

# CASAC COURSE DESCRIPTIONS



## PROFESSIONAL EDUCATION SERIES



ALL BUT ONE (HOW TO PASS THE CASAC TEST) OF THE TRAINING OFFERED IN THIS BROCHURE ARE PROVIDED UNDER THE NEW YORK STATE OFFICE OF ALCOHOLISM AND SUBSTANCE ABUSE SERVICES PROVIDER NUMBER ED0105AL/SA-ASAR. TRAINING UNDER NYS OASAS PROVIDER NUMBER IS ACCEPTABLE FOR MEETING A PART OR ALL OF THE CASAC EDUCATION/TRAINING REQUIREMENT.

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## 12 Core Global Functions

This training introduces and describes the ICRC/OASAS standards for the 12 Core Functions, which are central to the CASAC exam. Each function is elaborated and the "Global Criteria" and "Competency" for each is discussed in terms of the concepts and functions for which credentialed counselors are responsible. The entire continuum of care from Screening to Consultation is reviewed in this two-day (14-hour) training.

## 12 Step Programs

Begins with an overview of the historic development of the self-help movement and its evolution to Alcoholics Anonymous, and deals only with Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) and not the entire array of other 12 Step programs. Introduction to the "Big Book" of AA and the "Basic Text" of NA. Areas of controversy in 12 Step programs are reviewed and evaluated, and the fellowship and program are described. The "12 Steps" and the "12 Traditions" of AA and NA are reviewed. Guidelines for "2" hatters" (12 step members who also work as paid treatment staff) are offered.

## Addiction and the Family

This training is designed for counselors and/or addiction counselors to increase their knowledge of Addiction and the Family. The training will provide an overview of Structural theory, Systems theory and Brief Strategic Family theory and practice. Participants will increase their knowledge of Family structure, functions and the effects of addiction on family members. The following topics will be explored: (1) assessment of family problems, (2) critical issues and strategies in treatment/treatment planning. Participants will also review relevant Family Issues such as: Family Roles, Power Dynamics, "Co-Dependency" and "Enabling", and ACOA'S and COA'S.

## Alcoholism

This psychopharmacology of alcohol, the disease concept of alcoholism, the character disorder perspective, Jellinek's types and stages of alcoholism are discussed. The concept of alcoholism as a progressive family disease is explored. The TC and twelve step methods of recovery are investigated. The historical contributions of Prohibition, the Temperance Movement, AA, AI Anon, ACOA, and pharmacology are debated.

## Art as a Therapeutic Tool

This workshop allows the participants to learn the use of art as a means of understanding and discovering feelings. The utilization of art as a vehicle for catharsis helps the participants to create an outlet for feelings in a non-confrontational and non-threatening manner.

## Brief Therapy

This workshop offers the participants an introduction to a unique clinical approach. Participants will learn "Solution Focused" techniques while examining the affect that Brief Therapy has had on the field of substance abuse. Concepts pertaining to the individual, group and family counseling will be discussed.

## Cognitive Behavior Therapy

This workshop will explore the basic principles of CBT. The benefit of utilizing Cognitive Behavior Therapy as a tool for working with clients who are experiencing depression, anxiety, including features of cognitive distortion and cognitive deficits. The training will help inform staff of the various schemas and the methods to assist them. They will also be instructed on relaxation training methods for practical use with their clients.

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## **Cooperative Learning**

This workshop consists of successful teaching strategies in which small teams, each with students of different levels of ability, use a variety of learning activities to improve their understanding of a subject. Each member of a team is responsible not only for learning what is taught but also for helping teammates learn, thus creating an atmosphere of achievement. Students work through the assignment until all group members successfully understand and complete their task.

## **Criminal Histories as a Barrier to Employment**

Individuals with criminal records can overcome discriminatory barriers to employment, housing, healthcare, benefits and other critical services. Will cover how to understand and correct errors on rap sheets and anti-discrimination laws protecting people with criminal records, HIV and alcohol/drug problems. The Legal Action Center is the only non-profit law and policy organization in the United States whose mission is to fight discrimination against and protect the privacy of people with histories of addiction, HIV/AIDS, or criminal records, and to advocate for sound public policies in these areas. Since 1973, LAC has worked to combat the stigma and prejudice that keep these individuals out of the mainstream of society. LAC is committed to helping people reclaim their lives, maintain their dignity, and participate fully in society as productive, responsible citizens. Each year, LAC's attorneys and policy experts assist more than 5,000 individuals and organizations.

## **Domestic Violence in the Alcohol/Substance Abuse Arena**

This workshop addresses the correlative factors that are found when examining domestic violence, as it relates to relapse among men and women. Participants will be given various resources and techniques as a valuable tool for prevention.

## **Drug Use & Abuse**

This workshop provides a brief history and sociology of drug use and abuse. The biochemical, psychological, cultural and spiritual aspects of addiction are explored. The historical roots of drug and alcohol use and abuse will be discussed. The comparison/ contrast of drug use past and present will be explored.

## **DSM-IV**

This is a basic workshop designed to acquaint the participant with the DSM-IV. The DSM-IV is a valuable but under used diagnostic tool, which can enhance the counselor's understanding and ability to treat the client.

## **Employee Assistance Program**

This workshop offers an in-depth understanding of the ABC's of Employee Assistance Programs (EAP's). Participants will learn the history and structure of how (EAP's) relate to treatment services, interventions and various techniques from the workplace perspective.

## **Ethics and the Client/Counselor Relationship**

This workshop offers an in-depth understanding of ethics as it is applied to the substance abuse field. The need for counselors to have an ethical standard is discussed. The participants will learn the importance of differentiating between the ethical, legal and moral ethical situations. (CARF related)

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## **Gay and Lesbian Issues (LGBTI)**

This workshop explores those issues particular to gay and lesbian alcohol and substance abusers. The role of gender identity confusion and conflict will be emphasized. Psychological, social and family implications of the coming out process are explored. Support networks and counseling interventions are identified.

## **Group Counseling**

This is a basic theoretical and conceptual course. The following topics will be explored: developmental stages of groups, group process, therapeutic practices of groups, individual and group resistances, leadership, transference and counter-transference, management of aggression and sexuality and various group dysfunctions.

## **Group Process**

A course on theory and practice of group process. The following topics will be explored: leadership, co-leadership of groups, developmental stages of groups, therapeutic practices of groups, individual and group resistances, transference and counter-transference, management of aggression and various group dysfunctions.

## **Hepatitis A, B, & C**

Hepatitis is an ever-increasing problem among substance abusers today. This workshop offers the participants the latest and most relevant information on Hepatitis A, B, and C. Issues related to understanding the treatment, prevention, and referral of this population will be addressed. Emphasis on safety precautions necessary to prevent the spread of Hepatitis will also be reviewed.

## **Hip Hop from a Clinical Perspective**

Hip Hop from a Clinical Perspective is an informative and positive presentation for individuals who wish to explore the Hip Hop culture from a clinical point of view. Mrs. Jineea Butler, is founder of the Social Services of Hip Hop and through research and observations the organization has developed a sensitive and responsive approach that persuades members of the Hip Hop community to utilize the power and resources around them in a more responsible and productive fashion.

The seminar will include an overview of the origins and history of Hip Hop through a lecture and historical photographs of its onset courtesy of Hip Hop photographer, historian, and activist, Ernie Paniccoli, connecting the present with the past. This introductory seminar will analyze and interpret Hip Hop attitudes, behaviors, body language and effective ways to deal with them. It will confront stereotypes, bridge the gap between modern business models, individuals who work or associate with Hip Hop directly or indirectly and the rebellious nature of the citizens of Hip Hop. The goal of Hip Hop from a Clinical Perspective is to provide practitioners with a better understanding of the Hip Hop aged clients they work with everyday. Great for Social Workers, Case Workers, Counselors, Parole and Probation Officers, and Teachers! Guest Speaker and graduate of Daytop: Kyle Brinson

## **HIV/AIDS STD's**

This training will provide participants with up-to-date information about what researchers, providers and consumers have found to be helpful in reducing the risk and harm associated with HIV/STD infections, also updated treatment approaches and new medications.

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## How to Pass the CASAC Test

This non-credit, two-day workshop will offer an overview of the type of questions to be encountered in the CASAC test. We will provide the actual questions to be encountered on the CASAC exam. Skills in test taking will be addressed. This workshop is a must for all those who are preparing to take the CASAC test. There are NO credit hours awarded for this workshop.

## Individual Counseling

This is a basic theoretical and conceptual workshop designed to complement an individual counseling practicum. Students will study contemporary theories of counseling. Related issues of interviewing, assessment, goal setting and technique will be explored as examples of the application of theory. Counselor role and function will be defined as well as the importance of the therapeutic alliance, transference and counter transference. Differences among other modalities of therapy will be distinguished.

## Intervention and Family Issues

This workshop reviews various approaches to the process by which addicts are helped by family members and significant others to face the seriousness of their problem, followed by fast track guidelines to get them into appropriate treatment. Various approaches differ primarily on the intensity of the confrontation. Methodologies include the EPA Model, Structured Family Intervention, Invitational Models, the ARISE Model, Carefrontations and Gentle and Respectful Interventions. Complicating issues of family dynamics involved and implications of professional ethics in this use of pressure are explored. (CARF related)

## Introduction to Motivational Interviewing

This workshop offers an introduction to the philosophy and spirit of Motivational Interviewing (MI) and will provide opportunities for experiential learning of basic MI techniques. MI is a client-centered, directive, goal-oriented counseling method for enhancing intrinsic motivation for change by exploring and resolving ambivalence. An evidence-based practice, MI allows counselors to form a positive working alliance and engage clients more effectively in their own treatment process.

## Legal Action Center

Individuals with criminal records can overcome discriminatory barriers to employment, housing, healthcare, benefits and other critical services. Will cover how to understand and correct errors on rap sheets and anti-discrimination laws protecting people with criminal records, HIV and alcohol/drug problems.



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## **Loss, Grief, & Bereavement**

Grief, bereavement, loss and mourning are defined relative to the losses substance abuse counselors can expect among their clients, colleagues, families and friends. Ten categories of loss are identified and a checklist on personal loss is offered for personal exploration. Basic issues, which can complicate our response to loss, are identified and elaborated.

## **Medical Disease & Developmental Model**

This workshop begins by reviewing the theoretical differences between the disease and developmental models of addiction. The training will explore areas in which the models can be mutually beneficial or in contradiction. Emphasis will be placed on exploring Maxwell Jones' model of social learning, the research finding of the Jellinek Clinic and the recent research from Amsterdam concerning remission of addiction and what AA says about disease or developmental models; reconciling spiritual aspects of recovery with both treatment models.

## **Organizational Skills and Effective Time Management**

Samuel Smiles coined the phrase "A place for everything and everything in its place" in 1875. Participants will identify how their lives have become unmanageable due to deadlines, time constraints and disorganization. They will learn through interactive exercises, strategies to become better organized and to manage their time constructively both at work place and at home. Teamwork and actual life circumstances will be used to exemplify time management tasks.

## **Overview of a Therapeutic Community**

This workshop begins by presenting an overview of substance abuse treatment with an introduction into the TC concept. It does not deal solely with Therapeutic Communities. This workshop covers everything from the history and etymology of Substance Abuse, Behavior Modification and Counseling Techniques, Psychological/Emotional Aspects, Spiritual/ Intellectual Aspects and Vocational Skills.

## **Pharmacology I**

This workshop begins by presenting an overview of the biology of the human brain, central and peripheral nervous system. Emphasis is on the neurochemical systems at a cellular level. The depressant class of drugs is reviewed, including opiates, sedative-hypnotics, tranquilizers and alcohol. The following issues are described: route of entry, distribution, metabolism, excretion, toxicity, tolerance, withdrawal and medical complications.

## **Psychology of Being Male**

This training, intended for both men and women, assumes that male and female psyches are more alike than different, but that some of those differences are critical. Based on the perspectives of C.G. Jung and Joseph Campbell and exploring the ancient myth of Parsifal's search for the Holy Grail in pursuit of basic factors, which define psychological maleness. The approach here is a little different in that it includes no science-only Jungian psychology and mythology. 25 basic issues that define maleness are introduced.

## **Public Speaking Skills in Alcohol and Substance Abuse**

This workshop allows the participants to learn the art of public speaking. The participants will learn how to better sell themselves by using physical skills to reduce nervousness and using humor effectively to create a great first impression.

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## **Relapse and Relapse Prevention**

This workshop discusses the range of causes of relapse and the various methods to circumvent them. Clinical interventions obtained from cognitive behavioral theorists, psychodynamic theorists and 12 step programs are distinguished. Participants are asked to design relapse prevention plans for several case studies, which integrate all the approaches studied.

## **Spiritual Aspect of Treatment/Recovery**

This workshop addresses spirituality from the perspective of existentialism and humanistic philosophy while differentiating spirituality from religion. Methods of integrating spiritual issues into drug counseling are discussed. Students will learn about the 12-step programs and their use of the "higher power". Emphasis is placed on the understanding of the "higher power" concept, as a personal construct determined by a variety of psychological and social influences.

## **Substance Abuse and Group Dynamics**

This workshop will help participants understand the impact of group dynamics in substance abuse treatment. Participants will enhance their skills in such areas as: identifying group archetypes, group development, and the importance of effective communication. Participants will also understand the role of the group facilitator in assisting the group achieve its common objectives.

## **Substance Abuse, Women and Self-Esteem**

This workshop will provide insight into how women make decisions based on self-perception. It will explore how to enhance self-esteem and assist in changing societal viewpoints concerning women in the substance abuse arena, and women experiencing life-shattering situations that provoke self-loathing that lead to more destructive behavior.

## **Time and Stress Management**

This course offers specific strategies to put our time to better use while taking into account the reality of substance abuse treatment. Particular attention is devoted to dealing with the stressors extended in the substance abuse environment and how to deal with them. It utilizes traditional systems borrowed and adapted from the business world. The participant will be able to utilize their time more successfully and efficiently as a result of taking this workshop.

## **Treatment Planning**

Treatment Planning will emphasize the importance of learning how to write goals and objectives using the SMART methodology. Participants will be interactive utilizing role-play. The difference between "subjective and objective" progress notes will be reviewed with participant practice in class.

## **Veterans in Recovery from Alcohol and Substance Abuse, Part III**

This workshop begins by presenting an overview of issues veterans live with such as post-traumatic stress disorder (PTSD), and the impact that substance use has on their lives and families.

## **What is Unique about Addiction Counseling**

This course compares and contrasts substance abuse counseling in particular to psychotherapy in general. It takes the position that counseling drug addicts differs in some critical ways from counseling persons with other psychological, emotional or behavioral issues. Specifically, it introduces these basic concepts important for treating substance abusers: (1) 9 predictable presenting problems (2) 9 unique treatment issues and (3) 5 issues on which the substance abuse treatment field is divided and in disagreement.

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## Women in Substance Abuse

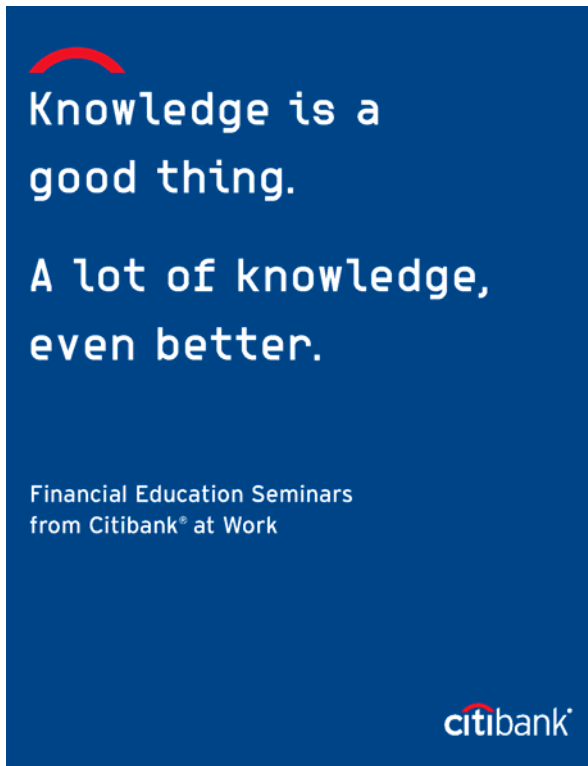
This workshop provides participants with a basic understanding of the needs and specific problems involved with treating women who are alcohol and substance abusers. Such topics as gender orientation; cultural differences, self-esteem, therapeutic tools and supervision are discussed.

## Writing an Effective Treatment Plan

This workshop is especially useful to the new counselor who often experiences difficulties in generating a comprehensive Treatment Plan. Proper grammar, syntax, correctness of expression, and the documentation of clinical issues are all a part of this workshop.

## You Can Bank On It

Financial Education Seminars through Citibank® at Work give people the knowledge they need to make smart financial decisions. Learn how to manage and save your money through banking services such as direct deposit, online banking, and money transfers. This seminar also focuses on FDIC coverage, savings methods, using credit wisely, and the role of income protection.



The graphic features a dark blue background with white text. At the top left is the Citibank logo, a red arc above the word 'citibank'. The main text reads: 'Knowledge is a good thing.' followed by 'A lot of knowledge, even better.' Below this, in smaller white text, is 'Financial Education Seminars from Citibank® at Work'. The Citibank logo is repeated in the bottom right corner.