

Certified Addictions Counseling Program at the CPD

The University of Denver's Center for Professional Development is proud to offer the seven-course series of trainings required for Certified Addictions Counseling. Interested professionals may take the courses one at a time depending on their schedule and educational needs, or they may attend the Center's "CAC Camp," which includes all seven courses in one intensive series. [Click here](#) for more on CAC Camp.

Additionally, the CPD offers a licensure exam preparation course, available multiple times throughout the year. We also offer a Substance Abuse Consultation Series. For more information about these programs, [click here](#).

Course Title

- Certified Addictions Counseling Series: Principles of Addiction Training
- CAC Level I Required Class

Overview of Training

This class presents models of addiction, defines addiction treatment, presents the National Institute on Drug Abuse (NIDA) principles of effective treatment, outlines various types of addiction treatment and the use of evidence-based treatment approaches, the competencies required of an addiction counselor and professional readiness for addiction counselors. It also covers addiction counselor credentialing in Colorado and applicable rules. Along with Addiction Counseling Skills and Client Record Management, Principles of Addiction Treatment is considered to be part of the Core Curriculum and basic to the foundational training of a Certified Addiction Counselor (CAC). All CAC required classes seek to enhance the ability of the counselor to offer treatment services in a manner that respects gender, race and ethnicity, sexual orientation, cultural, familial, systemic and socioeconomic diversity.

Course Content

- a. What is addiction and what are the characteristics of a person with a substance use disorder?
- b. Theories and models of addiction (apply understanding with case study).
- c. Addiction treatment approaches, goals, length of treatment, factors in client retention, and services licensed by the Colorado Division of Behavioral Health (DBH).
- d. National Institute on Drug Abuse (NIDA) 13 principles of addiction treatment.
- e. Types of treatment and levels of care available including co-occurring disorder treatment, DUI, offender, women-specific, adolescent, detoxification and medication assisted treatment.
- f. Problem gambling and smoking cessation as they relate to addiction counseling.
- g. Evidence-based treatment approaches used in addiction counseling.
- h. Overview of current medications used in addiction treatment.
- i. Addiction counselor competencies and core functions referenced in the SAMHSA publication TAP 21 entitled "*Addiction Counseling Competencies: The Knowledge, Skills, and Attitudes of Professional Practice.*"

- j. Addiction Counselor Certification and Licensure Rules (eff. 11/1/2013) that guide the process of obtaining certification and licensure in Colorado with special emphasis on the role of the CAC III and LAC as clinical supervisors.
- k. Professional readiness for the aspiring addiction counselor.
- l. Challenges and trends in the addiction treatment field.

Demonstration of Competencies

At the end of the workshop, as measured by skills demonstrations and examination, the participant will be able to:

- a. Name at least three theories of addiction and give examples of each.
- b. Name the components of effective treatment.
- c. Know the role of various levels of care to include detox services, residential, outpatient, enhanced outpatient (EOP), intensive outpatient (IOP) among others.
- d. Know role of DBH licensed treatment agencies in Colorado for the treatment of DUI, offender and special populations.
- e. Name at least five of the core competencies of the addiction counselor.
- f. Know who can deliver addiction treatment services in Colorado and their qualifications for certification and licensure.
- g. Be able to create a professional development plan for becoming an addiction counselor that includes components of professional readiness.

Suggested References

- a. TAP 21 published by SAMHSA: *“Addiction Counseling Competencies: The Knowledge, Skills, and Attitudes of Professional Practice.”* US Dept of Health and Human Services, Substance Abuse and Mental Health Services Administration, www.samhsa.gov.
- b. National Institute on Drug Abuse (NIDA) *“Principles of Drug Addiction Treatment”* 3rd Ed.
- c. *“Pathways from the Culture of Addiction to the Culture of Recovery: A Travel Guide for Addiction Professionals”* William L. White, 1996, 2nd Edition.
- d. The HBO Addiction four (4) disc DVD Series, 2012

Instructor Bio

Thea Wessel is an addictions counselor with her own private practice in Colorado. She has been working in the criminal and addictions fields for seven years. Ms. Wessel earned her master’s degree in forensic psychology from the University of Denver and has also earned her LPC, LAC and MAC. She is currently the president of the Colorado Association of Addictions Professionals (CAAP) and also teaches as an adjunct professor at the University of Denver. Ms. Wessel continually challenges herself and others to provide quality addictions treatment and to educate the community about addictions issues.