HB380

ADDICTIVE BEHAVIOURS: COUNSELLING INTERVENTIONS

This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.
Unit Name: Addictive Behaviours: Counselling Interventions

Unit Code: HB380

Award: Bachelor of Social Science
Bachelor of Social Science (Counselling)

Credit Points: 10

Core/Elective: Elective

Pre/co-requisites: CO282 Major Issues in Counselling
10 credit points of advanced Human Behaviour or Counselling units

Modes: Internal
External

Delivery/Contact hrs: Internal
Lectures and Tutorials: 39 hours
Reading, study and preparation for lectures: 39 hours
Assignment preparation: 52 hours
TOTAL: 130 hours

External
Engagement with study materials: 78 hours
Assignment preparation: 52 hours
TOTAL: 130 hours

Teaching Staff: Doug Taylor

Unit Rationale: The abuse of substances has become an issue of major concern for many individuals, families and groups in our community. However, substance abuse and problems related to addictive behaviours are complex issues and the questions commonly asked about these can rarely be answered in a simple way. For these reasons, it is important for counselling graduates to have the opportunity to be well grounded in the theory and practice of working with clients struggling with addictive and compulsive behaviours, and their families. This unit has been designed to assist students to examine the issues and information surrounding addictive behaviours in such a way as to separate facts from moral judgements or opinions and to explore both the Christian and secular current understandings and interventions.

Learning Outcomes:

On completion of this unit of study, students will have provided evidence that they have:

1. Understood patterns of compulsive and addictive behaviours and underlying unmet needs;
2. Examined the causes and effects of substance abuse in general and in relation to specific substances;
3. Analysed and critiqued specific intervention strategies available for the treatment of substance abuse and other addictive and compulsive behaviours;
4. Described the limits of counsellor/client working relationship, the importance and function of assessment in relation to treatment, and identified referral professionals and agencies;
5. Critically reflected on the social and cultural roots of addictive behaviours and the relationship of addictive and compulsive behaviours and substance abuse to special groups from both a theoretical and Christian perspective;
6. Written at an appropriate tertiary standard with special attention to correct grammar, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing and presentation.
Content:

<table>
<thead>
<tr>
<th>No.</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>Patterns of compulsive behaviours</td>
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<tr>
<td>2</td>
<td>Definitions and origins of drugs</td>
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<td>3</td>
<td>Psychoactive drugs and their effects</td>
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<td>4</td>
<td>Factors involved in drug using behaviour</td>
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<td>5</td>
<td>When is use abuse?</td>
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<td>6</td>
<td>Sexual Compulsion</td>
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<td>7</td>
<td>Gambling</td>
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<td>8</td>
<td>Other addictions/compulsions</td>
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<td>9</td>
<td>Co-morbidity</td>
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<td>10</td>
<td>Strategies for intervention – Introduction</td>
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<tr>
<td>11</td>
<td>Strategies for intervention – Evaluation and ethical issues</td>
</tr>
<tr>
<td>12</td>
<td>Strategies for intervention</td>
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<tr>
<td>13</td>
<td>Counselling clients with compulsive behaviours</td>
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</table>

Set Text Requirements:


Recommended Readings:

### Assessment:

<table>
<thead>
<tr>
<th>Assessment Item</th>
<th>Topic/s</th>
<th>Learning Outcomes assessed</th>
<th>Week Due</th>
<th>Weighting</th>
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</thead>
<tbody>
<tr>
<td>Chart</td>
<td>Create a chart displaying an overview of drugs and alcohol, including different types, their effects, legality, and patterns of use in Australia. Include a list of resources for information and intervention.</td>
<td>1-3</td>
<td>Week 7</td>
<td>20%</td>
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<tr>
<td>Case Study 1500 words</td>
<td>Present a case study which describes a potential client experiencing an addictive behaviour. This will include discussion of type, pattern, contributing factors, level and effects of the compulsion. It will also outline a holistic treatment intervention, discuss the ethical issues and referral options present in this counselling intervention and analyse any Christian worldview dimensions.</td>
<td>1-6</td>
<td>Week 11</td>
<td>35%</td>
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<tr>
<td>Research Assignment 2500 words</td>
<td>Choose a different addictive behaviour to that discussed in assessment task two. Present a literature review of this issue, discuss and critique research pertaining to current intervention strategies used with this behaviour. The paper should also include a brief Christian perspective, and an analysis of relevant social and cultural factors.</td>
<td>1-6</td>
<td>Week 13</td>
<td>45%</td>
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