

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: Professional Ethics II
- CAC Level II Required Class
- Prerequisite: Professional Ethics I, Ethics and Jurisprudence

Overview of Training

This class will provide participants with a comprehensive overview of ethical and risk management issues related to addiction treatment services with a special emphasis on professional conduct and professional boundaries, to include boundary crossings and boundary violations. Dual relationships will be discussed within the context of clinical integrity and effectiveness. This class will focus on issues of professional distance, modeling and maintaining of healthy therapeutic boundaries and appropriate use of counselor self-disclosure. This class will also discuss standard of care as defined in statutes, licensing board regulations, case law, code of ethics of professional associations, and community norms. Guidelines for ethical risk management will be presented. The ethics of delivering professional counseling services to persons of culturally diverse backgrounds will be discussed along with issues pertaining to professional readiness and professional development. 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. Review of addiction counseling as a profession, values of the profession and the meaning of professionalism and its attainment
- b. Counselor congruency, values, and the importance of self-awareness
- c. Professional conduct and professional boundaries, to include boundary crossings and boundary violations in psychotherapy
- d. Issues surrounding transference and counter transference and implications for ethical conduct
- e. Standard of care as defined in statutes, licensing board regulations, case law, code of ethics of professional associations, and community norms

- f. Dual relationships, ethical pitfalls and warning signs to include counselor burnout, vicarious trauma, and self-care and the relationship to ethical missteps
- g. Dual relationships in rural and other small community settings
- h. Need for professional distance, modeling and maintaining of healthy therapeutic boundaries
- i. Appropriate use of counselor self-disclosure
- j. Guidelines for ethical risk management
- k. Ethical responsibility to the field when providing clinical administrative supervision
- l. Ethical considerations when delivering professional counseling services to persons of culturally diverse backgrounds, couples and families

Demonstration of Competencies

Upon completion of this training class, as measured by skill demonstration and examination, the participant will be able to:

- a. Verbalize the importance of self-awareness to the development of the addiction counselor
- b. Demonstrate an understanding of the values of the profession and the meaning of professionalism
- c. Demonstrate an understanding of the importance of counselor self-care and burnout prevention as they relate to ethical practice
- d. Name three examples of boundary crossings and three examples of boundary violations and be able to explain the differences
- e. Define the meaning of standard of care and its foundations
- f. Demonstrate an understanding of professional boundaries and risk management issues
- g. Name at least three ethical considerations when working with culturally diverse individuals
- h. Develop a personal ethical framework and risk management plan for the practice of addiction counseling

Suggested References

- a. **Becoming an Ethical Helping Professional: Cultural and Philosophical Foundations:** Rita Sommers-Flanagan and John Sommers-Flanagan (2006).
- b. **ACA Code of Ethics** (2005), American Counseling Association, www.counseling.org
- c. **At Personal Risk: Violations in Professional-Client Relationships.** Peterson, Marilyn. (1992).
- d. **Boundaries in Psychotherapy:** Ofer Zur (2007)
- e. **Boundary Issues in Counseling: Multiple Roles and Responsibilities:** Barbara L. Herlihy and Gerald Corey (2006).
- f. **Confronting Malpractice, Legal and Ethical Dilemmas in Psychotherapy:** Kenneth M. Austin, Mary E. Moline & George T. Williams (1990).
- g. **Counseling Ethics and Decision-Making** (3rd Edition): Robert R. Cottone and Vilia M. Tarvydas (2006).
- h. **Countertransference in Chemical Dependency Counseling:** Gary G. Forrest (2001).
- i. **Critical Incidents: Ethical Issues in the Prevention and Treatment of Addiction:** William L. White and Renee M. Popovits (2001).
- j. **Culturally Relevant Ethical Decision-Making in Counseling:** Rick Houser, Felicia L. Wilczenski and Maryanna Domokos-Cheng Ham (2006).

- k. **Ethical Practice in Small Communities:** Schank, Janet, and Skovholt, Thomas (2006).
- l. **Ethics in a Multicultural Context: Multicultural Aspects of Counseling and Psychotherapy:** Sherlan P. Pack-Brown and Carmen Braun Williams (2003).
- m. **Ethics in Mental Health Care.** Roberts, Laura, and Dyer, Allen. (2004)
- n. **Ethics in Psychotherapy and Counseling: A Practical Guide:** Kenneth S. Pope and Melba J. T. Vasquez (2007).
- o. **The Ethics of Professional Practice.** Richard Parsons (2001).
- p. **Issues and Ethics in the Helping Professions:** Gerald Corey, Marianne Schneider Corey and Patrick Callahan (2006).

Instructor Bio

Erin Gazelka is a therapist and clinician in Denver, Colorado. Ms. Gazelka earned her Master of Arts degree in Forensic Clinical Psychology from the University of Denver in 2009. She also earned her Juris Doctorate degree from William Mitchell College of Law in 2007 and is a licensed, inactive attorney in both Minnesota and Colorado. Ms. Gazelka is currently practicing as both a Licensed Professional Counselor and a Licensed Addiction Counselor. She has primarily practiced in the context of forensic issues for the past seven years, providing therapy and assessment services to adult offenders in the community corrections and parole systems. She has provided acute mental health care and suicide and violence risk assessment in Jefferson County Jail for six years. She has extensive experience facilitating a variety of groups and individual therapy, including inpatient and outpatient substance abuse groups. Ms. Gazelka is currently a provider for Kaiser Permanente and has helped develop and facilitate the Intensive Outpatient Program for severe and persistent mental illness at Highline Behavioral Health. Prior experience has included work as a guardian ad litem and drug treatment counselor for juveniles on probation. She also wrote proposed changes to legislation and developed curricula for teaching legal and psychological issues while working as a legal research for National Alliance on Mental Illness (NAMI).