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CNSK 2502: Foundations of Addiction Counselling Skills

EFFECTIVE DATE

January 2021

DEPARTMENT

Counselling Skills

DESCRIPTION

This course will provide an in-depth knowledge base specific to substance use disorders. Students will acquire the skills, qualities, conceptualizations, and implications inherent with working in a helping role with this population.

CREDITS

2.0

YEAR OF STUDY

2nd Year Post-secondary

PREREQUISITES

None

COREQUISITES

None

COURSE LEARNING OUTCOMES

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

- Engage effectively with people seeking help for substance use disorder
- Utilize counselling skills to attain client-centred goals regarding clients' substance use disorder
- Demonstrate professional engagement with clients seeking help with substance use
- Apply a critical lens in order to remain client-centered and maintain professional objectivity
- Explain the implications of the prevalence of trauma when working with people with substance use disorders

PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)

PLAR will be assessed by the Department according to standardized practice and using one or more of the following components: Challenge Exam, Demonstration, Interview, or External Evaluation.

HOURS

Lecture: 27

INSTRUCTIONAL STRATEGIES

Lecture, videos, group discussion/work, reflective writing, written practice of skills, readings, practice sessions, transcripts, peer and instructor feedback

GRADING SYSTEM

Letter Grade (A-F)

PASSING GRADE

C (60%)

EVALUATION PLAN

Type	Percentage	Assessment activity
Final Exam	30	
Project	20	Research paper / presentation
Assignments	20	Self-assessment paper
Assignments	10	Journal
Assignments	5	Presentation
Assignments	5	Self-care grounding demonstration
Participation	10	Professionalism and participation

COURSE TOPICS

- Social history of substance use
- Continuum of substance use and care
- Approaches to substance use along the continuum
- DSM categories of substance use disorders
- Different theoretical models
- Medical treatment of substance use disorders
- Overview of different types of resources available (detox, counselling, day treatment, etc.)

- Values and beliefs as it relates to addictions and substance use
- Harm reduction
- Trans-theoretical model of change
- Client determination
- Motivational interviewing
- Culturally safe and trauma-informed practices
- Vicarious trauma and self-care
- Ethical considerations and dilemmas inherent to working in addictions
- Professional boundaries
- Community Resources

LEARNING RESOURCES

None

Notes:

- Course contents and descriptions, offerings and schedules are subject to change without notice.
- Students are required to follow all College policies including ones that govern their educational experience at VCC. Policies are available on the VCC website at:
<https://www.vcc.ca/about/governance--policies/policies/>.
- To find out how this course transfers, visit the BC Transfer Guide at <https://www.bctransferguide.ca>.

Broadway campus

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Downtown campus

250 West Pender Street
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