

Principles of Addiction Treatment

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, and 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

- What is addiction and what are the characteristics of a person with a substance use disorder?
- Theories and models of addiction (apply understanding with case study).
- Addiction treatment approaches, goals, length of treatment, factors in client retention, and services licensed by the Colorado Division of Behavioral Health (DBH).
- National Institute on Drug Abuse (NIDA) 13 principles of addiction treatment.
- Types of treatment and levels of care available including co-occurring disorder treatment, DUI, offender, women-specific, adolescent, detoxification and medication assisted treatment.
- Problem gambling and smoking cessation as they relate to addiction counseling.
- Evidence-based treatment approaches used in addiction counseling.
- Overview of current medications used in addiction treatment.
- 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."*
- 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.
- Professional readiness for the aspiring addiction counselor.
- Challenges and trends in the addiction treatment field.

Demonstration of Competencies

At the end of the workshop, the participant will be able to:

- Name at least three theories of addiction and give examples of each.
- Name the components of effective treatment.
- Know the role of various levels of care to include detox services, residential, outpatient, enhanced outpatient (EOP), intensive outpatient (IOP) among others.
- Know role of DBH licensed treatment agencies in Colorado for the treatment of DUI, offender and special populations.

- Name at least five of the core competencies of the addiction counselor.
- Know who can deliver addiction treatment services in Colorado and their qualifications for certification and licensure.
- Be able to create a professional development plan for becoming an addiction counselor that includes components of professional readiness.