

Date Prepared: February 11, 2009

New       Revised  
(*Check One*)

Effective Date: Spring 2009

### **COURSE OUTLINE**

1. COURSE PREFIX and NUMBER: **HMS 260** CREDIT HOURS: 3
2. COURSE TITLE: **Substance Abuse Counseling**
3. PREREQUISITES: None
4. COURSE DESCRIPTION: Provides an understanding of the skills of guidance of clients and those associated with being an advocate. Examines the dynamics of the client/counselor relationship in developing treatment plans and empowerment skills. Lecture 3 hours per week.
5. CONTENT: (Major Headings)
  - a. Introduction to Substance Abuse Counseling
  - b. Drugs and Effects
  - c. Assessment and Treatment Planning
  - d. Empowering Consumers Through Group Work

6. GENERAL COURSE OBJECTIVES:

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

- a. Effectively counsel individuals, small groups, and families on the negative impact of substance abuse on the quality of human life.
- b. Develop and initiate a treatment plan for consumers to assist them in overcoming substance abuse.
- c. Develop groups and train the members in empowerment skills (communication, advocacy, and planning).