



CADC PREPARATION CLASSES – INTRODUCTORY LEVEL

LOCATION: CATHOLIC CHARITIES, 2601 W. 4TH 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. 28 AND DEC. 26 2019

September 12, 2019

Week 1:

Cultural Differences and Counseling

Principles of Culturally Competent Treatment Services

20 Minute Break

Exploration of Worldview Differences in Other Cultures

September 19, 2019

Week 2:

Disease of Addiction

Historical and Current Models of Addiction

20 Minute Break

Chronic Disease Model of Addiction; Overview of Neurobiology

September 26, 2019

Week 3:

Assessing Co-Existing Disorders I

Depressive, Anxiety and Other Mood Disorders

20 Minute Break

Personality and Thought Disorders

October 3, 2019

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

October 10, 2019

Week 5:

Treatment Planning

Using Assessment to Create and Prioritize Initial Treatment Plan

20 Minute Break

Developing Realistic Objectives and Interventions

October 17, 2019

Week 6:

Individual Counseling

Eight specific interaction skills

20 Minute Break

Developing Counseling Skills

Motivational Interviewing

October 24, 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

October 31, 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

November 7, 2019

Week 9:

Relapse Prevention Counseling

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

November 14, 2019

Week 10:

Defense Mechanisms and Resistance in Addiction Treatment

Review of Defense Mechanisms
20 Minute Break
Interpreting and Reframing Resistance

November 21, 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

December 5, 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

December 12, 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

December 19, 2019

Week 14:

Ethics I

Review of DCB Code of Ethics
20 Minute Break

January 2, 2020

Week 15:

Code of Ethics II

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

January 9, 2020

Week 16:

Supervision, Consultation and Professional Development

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