

# ADDICTION STUDIES

The Addiction Studies degree is designed to prepare students for entry-level employment in alcohol and drug treatment programs and to provide continuing education for health care and human services professionals. The curriculum provides a broad base of knowledge regarding approaches to drug education and prevention, treatment issues, counseling skills, ethical issues, and practical knowledge about drugs and their effects. Students will gain basic competencies in counseling, case management, record keeping, and treatment planning. The Addiction Studies program includes core courses in psychology, sociology, and counseling in order to provide students with a broad understanding of the roots of addiction. When combined with nine units of field experience, the Addiction Studies program meets the education requirements established by the California Consortium for Addiction Programs and Professionals (CCAPP). The program is also certified by the California Association of Alcohol and Drug Educators (CAADE).

***Student Learning Outcomes for this major are:***

- Correctly define and explain abuse, addiction and dependency as key concepts in the discipline.
- Explain the interaction between genetic, biological, psychological, and environmental factors in the causes of substance misuse problems.
- Describe the role of family dynamics in addiction and recovery and identify the characteristics of codependency within a family system.
- Describe the legal and ethical issues of chemical dependency counseling.
- Demonstrate effective counseling and group leadership skills.
- Appreciate multiculturalism as it relates to the field of addiction counseling.
- Apply principles of effective oral and written communication skills with clients, their families, and colleagues.

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## A. GENERAL EDUCATION REQUIREMENTS

See pages 55-57 for details.

## B. REQUIRED COURSES

**40 units distributed as follows:**

### 1. Select two courses from the following (8 units):

- COU 109 Introduction to Counseling
- PSY 101 General Psychology
- PSY 202 Abnormal Psychology
- SOC 101 Introduction to Sociology

### 2. All courses from the following (32 units):

- COU 120 Introduction to Alcohol and Drug Studies
- COU 121 The Physical, Chemical, and Behavioral Effects of Alcohol and Drugs
- COU 122 Rehabilitation and Recovery from Alcohol and Drug Abuse
- COU 123 Alcohol and Drug Prevention and Education
- COU 124 Group Leadership and Process
- COU 125 Counseling the Family of Addicted Persons
- COU 126 Intervention and Referral Techniques
- COU 127 Dual Disorders and Mental Health Issues

## C. ELECTIVE UNITS to bring the total to 90.

**NOTE:** Students wishing to meet CAADE and CCAPP certification must complete nine units of field experience in Addiction Studies (COU 134).

Prerequisites for COU 134 include COU 109, COU 120 or COU 121, COU 122, COU 124 and COU 126.