

CAL STATE  
EAST BAY  
CONTINUING EDUCATION

**Addiction Studies Certificate Program – Course Titles/Descriptions**

**Required Courses**

- \_\_\_\_\_ EPSY 805 – Theories of Addiction – 2 units (formerly ‘Theories of Chemical Dependency’)
- \_\_\_\_\_ EPSY 806 – Basic Counseling Skills (*in person, on campus*) – 3 units (formerly ‘Basic Counseling Skills I’ and ‘Basic Counseling Skills II’)
- \_\_\_\_\_ EPSY 807 – Law and Ethics in Addiction Counseling – 1 unit (formerly ‘Law and Ethics in Chemical Dependency’)
- \_\_\_\_\_ EPSY 808 – Relapse Prevention – 1 unit
- \_\_\_\_\_ EPSY 810 – Behavioral Pharmacology – 2 units
- \_\_\_\_\_ EPSY 811 – Addiction and the Family – 1 unit (formerly ‘Chemical Dependency and the Family’)
- \_\_\_\_\_ EPSY 813 – Treatment and Recovery Issues – 3 units (formerly ‘Treatment and Recovery Issues in Chemical Dependency’)
- \_\_\_\_\_ EPSY 814 – Substance Abuse and Gender, Culture, Lifestyle, and Lifespan Issues – 3 units
- \_\_\_\_\_ EPSY 815 – Case Management – 1 unit (formerly ‘Case Management in Chemical Dependency Treatment’)
- \_\_\_\_\_ EPSY 816 – Counselor Burnout – 1 unit
- \_\_\_\_\_ EPSY 821 – Co-Occurring Disorders – 1 unit
- \_\_\_\_\_ EPSY 822 – Treatment Planning – 1 unit
- \_\_\_\_\_ EPSY 823 – Group Dynamics for Addiction Counseling (*in person, on campus*) – 2 units

***The required courses below must be taken after all of the above courses have been completed:***

- \_\_\_\_\_ EPSY 817 – Certification Seminar – 1 unit
- \_\_\_\_\_ EPSY 818 (1) – Supervised Field Practicum – 1 unit (only required for CCAPP track students and to be taken prior to starting the 255 hr practicum)
- \_\_\_\_\_ EPSY 818 (2) – Supervised Field Practicum – 2 units (only required for CCAPP track students and to be taken while completing the 255 hr practicum)

\*\*Courses subject to cancellation and rescheduling at any time.

**Elective Courses** (these courses will be offered on an irregular basis as they are not required for program completion)

\_\_\_\_\_ EPSY 812 – Sexuality and Addiction – 1 unit

\_\_\_\_\_ EPSY 819 – Motivational Interviewing – 1 unit

\_\_\_\_\_ EPSY 820 - Spirituality in Recovery – 1 unit

## Course Descriptions

*EPSY 805 – Theories of Addiction – 2 units (formerly ‘Theories of Chemical Dependency’)*

This course covers addiction to alcohol and other mood-altering chemicals, with a focus on concepts of dependence, the disease model, identification, assessment, and family dynamics. Theory and research relating to substance use as a variable in counseling also will be discussed. This course satisfies CAADAC/CCAPP requirements in Areas 1,2,3, and 5. Prerequisites: A.A. degree or equivalent in units, 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7635.

*EPSY 806 – Basic Counseling Skills (in person, on campus) – 3 units (formerly ‘Basic Counseling Skills I’ and ‘Basic Counseling Skills II’)*

This course is designed to help each student gain competency in the Attending skills. These skills & Reflection of Feeling, Paraphrasing, Questioning, and Summary & provide each counselor with the tools necessary to create and support a therapeutic relationship. This class will explore the nature of that relationship through two lenses: The technical impact of the skills, and the underlying effect of the counselor’s world-view on the use of the skills. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7685.

*EPSY 807 – Law and Ethics in Addiction Counseling – 1 unit (formerly ‘Law and Ethics in Chemical Dependency’)*

This course is designed to familiarize students in the Addiction Studies program with the legal and ethical responsibilities associated with the practice of substance use disorder treatment. Students will learn about appropriate roles and behavior to prevent harm to clients and to avoid liability. Relevant laws and mandates in the areas of confidentiality, duty to report, responsibility to third parties, ethical decision-making and discrimination will be covered. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Repeatability: May be repeated for a maximum of 2 semester units. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7681.

*EPSY 808 – Relapse Prevention – 1 unit*

Topics covered in this course include: a theoretical framework for relapse prevention; an overview of relapse prevention models; common problems in teaching the client relapse prevention; individualizing relapse prevention; defining a relapse; relapse from the viewpoint of the patient, clinician, and referent; understanding the cognitive, behavioral, and physical effects of relapse; and considerations of substance abuse. By the end of the course, students will be able to develop a relapse prevention model for individual and group counseling. This course satisfies CAADAC requirements in Area 4. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7678.

*EPSY 810 – Behavioral Pharmacology – 2 units*

This course is designed to provide non-medical professionals a working knowledge of psychoactive drugs; their classification, pharmacokinetics (how drugs are handled in the body), pharmacodynamics (how drug act in the body), as well as the physical and behavioral consequences of drug use and abuse. The course utilizes lecture, video, large and small group discussion, reading, and in-class exercises. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7617.

*EPSY 811 – Addiction and the Family – 1 unit (formerly ‘Chemical Dependency and the Family’)*

The focus of this class is on the diagnosis and treatment modalities dealing with the relationship between the alcoholic and the co-alcoholic and the resulting family system. In addition, you will learn about development, prevention, intervention and treatment approaches to problems associated with the children and the adult children of alcoholics. Other topics discussed are family violence, child abuse, contrasts between "traditional" family systems and addiction-oriented family systems, and treatment techniques for family recovery and prevention of relapse. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7688.

*EPSY 813 – Treatment and Recovery Issues – 3 units (formerly ‘Treatment and Recovery Issues in Chemical Dependency’)*

Treatment of addiction will be discussed. The focus is on therapeutic intervention, treatment modalities, and recovery issues as they relate to the substance dependent client and family members. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7636.

*EPSY 814 – Substance Abuse and Gender, Culture, Lifestyle, and Lifespan Issues – 3 units*

This course is designed to assist the student in understanding the impact of gender, race, culture, age, sexual orientation, and/or physical challenges have on addiction and recovery. We will examine how these issues: Influence the prevalence and pattern of substance use/abuse among European-, African-, Hispanic-, Asian-, and Native-Americans and among youth, the elderly, LGBTQ, and the physically disabled. Impact the bio-psycho-social and sociopolitical issues relevant to substance abuse disorders among these special population groups. Demand specialized treatment approaches and counseling techniques. Improve cultural competence to appropriately engage and retain cultural, racial, and ethnic populations in treatment interventions and outreach services. Impact treatment outcomes, continuing care, and relapse. This course will assist the student in strengthening his/her cultural competency and improving his/her cross-cultural counseling skills and ability to respond to the needs of a diverse client base. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7687.

*EPSY 815 – Case Management – 1 unit (formerly ‘Case Management in Chemical Dependency Treatment’)*

Modern addiction counselors and case managers face increasing complexity in dealing with the consequences of drug abuse (including alcohol) and must handle clients with a greater degree of mental and physical illness. This course reviews assessment, intervention, and engagement strategies for working with complete and dually disordered clients with an emphasis on improving student’s ability to communicate as treatment team members and patient advocates. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7625.

*EPSY 816 – Counselor Burnout – 1 unit*

Recognition and Treatment of Counselor Burnout will be discussed. The focus is on the importance of recognizing counselor burnout; Importance of stress management techniques, Unique needs of a recovering counselor and the need for professional consultation, support and supervision, treatment modalities, spirituality (losing sense of self and purpose) and recovery issues as they relate to the Professional Counselor. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7675.

*EPSY 821 – Co-Occurring Disorders – 1 unit*

This course is intended to provide addiction counselors and other providers with the latest science in the screening, assessment, diagnosis, and management of co-occurring disorders (CODs). Grading: A-F grading only.

*EPSY 822 – Treatment Planning – 1 unit*

This course is designed to teach the student how to develop a Substance Use Disorder Treatment Plan. The methods to be learned are the use of screening, assessment, and CSAM placement criteria to determine proper placement in a treatment facility and the development of a comprehensive treatment plan that identifies important treatment goals and interventions and the types of documentation used to track treatment progress. Grading: A-F grading only.

*EPSY 823 – Group Dynamics for Addiction Counseling (in person, on campus) – 2 units*

This course explores individual AOD (alcohol and other drug) counseling techniques, intervention skills, and relapse prevention strategies. Theories of group counseling process and group interactions will be practiced.

This course will also review the major goals, stages, and processes of group counseling in addiction treatment programs. The role, responsibilities, and ethics of the group leader are emphasized along with strategies and techniques for facilitating group processes. Grading: A-F grading only.

*EPSY 817 – Certification Seminar – 1 unit*

This is the culminating 1 credit seminar for the Addiction Studies Certificate Program for all certification tracks. This class will prepare the student for a supervised practicum and working in the field. This class will move the student from the educational arena to the experiential. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Successful completion (final grade of C or better) of all of the required courses for the student's certification track and completion of a majority of elective units. The student must have applied to the program and prepare a petition for certification for their file with the University Extension Office. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7616.

*EPSY 818 – Supervised Field Practicum – 3 units (only required for CCAPP track students)*

The Supervised Practicum is designed to be an experience that allows you the opportunity to practice the skills and apply the information learned in pre-requisite courses. The practicum provides participants with learning experience in an agency setting which offers counseling services to recovering alcoholics and/or drug addicts and their families. This is the culminating course for those pursuing the CCAPP and State Certificate tracks.

Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. All required courses, including the Certification Seminar (EPSY 817) and possess a certificate program application on file and obtain an evaluation and approval from the practicum instructor. Exceptions may be made, on an individual basis, for students who have one course to take after starting Practicum. This Practicum will span two academic quarters to allow students to gather the required number of hours and to adequately prepare case presentations.

Repeatability: May be repeated for credit for a maximum of 3 units. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7684.

*EPSY 812 – Sexuality and Addiction – 1 unit*

Sexuality and Addiction is designed to help students develop a culturally-sensitive understanding of the various aspects and identifications of sexuality and also provide various culturally-sensitive clinical techniques for assessing, counseling, and treatment planning for LGBTQQIAA populations and substance abuse. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Repeatability: May be repeated for credit for a maximum of 3 units. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7689.

*EPSY 819 – Motivational Interviewing – 1 unit*

The course examines individual substance abuse counseling approaches, theories, techniques, intervention skills, and relapse prevention strategies. Through reading, written assignments, demonstrations, role-play and practice students will develop their own clinically appropriate counseling approach. Students will develop effective skills including accurate empathy, reflective listening, cognitive-behavioral interventions and professional behavior for counseling the individual client. Students will learn to modify their treatment approach based on the client's stage of change. Client-specific characteristics and cultural identity will be addressed. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7400.

*EPSY 820 - Spirituality in Recovery – 1 unit*

This course is designed to help students gain practical insights into understanding client spirituality as an aid to their recovery from chemical dependency. Prerequisites: A.A. degree or equivalent in units 84 quarter/56 semester is strongly recommended. Minimum requirement is 18 years of age or older, high school diploma or GED equivalent plus one-year sobriety. Grading: A-F grading only. Equivalent Quarter Course: EPSY 7501.