



**CADC PREPARATION CLASSES – INTRODUCTORY LEVEL**

LOCATION: CATHOLIC CHARITIES, 2601 W. 4<sup>TH</sup> ST. WILMINGTON, DE 19805

TIME: THURSDAY, 6:30PM (3 HOUR CLASS)

PAYMENT: FULL PRICE \$640, DISCOUNTS AVAILABLE, SEE REGISTRATION PACKET FOR PAYMENT OPTIONS

**DATES SKIPPED: NOV 22, DEC 27, JAN 3**

**November 8, 2018**

**Week 1:**

**Cultural Differences and Counseling**

Principles of Culturally Competent Treatment Services

20 Minute Break

Exploration of Worldview Differences in Other Cultures

**November 15, 2018**

**Week 2:**

**Disease of Addiction**

Historical and Current Models of Addiction

20 Minute Break

Chronic Disease Model of Addiction; Overview of Neurobiology

**November 29, 2018**

**Week 3:**

**Assessing Co-Existing Disorders I**

Depressive, Anxiety and Other Mood Disorders

20 Minute Break

Personality and Thought Disorders

**December 6, 2018**

**Week 4:**

**The Assessment Process**

Screening, Intake and Orientation

Comprehensive Bio-psycho-social assessment

20 Minute Break

Screening Tools for Special Populations

Clinical Formulations Leading to Initial Treatment Plan

**December 13, 2018**

**Week 5:**

**Treatment Planning**

Using Assessment to Create and Prioritize Initial Treatment Plan

20 Minute Break

Developing Realistic Objectives and Interventions

**December 20, 2018**

**Week 6:**

**Individual Counseling**

Eight specific interaction skills

20 Minute Break

Developing Counseling Skills

Motivational Interviewing

**January 10, 2019**

**Week 7:**

**Group Counseling**

Overview of Different Models of Group Therapy

Types of Groups; Psycho-educational, Psych-dynamic, etc.

20 minute Break

Stages of Group Development

**January 17, 2019**  
**Week 8:**

**Family Counseling**

Family Roles in the Dysfunctional Family  
Codependency and ACOA Treatment  
20 Minute Break  
Interventions and Family Systems  
Intro to Al-Anon

**January 24, 2019**  
**Week 9:**

**Relapse Prevention Counseling**

Overview of Relapse Specific Treatment, Gorski, et. al.  
20 Minute Break  
Developmental Model of Recovery

**January 31, 2019**  
**Week 10:**

**Defense Mechanisms and Resistance in Addiction Treatment**

Review of Defense Mechanisms  
20 Minute Break  
Interpreting and Reframing Resistance

**February 7, 2019**  
**Week 11:**

**Case Management and Record Keeping**

Overview of Forms in Typical Client Chart  
Writing a Progress Note  
20 Minute Break  
Core Tasks of Case Management

**February 14, 2019**  
**Week 12:**

**Role of 12 Step Fellowships in Recovery**

History of AA and NA  
Overview of 12 Steps, Meetings and Sponsorship  
20 Minute Break  
Role of 12 Steps in Treatment and Recovery  
Dual Relationships in Addiction Counseling

**February 21, 2019**  
**Week 13:**

**Crisis Intervention and Documentation**

Overview of Trauma and Identifying Risk Factors  
20 minute Break  
Essentials of Crisis Intervention  
Using a Suicide Assessment Tool and Safety Contract

**February 28, 2019**  
**Week 14:**

**Ethics I**

Review of DCB Code of Ethics  
20 Minute Break

**March 7, 2019**  
**Week 15:**

**Code of Ethics II**

Confidentiality and Client Rights  
20 Minute Break  
Counselor-Client Relationship Ethical Considerations

**March 14, 2019**  
**Week 16:**

**Supervision, Consultation and Professional Development**

Role of Consultation in Treatment  
20 Minute Break  
Role of Supervision in Professional Development