

CityTeamMINISTRIES

CITYTEAM INSTITUTE

Individual, Family, & Group Counseling

CAS 005; 4.5 credit hours

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May 2019

SYLLABUS

Course Description

This course is designed to help students focus on the objectives of counseling theories, processes, and dynamics. This course satisfies the California Association of Alcohol and Drug Counselors (CAADAC) educational requirements for certification (4.5-quarter units).

Course Goals

1. To introduce the student to special skills of counseling utilizing modern counseling models of treatment methods;
2. To teach and equip the student with basic individual, family, and group counseling skills, through class instruction, leadership modeling, and practical exercises;
3. To provide the student with an understanding of family dynamics and the addictive system;
4. To provide demonstrative, practical differences between therapy groups, support groups, and self-help groups;
5. To provide the student with an understanding of codependency and traits;
6. To further develop skills within the student to initiate and maintain individual and family counseling and support groups;
7. To present the unique challenges associated with counseling and supporting people who desire to change addictive behaviors.

Course Objectives

Upon course completion, student shall display a fundamental competence and demonstrate necessary abilities in the following areas:

1. *Objectives to counseling:*
 - a. Exploration of a problem and its ramifications
 - b. Examination of attitude and feelings
 - c. Consideration of alternative solutions
 - d. Decision-making
 - e. Therapeutic approaches

2. Family counseling

- a. Theories of family codependency
- b. Techniques for motivating family involvement in the treatment process
- c. Techniques of multifamily group counseling
- d. Limitation of the chemical dependency counselor
- e. Working with the family therapist
- f. Selecting an appropriate family therapist for ongoing family work
- g. Role-playing

3. Group counseling

- a. Purpose and function of different types of counseling groups
- b. Models of group counselor intervention
- c. Group patterns of behavior
- d. Therapeutic factors in group counseling
- e. Client behaviors that may affect group participant outcome
- f. Process group vs. didactic/training group
- g. Theories about the stages of group development
- h. The role of the counselor at various stages of group development
- i. The difference between individual-oriented and group-oriented behavior
- j. Group techniques and exercises
- k. Group orientation process

Textbooks

Required:

Recommended:

- ◆ Kottler, Jeffrey A, *Nuts & Bolts of Helping*, Allyn & Bacon, Needham Heights, MA, 2000.
- ◆ Clinebell, Howard Phd, *Understanding and Counseling persons with Alcohol Drug, and Behavioral Addictions* Abingdon Press, Nashville. Revised and Enlarged Edition 1998.
- ◆ Worthington jr., Everett L.. *When someone asks for HELP A Practical Guide for Counseling*. 1982 by Inter-Varsity Christian Fellowship of the United States of America.
- ◆ *Alcoholics Anonymous. Third Edition. Alcoholic Anonymous World Services, INC New York City 1976*

Course Requirements and Assignments:

Reading

Assigned reading is listed in the course outline.

Each assignment should be completed before the class session so that you will be able to participate in and benefit from the class discussions.

Tentative Course Outline:

May 7 General Introduction

Overview of Course

Overview of Syllabus

Lecture: Objective to counsel

- May 9 Review
Lecture: Therapeutic approaches
Attend 1 AA meeting
Read chapter 1 & 2
- May 14 Review
Role-play
Lecture: Therapeutic Approaches cont'd
Assignment due: Summary of class discussions on May 7 and May 9; 2-4 typed pages
Read chapter 3 & 4
- May 16 Review
Small group discussion
Lecture: Individual Counseling
Attend 2nd AA meeting
Read chapter 5 & 6
- May 21 Review
Lecture: Family Counseling
Assignment due: Summary of class discussions on May 14 & 16, 2-4 typed pages
Read chapter 7 & 8
- May 23 Review
Lecture: Group Counseling
Role Play
Read chapter 9
- May 28 Comprehensive review of class material
Role Play
Assignment due: Summary of class discussions on May 21 & 23; 2-4 typed pages
- May 30 Wrap-up/Discussion
FINAL

CLASS POLICIES:

A. Attendance:

Students are expected to attend and participate in classroom activities as directed.

B. Absences

After three unexcused absences, a student is counseled by the Dean and placed on probation. If the student has another unexcused absence while on probation, the student is counseled again by the Dean and at his/her discretion, may terminate the student. Absences from part of the class period without prior approval from the instructor or Dean are not permitted and can be considered an absence for the entire class period.

C. Tardiness

A student arriving after attendance has been taken is considered late and will be marked absent unless the instructor considers the reason for tardiness legitimate.

D. Late assignments:

The student alone is responsible to make arrangements for missed course work and I am under no obligation to assist the student in making up assignments unless the student provides a Legitimate reason for the absence (e.g., illness or family emergency). Assignments submitted after the due date and time will not be accepted unless discussed and prearranged at least one (1) week in advance of the due date. (However, ANY WORK SUBMITTED EARLY WILL BE APPRECIATED.

E. Cover page

To safeguard confidentiality please provide a Title Page as a cover for assignments submitted to me.

Grading:

Attendance: 20%

Class Participation: 20%

Assignments:30%

Final 30%

A+ 97-100 A 94-96 A- 90-93

B+ 88-89 B 84-87 B- 80-83

C+ 77-79 C 73-76 C- 70-72

D+ 67-69 D 64-66 D- 60-63

CLASS DATES: May 7,9,14,16,21,23,28,30.

CLASS TIME 6:00PM-9:45 PM. CLASS DAYS Tuesday & Thursday