use.
6. To describe how the screening and assessment process can be an opportunity to build recovery capital through identifying strengths.
7. Explain motivational interviewing, solution-focused, and cognitive-behavioral models of practice.
8. To offer tips on how to support client involvement in mutual help groups.
9. To introduce concepts of contemporary family systems theory and to contrast it with classic systems theory.
10. To encourage professionals to develop cultural competencies to support client strengths in diverse settings.
11. To explore the implications of gender and sexual differences on addiction treatment.
12. To provide examples of public policies that lead to social injustices, particularly for the poor, minority, and persons with substance use disorders.

**\*\*\*Please refer to the online version of the Richmond Community College Program & Course Catalog and the Student Handbook for current academic and general information.**