

COURSE IMPLEMENTATION DATE: 1991
COURSE REVISED IMPLEMENTATION DATE: September 2007
COURSE TO BE REVIEWED: March 2010
(Four years after UPAC final approval date) (MONTH YEAR)

OFFICIAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.
Shaded headings are subject to change at the discretion of the department and the material will vary
- see course syllabus available from instructor

FACULTY/DEPARTMENT:	School of Social Work & Human Services	
HSER 500	HSER 400, SSSW 600	2
COURSE NAME/NUMBER	FORMER COURSE NUMBER	UCFV CREDITS
	Counselling Skills for Addictions Work	
COURSE DESCRIPTIVE TITLE		

CALENDAR DESCRIPTION:

This experientially based course will help the counsellor focus in on developing strategies for working with clients who use/misuse psychoactive drugs. Skills to be developed include establishing rapport with clients, challenging clients, working through defenses, change processes, setting goals with clients, exploring issues, and approaches to working with clients from culturally and socially diverse populations. Supportive counselling techniques will be practised. The use of written records in the counselling process will be explored and a continuing focus will be on ethical behaviour and appropriate expectations. Extensive use of videotape practice will be made.

PREREQUISITES: Admission into the Substance Abuse Counselling program or permission of the Director
COREQUISITES: HSER 510 or SOWK 394; and HSER 527

SYNONYMOUS COURSE(S)	SERVICE COURSE TO:
(a) Replaces: HSER 400; SSSW 600 (Course #)	(Department/Program)
(b) Cannot take: _____ for further credit. (Course #)	(Department/Program)

TOTAL HOURS PER TERM:	30	TRAINING DAY-BASED INSTRUCTION
STRUCTURE OF HOURS:		LENGTH OF COURSE: N/A
Lectures: 10 Hrs		HOURS PER DAY: N/A
Seminar: 20 Hrs		
Laboratory: _____ Hrs		
Field Experience: _____ Hrs		
Student Directed Learning: _____ Hrs		
Other (Specify): _____ Hrs		

MAXIMUM ENROLLMENT:	24
EXPECTED FREQUENCY OF COURSE OFFERINGS:	1 SECTION PER YEAR
WILL TRANSFER CREDIT BE REQUESTED? (lower-level courses only)	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
WILL TRANSFER CREDIT BE REQUESTED? (upper-level requested by department)	<input type="checkbox"/> Yes <input type="checkbox"/> No
TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

AUTHORIZATION SIGNATURES:

Course Designer(s): _____ Chairperson: _____
Gloria Wolfson (Curriculum Committee)

Department Head: _____ Dean: _____
Gloria Wolfson Jackie Snodgrass

UPAC Approval in Principle Date: _____ UPAC Final Approval Date: March 2, 2007

LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:

- Skill in working with clients who have substance use/misuse issues.
- Knowledge of the counselling process and practice as it relates to clients with use/misuse issues.
- Skill in working with clients from diverse population groups (i.e. gender, culture, age)
- Maintaining ethical behavior and appropriate boundaries.
- Engage clients in a therapeutic interaction.
- Articulate a personal counselling style and philosophy of client change.

METHODS:

Lecturettes, skills practice, video tapes..

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR (Please check:) Yes No

METHODS OF OBTAINING PLAR:

Portfolio and/or examination.

TEXTBOOKS, REFERENCES, MATERIALS:

[Textbook selection varies by instructor. An example of texts for this course might be:]

Egan, Gerard. (2002). The Skilled Helper: A Problem-Management Approach to Helping. (7th ed.) Pacific Grove, California:
Brooks/Cole Publishing Company.

SUPPLIES / MATERIALS:

STUDENT EVALUATION:

[An example of student evaluation for this course might be:]

Video 1	25%
Video Transcript	25%
Concerns Facing Beginning Helpers	25%
Matching Personal Perspective to Helping Strategies	25%
Total	100%

COURSE CONTENT:

[Course content varies by instructor. An example of course content might be:]

Session 1	Introduction to HSER 600: Overview of course requirements and assignments The Nature and Goals of Helping
Session 2	Overview of the Helping Model: Stages 1, 2 and 3
Session 3	Building the Helping Relationship: Values in Action A Bias toward Action
Session 4	Basic Communication Skills in Helping:

- Attending and Active Listening
- Session 5 Basic Communication Skills in Helping:
Basic Empathy, Probing and Summarizing
- Session 6 Advanced Communication Skills: Stage 1
Helping Clients Identify and Clarify Problem Situations
Reluctant and Resistant Clients
- Session 7 Advanced Communication Skills:
Skills and Guidelines for Effective Challenging
- Session 8 Helping Clients Develop Program for Constructive Change: Stage 2
Possibilities and Choices for a Better Future
- Session 9 Making Plans: Stage 3
Helping Clients Develop Action Plans That Work
Relapse Awareness
Motivational Counselling
- Session 10 Review Stages 1, 2, & 3
Professional Boundaries
Record Keeping
Closure of the Counselling Session/Relationship
Acts & legislation (Infants Act, Criminal Code of Canada, Child Family & Community Act, Youth Justice Act)