

# Introduction to Counseling

## Course Goals and Objectives

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As outlined by the Addiction Professionals Certification Board, Inc., at the end of this course the student will be able to:

1. Define counseling/ therapy as per the IC&RC.
2. Identify key concepts of, and noted figures associated with the following counseling approaches:
  - a. Cognitive Behavior Therapy, Rational Emotive Therapy, Motivational Enhancement Therapy, Family Therapy, Client Centered Therapy, Solution Focused Therapy and Psychodynamic Therapy.
3. Explain the rationale for choosing and changing counseling approaches during the course of counseling.
4. Develop a therapeutic relationship with clients, families, and concerned others to facilitate transition into the recovery process.
5. Identify appropriate use of boundaries.
6. Positive reinforcement (e.g., identifying client strengths, instilling hope, identifying client potential).
7. Understanding Transference and Countertransference.
8. **Competency 5:** Describe the philosophies, practices, policies, and outcomes of the most generally accepted and scientifically supported models of treatment, recovery, relapse prevention, and continuing care for addiction and other substance-related problems.
9. **Competency 75:** Establish a helping relationship with the client characterized by warmth, respect, genuineness, concreteness, and empathy.