

**IV SEMESTER – SPECIALISATION – V (SWAC)**  
**SWS- 562: ADDICTION COUNSELLING**

**PROGRAMME OUTCOME:**

**Course Specific Objectives:**

- Develop basic drug addiction treatment counseling skills and techniques in the following areas: Client assessment, Motivational interviewing, Problem solving, Counseling skills, Relapse prevention, Dealing with lapse and relapse
- Develop an individualized management plan and provide ongoing follow-up and support
- Describe different types of counselling in various settings.
- Explain factors influencing successful drug addiction treatment

**Course Contents:**

**UNIT – I**

**Individual Counselling:** Principles, Skills and Techniques; Core Areas: Assessment, identification of risk and protective factors, building coping skills, stress management training and Maintaining the abstinence.

**UNIT – II**

**Group Counselling:** Principles, Skills and Techniques; Yalom’s therapeutic factors of group therapy. Different types of group counselling: Professional led groups, volunteers led groups and Self Help Groups such as Alcoholic Anonymous Groups and Narcotic Anonymous Groups.

**UNIT - III**

**Family Counselling:** Impact of Addiction on Family. Co-dependence, Role of Family in recovery, and briefly theories of family therapy. Family counselling: Principles, Skills and Techniques. Application of circular questioning in family therapy. Stages and process of family counselling.

**UNIT – IV**

**Motivational Enhancement Techniques:** Stages of Motivation, Factors influencing motivation. Types of Motivation. Signs of readiness to change or quit substance abuse. Motivation Enhancement Counselling: Principles, Skills and Techniques. Application of Cognitive Behaviour Therapy (CBT) in Motivation Enhancement Counselling. Application of Person Centered Approaches in Motivation Enhancement Counselling.

**UNIT - V**

**Relapse Prevention Counselling:** Factors predicting relapse after the recovery from addiction disorders. Strategies to prevent relapse: Craving management, handling peer pressure, handling negative emotions, dealing with life events, and learning to nurture positive and healthy life style. Relapse prevention models.

## Reference:

- Yates, Rowdy; Malloch, Margaret S (2010) Tackling addiction: pathways to recovery Jessica Kingsley Publishers
- Doyle Pita, Diane (2004) Addictions counselling: a practical and comprehensive guide to counselling people with addictions
- Rasmussen, Sandra (2000) Addiction treatment : theory and practice Sage Publications
- Berton, Jennifer D (2014) Ethics for addiction professionals: from principle to practice Wiley
- Herie, Marilyn; Skinner, W. J. Wayne (2014) Fundamentals of addiction: a practical guide for counsellors (4th edition) Centennial - Ashtonbee
- Dr.BhartiDimri, Dr.ManishaMinocha, Dr.MonikaAuplish (2016)Guidance And Counselling
- Radhika Soundararajan (2012) Counseling: Theory, Skills and Practice

