Course Outline

Course Title: Counseling Theory and Skills
Semester Course Prefix and Number: ADDS 1261
Old Quarter Course Prefix and Number: CDEP 210
Submitted By: M. Riendeau
Approval Date: Old Quarter
Course Prefix and Number: CDEP 210
Revision Date: Sept. 2017
Number of Credits: 3
Number of Lecture Credits: 3
Number of Lab Credits: Number of Lab Hours: Number of Studio/Demonstration/Internship Credits:
Class Size: Negotiated by AASC on: (date)

Course Purpose Code:
0 – Developmental Courses
1 – Non-transferable
2 – Technical course related to career programs
3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
# – Other college course not considered a part of MNTC (e.g. computer science, health, physical education)
# – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements or intended for transfer.
9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

Catalog Description:
This course will examine the various theories of addiction and modalities of treatment. Emphasis will be placed on effects of addiction on relationships, family systems, and business and industry. The “Minnesota Model of Addiction”, both theory and treatment, will be a major thrust of the course.

Prerequisites and/or recommended entry skills/knowledge:
Course Prerequisite(s): None
Reading Prerequisite: College level reading
Composition Prerequisite: College level writing
Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:
Required base course of Human Services/Addiction Studies Option.

Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:
(Notes: No more than two goals may be met by any one course. AASC review and the Chief Academic Officer’s approval are required.)
0. # None
1. # Communications
2. # Critical Thinking
3. # Natural Sciences
4. # Mathematical/Logical Reasoning
5. # History and the Social and Behavioral Sciences
6. # The Humanities and Fine Arts
7. # Human Diversity
8. # Global Perspectives
9. # Ethical and Civic Responsibility
10. # People and the Environment
**Learning Outcomes:** (including any relevant competencies listed in the Minnesota Transfer Curriculum)

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

- Identify the effects of addiction within the family system and its far-reaching effects
- Identify different resources and programs available to both the addict and those affected by addiction
- Discuss the history of addiction and substance abuse treatment
- Develop working knowledge of the predominant models which explain addiction and treatment
- Recognize the foundational literature, authors, research evidence and terminology related to addiction studies
- Learn and demonstrate basic counseling skill and techniques in a culturally competent manner
- Identify and utilize various theoretical counseling perspectives

**Student Assessment Methods:** May include:

- Exams
- Quizzes
- Book report
- Attendance
- Field Work - Meeting Attendance

**Use of Instructional Technology:** (includes software, interactive video and other instructional technologies):
D2L, Video conferencing, teleconferencing

**Additional Special Information:** (special fees, directives on hazardous materials, etc.)

**Transfer Information:** (Please list colleges/majors that accept this course in transfer.)

University of Wisconsin-Superior (Social Work)

**Affiliated Mesabi Range College Courses and Programs:**

Addiction Studies and Human Services

**Approvals:**

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<td>Faculty Association</td>
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**Distribution:** Original – Instructional Services

**Copies:** Transfer Specialist, Originating Faculty Member, Records

**Revised:** December 2012