

## **Certified Addiction Counselor Required Training Course Descriptions**

### **CAC I COURSES**

#### **Addiction Counseling Skills**

21 hours/3 days

Tuition: \$175

Minimum 6/Maximum 8 participants

Dates: Coming in 2010

Participants will learn the characteristics of effective counselors and the client-centered model of therapy through didactic methods. The experiential portion of this class will provide each participant the opportunity to demonstrate the skills, view video playback of their demonstrations, and give and receive feedback from the group.

#### **Client Records Management**

14 hours/2 days

Tuition: \$125

Minimum 6/Maximum 16 participants

Dates: December 4 & 5, 2009

This course will explain the theoretical rationale and application of DBH client record keeping standards. Emphasis on preparing treatment plans, progress notes, treatment plans and discharge summaries.

#### **Principles of Addiction Treatment**

21 hours/3 days

Tuition: \$175

Minimum 6/Maximum 30 participants

Dates: August 28, 29 and 31, 2009

This class will present the theories of addiction and provide an overview of the current evidenced-based treatment approaches. Participants will learn the 13 principles of effective treatment and practical application to help those in recovery.

## **CAC II COURSES**

### **Cognitive Behavioral Therapy**

14 hours/2 days

Tuition: \$125

Minimum 6/Maximum 24 participants

Dates: July 31 & August 1, 2009

CBT is considered the premier treatment for substance abusing clients and is recognized by the Center for Substance Abuse Treatment as a best practice in treating addictive disorders. This interactive course will introduce cognitive behavioral theory and practical interventions to help clients recognize, avoid and cope with addictive behavior patterns.

### **Motivational Interviewing**

14 hours/2 days

Tuition: \$125

Minimum 6/Maximum 24 participants

Dates: November 20 & 21, 2009

Why do we keep doing what we don't want to do? This course will teach you how to discover what inspires motivation to change, how to engage and retain clients in treatment and how to improve treatment outcomes. This highly effective treatment intervention is based on Prochaska and DiClemente's Stages of Change Model and William Miller's Motivational Interviewing techniques.