HSC 2310  Addiction Counseling: Theory and Practice  Spring 2006
Tu/Th 9:25 AM Doyne Health Science Center, 308
Instructor: Lisa K. Ray

Office Hours:  M W F: 8:00 -11:00 a.m.
             M W ONLY 1:00 – 2:00 p.m.
             T TH: 8:00 – 9:00 a.m. and 11:00 – 1:00 p.m.

e-mail: lray@uca.edu

Faculty website: http://faculty.uca.edu/~lray

Course Description: Students will study techniques of individual and family counseling as applied to issues around addictions. Students will explore various counseling theories and their appropriateness to addictions.


Course Objectives: Upon completion of the course, students will be able to:
1. describe the primary factors that form the basis for effective helping;
2. list the characteristics of effective addictions counselors;
3. explain the stages of the counseling process;
4. describe appropriate ways to terminate counseling;
5. discuss the role of the addiction counselor in diagnosing addiction disorders;
6. support ways to counsel with the reluctant client;
7. identify major theoretical models of counseling;
8. discuss techniques common to working with families with an addicted member;
9. demonstrate organizational and writing skills in researching addictions counseling issues;
10. demonstrate effective group strategies in problem solving assignments.

Course Outline:
I. Characteristics of effective helping professionals
   A. Personal characteristics
   B. Personal counseling for the counselor
   C. Counselors’ values
D. Issues for the beginning counselor

II. Ethical issues in counseling
   A. Ethical decision making
   B. Client rights and confidentiality
   C. Dealing with suicidal clients
   D. Multicultural issues in counseling
   E. Avoiding dual relationships

III. Theories and Techniques
   A. Main theoretical concepts
   B. Therapeutic techniques and procedures
   C. Evaluation

IV. Integration of Counseling Theories
   A. Trend toward eclectic approach to counseling
   B. Issues related to the goals of counseling

**Course Requirements and Evaluation:**

1. Exams: There will be four exams including the final exam. Each exam will be worth 100 points. Students will be given the examination schedule at the beginning of the semester.

2. Quizzes: Unannounced quizzes will be given throughout the semester. If a student is late or absent for the quiz, that quiz cannot be made up.

3. Research Paper: Students will be required to complete a research paper as part of the course requirement. The paper must be typed, free of excessive grammatical errors, and prepared on a topic that relates to the course. Students will be given further instructions regarding the paper and the paper date at the beginning of the semester.

4. Register for WebCT. You will be given 5 bonus points for doing so and WebCT is used for posting slide presentations, articles, etc. that you will need for the class.

5. Points: Points will be converted to the following grading scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100%</td>
<td>A</td>
<td>Exams</td>
</tr>
<tr>
<td>80-89%</td>
<td>B</td>
<td></td>
</tr>
<tr>
<td>70-79%</td>
<td>C</td>
<td>Research paper</td>
</tr>
<tr>
<td>60-69%</td>
<td>D</td>
<td></td>
</tr>
<tr>
<td>Below 60%</td>
<td>F</td>
<td></td>
</tr>
</tbody>
</table>
Absences from class: Students are required to attend class regularly and to be punctual in their attendance. Students are responsible for all work missed due to illness or university business. Roll will be called at the beginning of each class. If a student misses roll call because of lateness, it is the student’s responsibility to notify the instructor at the end of the class so that an adjustment of the attendance record can be made. More than four absences will result in a lowering of the course grade (i.e. lowered by one letter grade), at the instructor’s discretion. Chronic absences may result in additional letter grade drops. Students may also be dropped from the class for non-attendance. Students should be courteous and discreet in the event of an emergency necessitating the need for the student to leave the classroom.

Behavior in Class: Participation in class is encouraged, however consideration of your fellow students is required. This is a professional degree program and students are expected to behave accordingly. Failure to conduct yourself in a professional and courteous manner may result in being asked to leave class or being dropped from the class.

Examinations and quizzes: All examinations are to be taken at the time they are scheduled. If a problem arises requiring a student to be absent for an exam, the student should meet with the instructor as quickly as possible to reschedule the exam. If possible, the student should meet with the instructor before the scheduled examination. Failure to promptly take make-up examinations may result in a lowering of the exam grade. Unannounced quizzes CANNOT be made up. If the student is late or absent for a quiz, that quiz cannot be made up.

Cell phones and pagers: Cell phones and pagers must be turned off before class begins. Abuses of these electronic devices will result in the student being asked to drop the class.

Student Handbook: Students should be familiar with all policies in the student handbook; especially the sexual harassment policy and academic policies.

Documented disabilities: Any student with a documented disability (e.g., physical, learning, psychiatric, vision, hearing, etc.) who needs to arrange reasonable accommodations must contact the instructor and the Disability
Services at the beginning of the semester. The University of Central Arkansas adheres to the requirements of the Americans with Disabilities Act. If accommodations are needed under this Act due to a disability, contact the Office of Disability Support Services at 501-450-3135.

**Academic dishonesty and plagiarism:** Students involved in or supporting acts of academic dishonesty and/or plagiarism will lose credit for the assignments or exam and may be withdrawn from the class with a WF. Book bags and notebooks will be kept under the desks and may not be opened during exams. Students leaving the class during an exam will not be allowed to continue the exam. Students may also be asked to draw for seat assignments. Students are responsible for bringing two #2 lead pencils and a pen to the exam. The Student Handbook defines academic misconduct as follows:

1. Any academic dishonesty in connection with the taking of, or in contemplation of the taking of any examination. For the purposes of this policy, any student is academically dishonest who (a) knowingly discovers or attempts to discover the contents of an examination before the contents are revealed by the instructor; (b) obtains, uses, attempts to obtain or use any material or device dishonestly; or (c) supplies or attempts to supply to any other person any material or device dishonestly; or (d) during the course of an examination obtains or attempts to obtain unauthorized information from another student or from another student’s test materials.)
2. Any misrepresentation of academic work by a student as the product of their own study and efforts.
3. The unauthorized possession, taking, or copying of solutions manuals or computerized solutions for homework or research problems assigned by a professor and/or instructor