

# CITYTEAM INSTITUTE

## Individual, Family, & Group Counseling

CAS 005; 4.5 credit hours

Adjunct Professor

Dick House BA, CAADCIIA8486604 Laadc LNR2470411

### SYLLABUS

#### *Course Description*

This course is designed to help students focus on the objectives of counseling theories, processes, and dynamics. This course satisfies the California Association of Alcohol and Drug Counselors (CAADAC) educational requirements for certification (4.5-quarter units).

#### *Course Goals*

1. To introduce the student to special skills of counseling utilizing modern counseling models of treatment methods;
2. To teach and equip the student with basic individual, family, and group counseling skills, through class instruction, leadership modeling, and practical exercises;
3. To provide the student with an understanding of family dynamics and the addictive system;
4. To provide demonstrative, practical differences between therapy groups, support groups, and self-help groups;
5. To provide the student with an understanding of codependency and traits;
6. To further develop skills within the student to initiate and maintain individual and family counseling and support groups;
7. To present the unique challenges associated with counseling and supporting people who desire to change addictive behaviors.

#### *Course Objectives*

Upon course completion, student shall display a fundamental competence and demonstrate necessary abilities in the following areas:

##### **1. Objectives to counseling:**

a. Exploration of a problem and its ramifications

b. Examination of attitude and feelings

c. Consideration of alternative solutions

d. Decision-making

e. Therapeutic approaches

##### **2. Family counseling**

a. Theories of family codependency

b. Techniques for motivating family involvement in the treatment process

c. Techniques of multifamily group counseling

d. Limitation of the chemical dependency counselor

e. Working with the family therapist

f. Selecting an appropriate family therapist for ongoing family work

g. Role-playing

### 3. *Group counseling*

- a. Purpose and function of different types of counseling groups
- b. Models of group counselor intervention
- c. Group patterns of behavior
- d. Therapeutic factors in group counseling
- e. Client behaviors that may affect group participant outcome
- f. Process group vs. didactic/training group
- g. Theories about the stages of group development
- h. The role of the counselor at various stages of group development
- i. The difference between individual-oriented and group-oriented behavior
- j. Group techniques and exercises
- k. Group orientation process

#### ***Textbooks***

#### **Required:**

- Kottler, Jeffrey A, *Nuts c Bolts O/Helping*, Allyn & Bacon, Needham Heights, MA,

#### **Recommended:**

Clinebell, Howard Phd, *Understanding and Counseling persons with Alcohol Drug, and Behavioral Addictions* Abingdon Press, Nashville. *Revised and Enlarged Edition 1998.*

- Worthington jr., Everett L.. *When someone asks for HELP A Practical Guide for Counseling.* 1982 by Inter-Varsity Christian Fellowship of the United States of America.

- Alcoholics Anonymous. Thhd Edition. Alcoholic Anonymous World Services, INC New York City 1976*

#### ***Course Requirements and Assignments:***

#### **Reading**

Assigned reading is listed in the course outline

Each assignment should be completed before the class session so that you will be able to participate in and benefit from the class discussions.

#### **Tentative Course Outline:**

June 1 General Introduction

    Overview of Course

    Overview of Syllabus

    Lecture: Objective to counsel

June 3 Review

    Lecture: Therapeutic approaches

    Attend 1 AA meeting (susp..Cv19)

    Read chapter 1 & 2

June 8 Review

    Role-play

    Lecture: Therapeutic Approaches cont'd

    Assignment due: Summary of class discussions on May 28 and June 2; 2-4 typed pages

    Read chapter 3 & 4

- June 10 Review  
Small group discussion  
Lecture: Individual Counseling  
Attend 2<sup>nd</sup> AA meeting (susp. Cv19)  
Read chapter 5 & 6
- June 12 Review  
Lecture: Family Counseling  
Assignment due: Summary of class discussions on June 4 & 9, 2-4 typed pages  
Read chapter 7 & 8
- June 17 Review  
Lecture: Group Counseling  
Role Play  
Read chapter 9
- June 19 Comprehensive review of class material  
Role Play  
Assignment due: Summary of class discussions on June 11 & 16; 2-4 typed pages
- June 24 Wrap-up/Discussion  
FINAL

### CLASS POLICIES:

#### *A. Attendance:*

Students are expected to attend and participate in classroom activities as directed.

#### *B. Absences*

After three unexcused absences, a student is counseled by the Dean and placed on probation. If the student has another unexcused absence while on probation, the student is counseled again by the Dean and at his/her discretion, may terminate the student. Absences from part of the class period without prior approval from the instructor or Dean are not permitted and can be considered an absence for the entire class period.

#### *C. Tardness*

A student arriving after attendance has been taken is considered late and will be marked absent unless the instructor considers the reason for tardiness legitimate.

***D. Late assignments:*** *The student alone is responsible to make arrangements for missed course work and I am under no obligation to assist the student in making up assignments unless the student provides a Legitimate reason for the absence (e.g., illness or family emergency. Assignments submitted after the due date and tithe will not be accepted unless discussed and prearranged at least one (1) week in advance of the due date. (However, ANY WORK SUBMITTED EARLY WILL BE APPRECIATED.)*

***E. Cover page*** To safeguard confidentiality please provide a Title Page as a cover for assignments submitted to me.

#### ***Grading:***

Attendance: 20%

Class Participation: 20%

Assignments:30%

Final 30%

A+ 97-100 A 94-96 A- 90-93

B+ 88-89 B 84-87 B- 80-83

C+ 77-79 C 73-76 C- 70-72

D+ 67-69 D 64-66 D- 60-63

CLASS DATES: May 28, June 2,5,9,11,16,18,23..

CLASS TIME 6:00PM-9:45 PM. CLASS DAYS Tuesday & Thursday