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CAS 248.V50: Substance Abuse Counseling I

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CAS 248 Substance Abuse Counseling II
Spring 2022

The University of Montana, Missoula College

Instructor Information

Emily Anderson, MA, LCPC, LAC

Email: Emily5.Anderson@umontana.edu

Office hours: *by appointment*

SCHEDULED CLASS MEETINGS

Tuesdays and Thursdays on Zoom 2:00pm-3:20pm

Zoom link on Moodle

REQUIRED READINGS

1. Zalaquett, C., & Ivey, M. (2016). *Intentional interviewing and counseling* (9th ed.).
2. Other readings as assigned.

COURSE DESCRIPTION

CAS248, Substance Abuse Counseling II is created to provide students specific educational requirements associated with addiction individual and group counseling, and ethics for addiction counselors. The course requires the student to draw upon the resources provided by experts. These resources are cited below, and additional resources will be introduced throughout the semester. The course work will contain lectures, demonstrations, and a significant amount of experiential application. The course requires students to visit community groups relative to the coursework. The course will require that students practice counseling with one another during and outside of class.

LEARNING OUTCOMES

Upon completion of this coursework the student will have demonstrated an understanding of the following concepts in addiction treatment. Successful students will:

1. Understand and demonstrate proficiency in the application of motivational interviewing clinical techniques pertaining to individual or group counseling for persons with substance use disorders
2. Understand the characteristics of special populations in substance abuse counseling and how to modify clinical procedures to accommodate the needs of those special populations
3. Create clinical plans designed to prevent relapse for substance abuse clients
4. Develop and implement attainable discharge plans for substance abusing clients
5. Have a general understanding of medically assisted substance abuse treatment and counseling
6. Be familiar and supportive of community groups who could help to sustain recovery when the client is discharged from treatment
7. Understand the Basic listening sequence

8. Apply theory to addiction treatment
9. Demonstrate the best practices of counseling environmental settings.
10. Demonstrate basic listening skills
11. Demonstrate Reflective Listening, Affirmations, Summarizing, open ended questions versus closed, and when to use. Demonstrate discrepancy.

ZOOM ETIQUETE/ONLINE LEARNING

CAS248 is a remote learning class that meets synchronously over Zoom. Below are some simple etiquette guidelines for participating in online video platforms as a learner and participant.

General guidelines:

- Reliable internet connection
- Camera and microphone enabled on computer
- Decent front lighting and background
- Prepared (camera ready, not eating or attending to other tasks)
- Minimize distractions
- Appropriate clothing
- Keep microphone muted when not speaking

Potential issues/distractions:

- Attending to other tasks during class
- Unintended items shown during screen share
- Background noise
- Interruptions (by other people in your home/setting)
- Eating
- Signs of boredom via utterances or behavior
- Alerts/notifications from technology
- Camera or microphone on without knowledge

COURSE EXPECTATIONS

Students are expected attend all scheduled classes on time and participate in the planned events for the day. Students should inform instructor if they are ill. It will be impossible to pass this class with frequent absences.

Please respect confidentiality, as confidentiality is a necessity. Students might volunteer to share personal information during class discussions or demonstrations. This is an important part of the learning experience and the student's right to privacy must be respected by all. Being actively involved in the class sessions and the small groups entails some level of personal self-disclosure.

Because of the nature of the vulnerability, trust, and openness needed to learn about counseling, it is extremely important that confidentiality be maintained. Revealing personal information about others outside of the classroom is a breach of confidentiality. If you wish to share with others outside of the classroom, please reveal only your own reactions and understanding and avoid using names or identifying features of your classmates. It is expected that anyone who

participates in a demonstration of either an individual session in this course will have his or her confidentiality respected. You will be asked to record practice sessions, these sessions should not be shared with anyone outside of the class.

You are expected to be an active learner in this course, which includes actively participating in the class discussions and group discussions. This class will involve some degree of self-exploration and interpersonal learning. You are also expected to bring questions for discussion to the class sessions and demonstrate that you are keeping up to date with your reading assignments.

ATTENDANCE

Please plan to attend class for the full length of class, unless you have an emergency situation or are very ill. All students will be allowed one absence without explanation. Further absences should be accompanied with written documentation in order for these to not negatively affect your grade. Excessive absences or tardiness could result in getting a full grade deducted (or in some cases even failing the course).

According to the UM's Academic Policies and Procedures (see <http://www.umt.edu/catalog/acad/acadpolicy/default-print.html>), I will excuse the following with written documentation:

1. an illness or injury
2. a family emergency
3. religious observance
4. participation in a university sponsored activity

If you miss an assignment, exam, or participation points due to one of these exceptions, valid documentation *must* be provided in order to make it up.

STUDENT CONDUCT CODE

The Student Conduct Code, which can be found here: [Student Conduct Code](#), will be enforced in this class. Specifically, cheating in any form will not be tolerated. You are not allowed to collaborate on any exam, assignment or discussion with anyone, including, but not exclusively, students who have previously taken this course, graduate students in psychology or related disciplines, friends, etc. All assignments and papers must be completed independently, unless otherwise stated in the instructions (i.e., group projects) or when students seek services from the Writing Center or tutoring. All exams must be completed independently, unless accommodations have been approved by your instructor. Plagiarism or cheating will result in an F on the exam, assignment, or discussion, and it will be reported to Department Chair and/or the Dean. The instructor reserves the right to assign an "F" for the course if cheating or plagiarism occur. Additionally, you are subject to University sanctions, suspension or expulsion.

- If you do not know what plagiarism is, you can ask me, visit the Writing Center at the Mountain campus in Liberal Arts 144 or call 406-243-2266, check with Mansfield Library 406-243-6866, or at the Missoula College campus Learning Center: 406-243-7826.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If you think you may have a disability adversely affecting your academic performance, and you have not already registered with DSS, please contact DSS.

- **Missoula College students:** Contact DSS at 406-243-7931 or via email
- **Mountain campus students:** Contact DSS at 406-243-2243 or via email, DSS.

I will work with you and DSS to provide reasonable modifications. “Reasonable” means the University permits no fundamental alterations of academic standards or retroactive modifications. For more information, please consult [DSS](#).

STUDENT SUPPORT FOR ONLINE AND REMOTE LEARNING

Supports are available for many facets of student life: academic, staying connected, and personal well-being. The following are resources, strategies, and links for students. [Keep on Learning](#) provides strategies for supporting students for online and remote learning and the Student Resources tab at the [Moodle home page](#) provides links to updated resources as well.

Tutorials:

- [Moodle 101 for Students](#): A self-enrollable, technical step-by-step tutorial on how to use Moodle as a student.
- [Strategies for Online Students](#): A self-enrollable, self-paced tutorial for students to help them identify their preferred learning styles and learn strategies for being a successful online student.

Academic Strategies:

- Pay attention to communications
- Keep up on coursework
- Avoid distractions
- Maintain a normal daily routine
- Ensure your tools are working
- Identify plans ahead of time
- Have a backup plan
- Use [Navigate for Students](#) to help manage your class schedule
- Use a phone app that can be used for planning and managing time or download the simple weekly planner found in the Learning Strategies module of [Strategies for Online Students](#) tutorial to help you get organized.

Academic Support:

- [Advising Center](#) and [Tutoring Resources](#): Schedule advising or tutoring appointments, available online or by phone. Tutoring available for math, writing, public speaking, Study Jam groups, and TRiO services.
- [Office for Disability Equity](#): Ensures students receive appropriate accommodations, services, and assistance to fully access the campus programs and facilities.
- [Writing and Public Speaking Center](#): Provides help at any point with writing, presentation, and research projects. Online and in-person appointments available.
- [Office for Student Success \(OSS\)](#): Helps students to meet three goals: transition smoothly to college, remain enrolled and progress in a program of study, and graduate in a timely manner.
 - [OSS COVID-19 Website](#)

- Download the OSS [Online Student Success Guide](#) or [condensed Student Success Checklist](#)

Tools and Spaces:

- **Tools for online and remote learning include:** Moodle, Zoom, UM mobile app, Navigate app, Cyberbear and UMBox. Find specific information about these tools at [Keep on Learning - Tools](#).

Remote Learning Spaces: The University of Montana has many areas where there are strong Wi-Fi signals and good study spaces. Should you need to attend a class remotely we encourage you to look for a space in the library or the University Center. You can [reserve and checkout Wi-Fi hotspots](#) from the library which allow you to create a Wi-Fi signal wherever you have a good cellular signal.

Computer labs: [Check availability of computer stations and labs](#) across campus.

Mansfield Library:

- [Library Hours](#)
- [Request learning technology](#): laptops, webcams, and WiFi hotspots
- [Mansfield Library Remote Services](#) **Technical Support:**
- The UM IT Help Desk is available to provide technical support from 8AM-5PM, M-F.
 - For help with email, UMBox, Zoom, or other technical issues:
 - Call 406-243-HELP
 - Submit a ticket by emailing ithelpdesk@umontana.edu or by filling out the [General Help/Questions request form](#).
 - For help with Moodle:
 - Call 406-243-HELP
 - Submit a ticket by emailing umonline-help@umontana.edu or by filling out the [Moodle Help request form](#).
 - View [UM IT's Self-Help Articles](#).

Communication and Staying Connected:

- [The Branch Center](#): A space dedicated to promoting respectful and collaborative dialogue, programming, and resources, in an effort to foster understanding, support, and inclusion for underrepresented students.
- [University of Montana app](#): Download to stay connected! There is an updated virtual events and activities tab to keep you connected to your fellow Grizzlies. It is available for download on the [iPhone App Store](#) or [Google Play](#).
- [Join UM-alerts](#): Subscribe by texting "Join UM-alerts" to 30890. Signing up for these alerts will inform participants, via direct text message, of immediate safety and health notices. [The University of Montana's Emergency notification system](#) will also transmit an email with emergency information to all 'umontana' e-mail addresses.
- Look for the UM Student Weekly Events every Monday in your UM email.
- Stay informed with [UM Events](#) and [UMNews](#).
- Get involved! Use [Griz Hub](#) to stay connected to the campus community.

Personal Wellness Supports:

- [Curry Health Center](#): Provides quality, affordable, accessible health care for students.
 - Call (406) 243-2122 to schedule a tele-health appointment with medical or counseling
 - [Be Well at Home](#)
 - [What to do if I think I have been exposed to COVID-19?](#) (scroll down the

page)

- [Campus Rec](#): Keep up with your fitness workouts! Check out the Campus Rec website for modified hours and classes available.
- [University of Montana Emergency Student Support Fund](#): Established to help enrolled students with unexpected crisis or hardship created by COVID-19.
- [UM Food Pantry](#): Currently providing free meal kits and hygiene products for students, staff, faculty, and community members.

MISSOULA COLLEGE DIVERSITY STATEMENT

Missoula College values the diversity of its students, faculty, and staff as an essential strength that contributes to our shared educational mission. Students of all backgrounds and perspectives are recognized and respected in this class. Course content and activities are intended to honor diversity of gender, sexuality, ethnicity, race, culture, religion, age, disability, socioeconomic status, and all dimensions of diverse human experiences and their intersection. Please notify your instructor if components of this course present barriers to your inclusion. Students can also reach out to Dr. Salena Beaumont Hill in the [Office of Inclusive Excellence for Student Success](#), which provides student support for BIPOC and LGBTQ+ students and student groups. To explore making a formal report about discrimination or harassment, please visit the [Equal Opportunity / Title IX office](#). For counseling or advocacy related to discrimination, please visit [SARC](#).

COVID-19 SAFETY PROCEDURES STATEMENT

The University of Montana is requiring mask usage in all classrooms and labs regardless of vaccine status. New cases of COVID-19 are increasing in Missoula County and across Montana. The University of Montana is following the Missoula City-County Health Department and CDC guidance to help slow the spread of COVID-19. Because the conditions, rules, guidance, and recommendations surrounding the COVID-19 pandemic continue to evolve rapidly, these guidelines are subject to change.

- If you feel sick and/or are exhibiting COVID-19 symptoms, please do not come to class. You can contact the Curry Health Center at (406) 243-4330.
- If you are required to isolate or quarantine, you will be supported, and it is the hope to ensure continued academic progress.

ASSIGNMENTS

1. **Group Practice**- You will be assigned to a group of 2-4 students that will meet outside of class for *at least* 12 hours total this semester (one hour a week for 12 weeks) to further practice skills being addressed in class. Each student will need to bring a real or imagined issue to practice (do not divulge to your counselor if this issue is made up). You should pick an issue that is no more than a 5 on a scale of 1-10. Ex: I am struggling with wanting to lose weight, I want to cut back on drinking, study more, not getting along with a friend, balancing school, work, family, etc. Ex. of issues that would be more than a 5: past trauma, current addiction, anything you are uncomfortable sharing or might be out of the scope for a peer. You will submit a log at the end of the course verifying you met with your group for at least the 11 scheduled hours. All sessions will be recorded via Zoom to the cloud. You are encouraged to watch your sessions to develop further insight

into your skills. Further instructions on recording and content of practice will be discussed in class.

2. **Service Learning Option-** You have the option to participate in service learning through Missoula Interfaith Collaborative as a volunteer this semester. You may replace *up to* 4 of your required group practice hours with this opportunity. This must be noted on your logs.
3. **Midterm counseling video-** You will turn one 10-minute Zoom counseling session into instructor to be provided with individualized feedback. A rubric will be provided at least 2 weeks prior to due date.
4. **Midterm counseling self-critique reflection paper-** You will turn in a personal reflection paper on your counseling skills and self-critique of your counseling session.
5. **Final counseling video-** You will turn in one 20-minute Zoom counseling session. This session will be watched as a class and you will be given feedback from instructor and peers. Rubric will be given out several weeks prior to due date.
6. **Final self-critique and reflection paper-** You will turn in a final personal reflection paper on your counseling skills, self-critique, and reaction to feedback.

GRADING PRACTICES AND POLICIES

Your grade for this course will be based on the following:

A. Attendance, preparedness, professionalism, participation, class activities	25%
B. Group practice outside of class (hours log required)	20%
C. Midterm recording	10%
D. Midterm paper	10%
E. Final Recording	20%
F. Final paper	15%

93-100%	A	73-76%	C
90-92%	A-	70-72%	C-
87-89%	B+	67-69%	D+
83-86%	B	63-66%	D
80-82%	B-	60-62%	D-
77-79%	C+	< 60%	F

MY COMMITMENT

As the instructor of this course, I will do all I can to make this an interesting and meaningful learning experience for you.

STUDENT INVESTMENT

Students need to be prepared for this class by reading the assigned materials *by* Tuesday of each week.

Below is the *tentative* timeline for our course. This schedule is subject to change.

Week	Topic	Reading due Tuesday class time of assigned week
1/18 and 1/20	Introduction and Overview, Intentional Interviewing	Get familiar with Moodle, look over syllabus, read Chapter 1, discuss service learning
1/25 and 1/27	Multicultural Competence and Ethics	Chapter 2
2/1 and 2/3	Attending and Empathy Skills	Chapter 3, consent form due 2/1 at 2pm on Moodle, begin counseling practice weekly outside of class
2/8 and 2/10	Observation Skills and Opening Communication	Chapter 4 and 5 counseling practice
2/15 and 2/17	Encouraging, Paraphrasing, and Summarizing: Active Listening and Cognition	Chapter 6, counseling practice
2/22 and 2/24	Reflecting Feelings	Chapter 7, counseling practice
3/1 and 3/3	Five-Stage Counseling Session	Chapter 8, counseling practice
3/8 and 3/10	Begin Advanced Skills: Focusing	Chapter 9, counseling practice **Midterm videos and papers due Friday 3/11 by 11:59pm**
3/15 (no live class) and 3/17	Individual Midterm Feedback Meetings no class on 3/15, Suicide Assessment Training on 3/17	Continue practice this week, no live class on 3/15 due to feedback meetings, suicide training on 3/17
3/29 and 3/31	Empathic Confrontation	Chapter 10, counseling practice
4/5 and 4/7	Reflection of Meaning and Interpretation/Reframing	Chapter 11 and 12, counseling practice
4/12 and 4/14	Integrating Skill and Theory, Personal Style	Chapter 13 and 14, counseling practice
4/19 and 4/21	Motivational Interviewing	Reading TBD, counseling practice
4/26 and 4/28	Motivational Interviewing	Reading TBD, counseling practice
5/3 and 5/5	Watch final videos as a class	**Final Video Recordings due 5/3 at 2pm

Week of 5/9		**Final reflection paper due Monday 5/9 at 11:59pm
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