

MJC CHEMICAL DEPENDENCY COUNSELING PROGRAM

An approved Alcohol and Drug Studies Program shall contain a minimum of courses from the following areas:

- a. Behavioral/Foundational -----6 Semester Units or Equivalent
- b. Core -----12 Semester Units or Equivalent
- c. Skills -----12 Semester Units or Equivalent
- d. Field Studies -----6 Semester Units or Equivalent

Total ----- 36 Semester Units

BEHAVIORAL/FOUNDATIONAL

MODESTO JUNIOR COLLEGE EQUIVALENT COURSES

Introduction to Human Services -----3 Semester Units

HUMSR 101

Development of Human Services in American society by private and governmental agencies at national, state, and local levels. Emphasis in contemporary programs and practices needs served, and projected changes. Preparation for “new careers” in paraprofessional programs such as health, education, and social services, as eligibility workers, counselor aides, vocational rehabilitation aides, social service technicians, and other interrelated pre-professional positions.

Introduction to Psychology -----3 Semester Units

PSYCH 101—GENERAL PSYCHOLOGY

Introduction to the areas, concepts, methods and facts of the science of psychology as they relate to the understanding of behavior. -----3 Semester Units

HUMAN DEVELOPMENT

PSYCH 141—HUMAN LIFESPAN

Introduction to the scientific study of human development from conception through adulthood. Examines interplay of biological, psychological, social and cultural forces on the developing human being. ----- 3 Semester Units

Introduction to Sociology -----3 Semester Units

Abnormal Psychology ----- 3 Semester Units

PSYCH 105 Abnormal Psychology

An examination of the broad questions of normality in the context of biological, psychological, sociological, and cultural factors; including major theoretical, diagnostic and treatment approaches.

Specific Population Groups ----- 3 Semester Units

HUMSR 142—Introduction to Psychosocial Rehabilitation

Introduction to the field of psychosocial rehabilitation and its application to the public mental health system. It provides an overview of the core practice models, principles, theories, and methods in psychosocial rehabilitation.

Cultural Anthropology ----- 3 Semester Units

Other Appropriate College Electives ----- 3 Semester Units
Total ----- 6 Semester Units

Introduction: Alcohol/ Drug Studies Core and Skills Areas

CORE AREA: Suggested Courses

Introduction to Alcohol/Drug Studies: An Overview3 Semester Units

HUMSR 116-Drugs and Alcohol in Society

An introductory course that focuses on drug and alcohol use, abuse, and dependency in society. Covers, causes for addiction, current trends, historical dimensions, prevention, treatment, multi-cultural considerations, and corresponding myths regarding chemical dependency and psychoactive drugs.

Treatment Modalities/Intervention, Treatment and Recovery (AKA Assessment and Service Coordination in Addiction Treatment).....3 Semester Units

HUMSR 117-Intervention and Treatment Strategies in Chemical Dependency

Continued development in the application of therapeutic techniques, clinical skills, and strategies relative to the treatment of chemical dependency. Emphasizes the intervention process, assessment tools, crisis counseling, theoretical foundations, recovery dynamics, and family systems.

The Pharmacology and Physiological Effects of Alcohol and Drug Abuse..... 3 Semester Units

HUMSR 118-Pharmacology of Abused Substances

An introduction to psychopharmacology and the process of drug addiction. Topics include classification of abused and psychotherapeutic drugs, basic principles of pharmacology, behavioral, and psychological effects of drugs, major neurotransmitter systems and how they are influenced by drugs.

AOD Prevention and Education 3 Semester Units

HUMSR 111-Counseling in Chemical Dependency

Concepts of counseling, therapy, personality development, and theoretical frameworks relevant to chemical dependency. Designed to assist the paraprofessional in the chemical dependency profession and other related fields. Clinical skills, assessment tools, techniques, crisis intervention strategies, and resolution will be covered.

Co-occurring Disorders 3 Semester Units

OR

Legal and Ethical Issues.....3 Semester Units

OR Culture, Race and Gender Considerations (AKA Specific Populations)

3 Semester Units

Total12 Semester Units

SKILLS AREA: Suggested Courses

**Basic Counseling Skills (Required)3 Semester Units
(AKA Theories of Addiction Counseling, Helping Skills)**

HUMSR 110-Introduction to Interviewing and Counseling (Required)

Introduction to the principles and practices of interviewing, counseling, and theoretical frameworks. Designed to assist in the preparation of paraprofessionals in the Human Services and other interrelated fields. Recognition and understanding of social problems, and the impact on human behavior.

Group Leadership and Group Process (Required)3 Semester Units

HUMSR 119-Introduction to Group Leadership and Group Process

An introduction to the dynamics of group interaction with an emphasis upon the individuals' subjective experience as the group studies itself (under supervision). The factors involved in problems of communication, effective emotional responses, and personal growth will be highlighted. Emphasis on group process as a means of changing individual behavior.

Subtotal6 Semester Units

Select two courses from the following:

Family Dynamics and Addiction..... 3 Semester Units

Crisis Intervention (AKA Intervention and Referral Techniques) 3 Semester Units

A Study of Social Model Living Skills3 Semester Units

Theories of Addiction Counseling3 Semester Units

AOD Prevention and Education3 Semester Units

Co-Occurring Disorders3 Semester Units

HUMSR 113-Co-occurring Disorders

Introduction to the treatment needs of individuals who are diagnosed with a psychiatric disorder in combination with a chemical dependency disorder. Students will learn to identify, assess, and offer treatment to those with a dual diagnosis/co-occurring disorder.

Legal and Ethical Issues.....3 Semester Units

HUMSR 120-Professional Development in the Helping Professions

Focuses on the application of clinical skills, theoretical foundations, strategies, techniques, ethical standards, and the professional development in the Human Services and chemical dependency profession.

Culture, Race and Gender Considerations

3 Semester Units

Total12 Semester Units

FIELD STUDIES (Internship)

Field Studies & Seminar I3 Semester Units

Field Studies & Seminar II3 Semester Units

HUMSR 144-Community Agency Practicum

Class time is devoted to sharing, evaluation, and discussion of student's supervised field experiences and placement. Continued development of clinical skills, theoretical integration, knowledge base, professional values, and competence in the helping profession. **Students are also concurrently enrolled in HUMSR 145 A, B, or D. The Community Agency practicum may be taken three times.**

Total 6 Semester Units

TOTAL FOR THE PROGRAM: 36 Semester Units.