

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HMS 260

Credits: 3

Course Title: Substance Abuse Counseling

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.

General Course Purpose: This course can be used to satisfy the requirements of the Human Services AAS degree by the college. In addition to human service majors, this course offers students in other disciplines an opportunity to explore and study substance abuse counseling and the application of this and other interventions that treat addiction and substance use.

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Effectively counsel and assist individuals, small groups, and families whose quality of life has been negatively impacted by addiction or substance use;
- b. Develop and initiate a treatment/recovery plan for clients that assist them in overcoming addiction and substance use behaviors; and
- c. Facilitate groups and assist group members in enhancing or restoring empowerment, communication skills, and understanding the disease process of addiction that includes risk factors and understanding “triggers”.

Major Topics to Be Included:

- a. Introduction to Substance Abuse Counseling
- b. Drugs and Their Effects
- c. Assessment and Treatment Planning
- d. Empowering Clients Through Group Work

Date Created/Updated (Month, Day, Year): January 28, 2019