

Substance Abuse Counselling

CERTIFICATE

Why take the Substance Abuse Counselling program?

The use, misuse, and abuse of alcohol and other drugs represent a significant issue in our society. This is a far-reaching problem that affects all of us. Some of the issues and areas connected to substance abuse include prevention, harm reduction, enforcement, and treatment, as well as related social problems. There is a growing need for treatment of addictions. Similarly, there is an increasing number of people working in the social services and related fields who want additional training to become more effective with their client groups.

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WHY TAKE THIS PROGRAM AT UFV?

Our nine-month Substance Abuse Counselling certificate program can be taken part-time, allowing you to continue with your career and busy life while you enhance your education. You will gain knowledge about alcohol and drug dependencies, harm reduction, prevention techniques for working with clients who have dependencies, and develop knowledge and skills related to specific client groups. Intervention skills will be developed on individual, group, and family levels.



“Our programs will assist you in making a difference in the lives of others. From certificate to diploma to BSW, we have something for everyone.”

— JOHN HOGG,
Acting Director, UFV School
of Social Work and
Human Services.

Substance Abuse Counselling



“I use the knowledge I gained in my courses every day. I often leaf through my pharmacology text to help parents understand what their teen is taking and the effect it’s having on the brain. UFV’s a fantastic school. You can walk into any class and feel completely comfortable challenging the professor if you disagree with them, and asking any questions you might have.”

— LIANNE RADMORE,
Substance Abuse Counselling Cert, Bachelor of General Studies, '05.

Our program will help working professionals who recognize their own limitations and strengths, and wish to improve their knowledge and skills in substance abuse counselling.

It is designed as a post-graduate program for people who hold certificates, diplomas, or degrees in related fields (chemical dependency, human services, social work, education, corrections, health care, etc.). It may also be taken as part of a degree program (Bachelor of General Studies, BA in Psychology, BA in Adult Education, etc.).

Substance abuse counsellors may or may not be people in recovery, but undertaking this training is not part of the recovery process. Prospective students are expected to lead a life free from substance abuse.

UFV also delivers a two-year diploma program for those who have not yet earned the appropriate post-secondary certificate, diploma, or degree. Check our website at www.ufv.ca/swhs for more information.

WHAT DO I NEED TO GET IN?

Your application will be assessed on an individual basis by the program director based on the following requirements:

- Interview with the Substance Abuse program director
- Sustained work history
- Evidence of professional or para-professional credentials
- Formal training in counselling skills. If you lack this training, you may be provisionally accepted but will be required to complete HSER 120 and 200
- Two recent letters of reference (reference forms are available from the program director or coordinator)
- Minimum four years of sobriety for individuals in recovery
- Willingness to undergo a criminal records check (for practicum purposes).

CAN I GET ACADEMIC CREDIT FOR THE SKILLS AND KNOWLEDGE THAT I HAVE GAINED IN MY LIFE SO FAR?

Yes. UFV offers Prior Learning Assessment and Recognition (PLAR), a flexible assessment process that evaluates your experiential learning (what you already know and can do) for post-secondary credit. Experiential learning includes independent study, volunteer activities, non-credit courses, workplace learning, and military service. To find out more, check out the PLAR website at www.ufv.ca/plar or contact Susan Brown, Assessment Services Coordinator, PLAR at 604.851.6342 or susan.brown@ufv.ca.

WHAT TYPE OF COURSES WILL I TAKE?

SEMESTER I (SEPTEMBER–DECEMBER)

COURSE #	TITLE
HSER 500	Counselling Skills for Addictions Work
HSER 501	Group Facilitation Skills for Addictions
HSER 510	The Nature of Substance Abuse
HSER 527	Integrative & Self-Care Seminar

SEMESTER II (JANUARY–APRIL)

COURSE #	TITLE
HSER 502	Family Work in Addictions
HSER 511	Pharmacology and Psychobiology of Addictions
HSER 512	Community Treatment: Assessment & Referral
HSER 528	Integrative and Self-Care Seminar

SEMESTER III (MAY–JUNE)*

COURSE #	TITLE
HSER 530	Substance Abuse Practicum

* or as individually negotiated and may begin in the following September

WHEN AND WHERE ARE THE CLASSES HELD?

You have a busy life. We realize that. That's why our classes are currently scheduled on Saturdays from 8:30 a.m. to 4:30 p.m. in order to accommodate people in the workforce. Classes are held at the Abbotsford campus.

WHAT ARE THE PRACTICUM REQUIREMENTS?

The 200-hour practicum will provide an opportunity for you to develop your individual, group, and family treatment skills in the addictions field. Student evaluation will be conducted by both the agency and your UFV supervisor and will be based on actual observation of your work. Students are encouraged to consider starting their practicum only after completing all the course work. You can begin your practicum anytime after March 1.

WHEN SHOULD I APPLY?

Apply at any time. If you plan to start your studies in the fall, however, your application should be received by January 31. Applications received after this deadline will be considered if space is still available in the program.

HOW MUCH DOES IT COST?

UFV offers this program on a cost-recovery basis. You should expect your tuition to cost about \$450 for each two-credit course and the practicum. Seminars will be about \$200 each. Textbooks average \$150 per course. This part-time program does not qualify for financial aid, however, there are bursaries available. It's worth a visit to the UFV Financial Aid and Awards office, which facilitates the disbursement of about \$12 million annually in federal and provincial student loans, grants, bursaries, scholarships, and awards to UFV students. A helpful budget planning worksheet is available online at www.ufv.ca/fineaid/budget.

I'M INTERESTED. WHAT SHOULD I DO NOW?

The next step would be to check UFV's online calendar www.ufv.ca/calendar. Be sure to review the section about our Substance Abuse Counselling certificate program carefully and then complete your Application for Admission form, which you can download under Applications. Once that's done, submit it by mail or in person with all the required documents and the \$45 application fee to any UFV Admissions and Records office at any UFV campus or centre.

SOUNDS GOOD. WHAT'S THE NEXT STEP?

Visit www.ufv.ca/advising/prospective/enroll for a step-by-step process to becoming a UFV student. Have specific questions about the Substance Abuse Counselling certificate program? Contact the School of Social Work and Human Services by calling 1-888-504-7441, local 4631, or 604-864-4631, or 702-2623, or go to our website at www.ufv.ca/swhs.

CAN I SPEAK WITH SOMEONE ABOUT MY OPTIONS?

Absolutely. We want to hear from you. If you're unsure of your direction, contact Student Services at 1-888-504-7441 to connect with an educational advisor, or arrange for career counselling. Or visit the School of Social Work and Human Services website at www.ufv.ca/swhs.



About UFV

Nestled in the beautiful Fraser Valley just east of Vancouver, in B.C., UFV is a fully accredited, public university that enrolls more than 11,000 students each year. UFV has campuses in Abbotsford, Chilliwack, and Mission and regional centres in Hope and Agassiz, and a growing presence in Chandigarh, India.

UFV is committed to exceptional post-secondary instruction and a nurturing learning environment. We are large enough to offer variety, yet small enough to offer the personal attention that our students need to thrive. Our small class sizes and focus on teaching allow our students to get to know their instructors and learn in a hands-on setting.

We offer more than 80 programs, including 13 bachelor's degrees, a master's degree, and more than a dozen trades and technology programs. We believe that anyone who wants to go to university should be given the chance, so our admission policies are flexible, and we provide university prep courses and high school completion options. There are many options for learning: full-time, in class, online, as part of a structured program or one tailored specifically to your interests.

Many of our programs "ladder" into one another, allowing students to keep their options open. Our international programming makes for a culturally diverse student body and great opportunities to study abroad, while our continuing studies offerings make learning a lifelong experience.

UFV is recognized nationally for student success, an excellent learning environment, creative integration of programming, and our work with our local communities.

Get to know us better at www.ufv.ca.



The information contained in this document is subject to change. Please refer to www.ufv.ca/swhs for up-to-date information. UFV reserves the right to cancel courses and programs.

