Chemical Dependency Studies (CDS)

CDS 101  F,Sp  5 credits
INTRODUCTION TO ADDICTIONS & CHEMICAL DEPENDENCY  SS
Introduces the student to the basic theories of drug/alcohol use and abuse. Explores the scope of chemical substance dependency. Topics include socio-cultural aspects of drug usage, patterns and progression, definitions of substance abuse and dependency, recovery and prevention. This course is the primary course for students interested in a career counseling the chemically dependent. Prerequisite: None.

CDS 102  W  3 credits
INTRO TO THEORIES AND COUNSELING OF CD CLIENTS  RE
Introduces the student to the need for a theoretical base for CD counseling. Students will learn the fundamental concepts of at least three contemporary theories of counseling, and will gain a working knowledge of brief therapy. Prerequisite: CDS 101 with a grade of C or better.

CDS 105  W  3 credits
CHEMICAL DEPENDENCY/DOMESTIC VIOLENCE  RE
Provides students with a basic understanding of social problems and legal issues relative to domestic violence and its impact on children and families. Prerequisite: None.

CDS 107  Sp  3 credits
ADOLESCENT DEVELOPMENTAL ISSUES AND CHEM DEPEND  RE
Examines the special issues and challenges of working with adolescent chemical abuse and dependency. This class will cover the following: adolescent development tasks, assessment process and tools, diagnostic challenges, treatment and recovery considerations, co-occurring disorders and relapse prevention. It will also cover information about family assessment, treatment, and recovery issues. Formerly known as CDS 207. Prerequisite: None.

CDS 108  F  4 credits
COMMUNITY & SCHOOL-BASED PREVENTION/INTERVENTION  RE
Presents history of the prevention discipline, including theories and research-based approaches. Presents various models of prevention, such as the risk and protective factor model, developmental asset model and resiliency model. Addresses the Strategic Prevention Framework. Reviews media models for prevention. Presents principles and dynamics of group development. Discusses various types of community and school groups. Presents advocacy methods and grant writing. Prerequisites: None.

CDS 109  Sp  3 credits
ALCOHOL/DRUG PATHOPHYSIOLOGY AND PHARMACOLOGY  RE
Reviews the human body with emphasis on the action of alcohol and other frequently abused drugs on each of the systems. Drug classification, prescription and non-prescription, drug interactions, poly-drug abuse, detoxification process, acute and post-acute withdrawal signs and systems will be studied. Fetal effects from substance abuse will be examined. (Formerly known as CDS 211) Prerequisite: CDS 101, 102, and 113 all with a grade of C or better.

CDS 110  Sp  3 credits
RECORDKEEPING AND CASE MANAGEMENT  RE
Introduces the student to case management and record keeping techniques. Assessment, diagnosis, individual treatment planning, charting, and continuing care planning will be explored. Confidentiality utilization review and staffing techniques will be discussed. Prerequisite: CDS 101, 102, and 113 all with a grade of C or better.

CDS 111  Sp  3 credits
TREATMENT PRINCIPLES OF CHEMICAL DEPENDENCY  RE
Presents the principles and processes needed to effectively treat individuals suffering from addiction. Explores the four phases of the developmental treatment model. Discusses goal setting and objectives related to each phase of the individual’s recovery. Presents the basics of motivational interviewing to become a more effective professional. Prerequisites: Previous completion of or concurrent enrollment in CDS 101.

CDS 112  W  2 credits
SUICIDE ASSESSMENT, PREVENTION & CRISIS MGMT  RE
CDS 121  W  3 credits  
LEGAL AND ETHICAL ISSUES IN CDS  
Explores legal and ethical issues in chemical dependency counseling. Includes topics of ethical decision making, confidentiality and malpractice, as well as maintaining a professional counselor/client relationship. Addresses issues and values involved in counseling clients from different cultures and with diverse needs.  
Prerequisite: None

CDS 201  Sp  3 credits  
DYNAMICS OF THE FAMILY & CHEMICAL DEPENDENCY  
Introduces students to the dynamics of the chemically dependent family. Studies the effects of addiction on the family. ACOA (adult children of alcoholics) issues will be addressed. Education and treatment strategies will be explored. Students must enroll concurrently in CDS 111, and either enroll concurrently in CDS 110 or obtain instructor permission.  
Prerequisite: CDS 101, 102, 113 and 215 with a C or better.

CDS 202  F  3 credits  
CHEM DEPENDENCY COUNSELING/DIVERSE POPULATIONS  
This course is designed to prepare the chemical dependency counselor for working with individuals and families from diverse populations. The goal of the course is to raise the level of awareness and cultural sensitivity of the chemical dependency counselor. It will challenge the student to examine culturally learned assumptions that shape their interactions with clients. It helps the chemical dependency counselor become more knowledgeable about social structures that cause inequality and its effect on treatment.  
Prerequisite: CDS 101, 102, 113, and 121 or instructor permission.

CDS 203  W  3 credits  
RELAPSE PREVENTION AND INTERVENTION  
This course is designed to educate the chemical dependency counselor on all aspects of the relapse process. This includes assessment, education, intervention, relapse treatment plans, family involvement, and stress management.  
Prerequisite: CDS 101, 102, and 113 or instructor permission.

CDS 215  F  3 credits  
GROUP COUNSELING: THEORIES AND APPLICATION  
Provides the student with the theory and the practice of group counseling with chemical dependent clients and their families being studied. Students will gain a working knowledge of group counseling theories. Styles of group decision-making will also be applied. Role playing and modeling techniques will enhance the students’ skills.  
Prerequisite: CDS 101 and 113 both with a grade of C or better.