

Course Outline of Record

1. Course Code: HSAD-030
2.
 - a. Long Course Title: Individual, Group and Family Counseling
 - b. Short Course Title: IND/GROUP/FAM COUNSL
3.
 - a. Catalog Course Description:

This is a survey course that addresses the differences and similarities of individual and group counseling with special emphasis on the functional alcohol/drug family situations. It traces the development of individual and group counseling and explores its dynamics. It interprets and assesses the impact on individuals and on their relationships. In addition, it interprets and assesses the impact on society and on its institutions. Practical strategies and experiential exercises are utilized. Skills development in counseling the family unit is addressed. This course is a prerequisite for all supervised field work. This course can be taken concurrently with HSAD-001, if HSAD-001 not previously completed. This is a required course for the Alcohol/Drug Studies Certificate.
 - b. Class Schedule Course Description:

This course addresses the differences between and similarities among individual, group, and family counseling.
 - c. Semester Cycle (if applicable): Spring
 - d. Name of Approved Program(s):
 - ALCOHOL AND DRUG STUDIES Certificate of Achievement
4. Total Units: 3.00 Total Semester Hrs: 54.00
 Lecture Units: 3 Semester Lecture Hrs: 54.00
 Lab Units: 0 Semester Lab Hrs: 0
 Class Size Maximum: 45 Allow Audit: No
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:

Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
 Prerequisite: HSAD 001 or concurrent enrollment
 Advisory: ENG 061
6. Textbooks, Required Reading or Software: (List in APA or MLA format.)
 - a. Corey, Gerald (2017). Theory and Practice of Counseling and Psychotherapy (10/e). Belmont, CA Brooks/Cole. ISBN: 1305263723
 College Level: Yes
 Flesch-Kincaid reading level: 12
7. Entrance Skills: *Before entering the course students must be able:*
 - a.

Recognize the current Diagnostic and Statistical Manual of Mental Disorders interpretation of substance abuse and dependence.

 - HSAD 001 - Recognize the Diagnostic and Statistical Manual of Mental Disorders – IV- TR for substance abuse and dependence.
 - b.

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Recognize major legislation that regulates and controls drug availability.

- HSAD 001 - Recognize major legislation that regulates and controls drug availability.

c.

Describe the physical/chemical reactions of the human body to various drugs

- HSAD 001 - Describe the physical/chemical reactions of the human body to various drugs

d.

Recognize the facts as they pertain to drug use and abuse.

- HSAD 001 - Recognize the facts as they pertain to drug use and abuse

e.

Identify the dynamics and interaction of family life, work life, social life, and recreational activities resulting in the use of drugs.

- HSAD 001 - Identify the dynamics and interaction of family life, work life, social life, and recreational activities resulting in the use of drugs.

f.

Express an understanding of the educational requirements and work experience necessary for obtaining an Alcohol/Drug certificate.

- HSAD 001 - Express an understanding of the educational requirements and work experience necessary for obtaining an Alcohol/Drug certificate.

g.

Define the terms associated with drug use and abuse.

- HSAD 001 - Define the terms associated with drug use and abuse.

Advisory Skills

h.

Read text and respond in writing at the literate level.

- ENG 061 - Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

8. Course Content and Scope:

Lecture:

1. Counselor as a person/professional
2. Ethical issues
3. Psychoanalytic therapy
4. Adlerian therapy
5. Existential therapy
6. Person-centered therapy
7. Gestalt therapy
8. Transactional analysis
9. Behavior therapy
10. Rational-emotive therapy (cognitive-behavioral approaches)
11. Reality therapy
12. Comparison of approaches
13. Integrative perspective

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Lab: (if the "Lab Hours" is greater than zero this is required)

9. Course Student Learning Outcomes:

1.
Demonstrate an understanding of issues that are basic to the practice of counseling, particularly the role of the counselor.
2.
Recognize the eleven theories of counseling - key points, contributions, strengths, limitations, and applications of each theory.
3.
Construct a theoretical framework for a creative synthesis of the eleven therapeutic models.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Individual counseling – exploration of a problem and its ramifications; examination of attitudes and feelings; consideration of alternative solutions; decision making; therapeutic approaches (Reality Therapy, Rational Emotive Therapy, Behavior Therapy, Systematic Therapy, Transactional Analysis).
- b. Family counseling – theories of family co-dependency; techniques for motivating family involvement in the treatment process; techniques of multi-family group counseling; limitations of chemical dependency counsel; working with the family therapist; selecting an appropriate family therapist for on going family work; role-play.
- c. Group counseling – purpose and function of different types of counseling groups (open vs. closed), members with similar models of group counselor intervention (specific variables to observe, considerations in timing and intervention, and types on intervention); group patterns of behavior (participation, influence, membership, feelings, group atmosphere); therapeutic factors in group counseling (getting feedback from others, having permission to express strong feelings of belonging to the group); client behaviors that may affect group participant outcome (minimum length of participation in the group, regular and timely attendance, commitment to sobriety, commitment to participate); process group vs. didactic training group; theories about the stages of group development; the role of group counselor at various stages of group development; the difference between individual-oriented and group-oriented behavior; group techniques and exercises (their purposes, and possible consequences); group orientation process (group ground rules, expectations of group members, and purposes of the group).

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Collaborative/Team
- b. Demonstration, Repetition/Practice
- c. Discussion
- d. Experiential
- e. Lecture
- f. Role Playing
- g. Technology-based instruction

Other Methods:

Role play

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 54.00

Outside Class Hours: 108.00

a. In-class Assignments

- a. Attend class and take detailed notes of the lectures.
- b. Participate in class and/or small group discussion related to the eleven theories of counseling.
- c. Role play various scenarios demonstrating the role of the counselor.
- d. Participate in class or small group discussions related to the basic practice of counseling.

b. Out-of-class Assignments

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- a. Read and study the text and recommended supplementary literature
- b. Written/oral book reports
- c. Write an article for a newspaper
- d. Prepare and participate in counseling exercises
- e. Visit a treatment program and attend sessions for family members
- f. Essay and/or term paper
- g. Write brief descriptions of family origin
- h. Develop a scrapbook, pictures and articles regarding families
- i. Prepare presentations related to topics such as: the role of a counselor, eleven theories of counseling, basic issues related to the practice of counseling.

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
- Critiques
- Presentations/student demonstration observations
 - Oral presentation
- True/false/multiple choice examinations
- Mid-term and final evaluations
- Student participation/contribution

14. Methods of Evaluating: Additional Assessment Information:

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO - Career and Technical Education

Fulfill the requirements for an entry- level position in their field.

Apply critical thinking skills to execute daily duties in their area of employment.

Display the skills and aptitude necessary to pass certification exams in their field.

IO - Global Citizenship - Scientific & Technological Literacy

Synthesize, interpret, and infer, utilizing information, data, and experience to solve problems, innovate, and explore solutions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item

Cost Per Unit

Total Cost

19. Provide Reasons for the Substantial Modifications or New Course:

SLO and ENG advisory modification.

20. a. Cross-Listed Course (*Enter Course Code*): *N/A*

b. Replacement Course (*Enter original Course Code*): *N/A*

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

a. Course Control Number [CB00]: CCC000276686

b. T.O.P. Code [CB03]: 210440.00 - Alcohol and Controlled Su

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- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: B = Transfer CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Clearly Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: N/A
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (if program-applicable): ALCOHOL AND DRUG STUDIES

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 0

Third Year: 0

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: No

b. If No, list number of FTE needed to offer this course: 0

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Chris Jones Origination Date 10/31/17