

ADDICTION STUDIES (ADST)

ADST 196. EXPERIMENTAL. 1-5 Credits.

ADST 300. SURVEY OF ALCOHOL/DRUG PROBLEMS. 4 Credits.

Students will learn international and current definitions of alcohol and drug use, abuse and addiction. Recognition of misuse as a social problem and the evolution of social policy and attitudes. Socio-cultural and cross-cultural aspects of chemical dependency, including vulnerable populations—women, youth, elderly and ethnic-cultural groups. Identification and progression of symptoms and disease including the impact on individuals, family and society. Special focus on addressing drug problems personally and professionally with an overview of contemporary treatment modalities.

ADST 302. COUNSELING THEORIES FOR THE ADDICTION PROFESSIONAL. 4 Credits.

Students study the principal theories and techniques of therapeutic and counseling relationships with particular focus on those designed for or adept in addressing defense mechanisms and resistance characteristic of addiction.

ADST 303. HIV/AIDS AND ADDICTION TREATMENT. 2 Credits.

Students explore the physiology, epidemiology, risk assessment, legal/ethical issues and societal implications of HIV and other air-and blood-borne pathogens. This course is appropriate for students of any discipline but is approved by the Washington Department of Health toward the Substance Use Disorder Professional credentialing.

ADST 304. PSYCHOLOGY OF ADDICTION. 3 Credits.

This course develops knowledge and functional understanding of the psychology of addiction as supported by the most recent professional theories being presented to date. The concepts of the destructive behaviors associated with addictions of all types are explored. Some to be included will be chemicals, gambling, food, sex, relationship, work, and exercise. This course will explore the ideas of causality and social implication in addictions. The history of our nation in regards to addictions is also a topic of discussion. The various approaches to treatment, alternatives, and social issues are investigated.

ADST 308. CULTURAL ISSUES IN ADDICTION TREATMENT AND BEHAVIORAL HEALTH. 4 Credits.

Pre-requisites: ENGL 101.

Satisfies: a university graduation requirement—diversity.

This course critically examines attitudes about underrepresented or marginalized populations in terms of power differentials, oppression, privilege, political practices, social and/or cultural issues. Students will discuss movements that shape or challenge the systems of power and the impact this has in terms of the availability of behavioral health services, schools, housing, and other community services.

ADST 310. GLOBALLY SPEAKING: WHAT ABOUT DRUGS?. 4 Credits.

Pre-requisites: ENGL 101 or permission of instructor.

Satisfies: a university graduation requirement—global studies.

The world market for illegal drugs is the world's largest illicit market. The illegal drug business has begun to reshape itself along the tenets of the new world economy. Poor countries that produce drugs face massive corruption in police, army and government circles. This course will explore the implications of drug manufacturing, sales, licit and illicit drug production, laws and policies that impact the way drugs are classified and approved.

ADST 350. ADDICTION STUDIES PRACTICUM SEMINAR. 2 Credits.

Notes: graded Pass/Fail.

Pre-requisites: declared major or minor in Addiction Studies or permission of instructor or program director.

This course prepares students to enter into the ADST practicum experience. Students make application to practicum, obtain proper state-required paperwork and review practicum assignment.

ADST 385. ADDICTION STUDIES PRACTICUM I. 2 Credits.

Pre-requisites: successful completion of or currently enrolled in ADST 350 or permission of instructor.

Students will obtain an opportunity to integrate and develop their knowledge and skills in an appropriate and relevant setting that will assist in their development as addiction treatment or prevention professionals.

ADST 395. INTERNSHIP. 1-3 Credits.

Pre-requisites: permission of the instructor, department chair and college dean.

Placement in an alcohol/drug prevention or treatment facility to observe and study the application of theory and technique toward generalization to the student's principal discipline. When the field experience placement is in a state certified alcohol/drug treatment facility, the hours apply toward chemical dependency counselor state certification.

ADST 397. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 1-5 Credits.

ADST 399. DIRECTED STUDY. 1-5 Credits.

Pre-requisites: permission of the instructor, department chair and college dean.

Subjects vary relative to faculty and student interests.

ADST 410. COMMUNITY PREVENTION METHODS. 4 Credits.

This course explores the role the media plays in prevention, such as media advocacy, media literacy, social marketing and social norms marketing. This course will also discuss the requirements for prevention credentialing in Washington state.

ADST 412. PHYSIOLOGY AND PHARMACOLOGY OF ADDICTIONS. 4 Credits.

Notes: Required for the ADST Major, Minor. Used as an elective in other programs.

Pre-requisites: ENGL 201 or department permission.

This course covers information on the physical impact and responses of the body to alcohol, psychoactive substances and addictive behaviors through the study of fundamentals of pharmacokinetics, neurological functions and current research findings. Concepts and terminology essential for working on a professional addiction treatment team and for communicating with patients and families. There is special focus on effective intervention strategies for working with a variety of addictive behaviors.

ADST 420. ALCOHOL/DRUG CASE MANAGEMENT. 4 Credits.

Pre-requisites: ADST 302 or permission of instructor.

This course builds on the theoretical and technical principles and skills addressed in ADST 302. Thorough review of approaches and philosophies of case management and its essential role in effectively addressing the complexity of multiple-issue recovery, including dual-diagnosis, gender and sexuality issues, suicide and relapse. Includes established national and regional standards of care in treatment planning, record keeping and discharged and aftercare planning.

ADST 430. ADDICTION TREATMENT WITH FAMILIES. 4 Credits.

Pre-requisites: ENGL 201 or permission of instructor.

This course examines the dynamics of family in relationship to chemical dependency and models of family counseling, including overviews of structural, strategic, transgenerational, growth-oriented, behavioral and solution-focused theories as applied to chemical dependency.

ADST 440. ALCOHOL/DRUG GROUP COUNSELING. 3 Credits.

Notes: This course has a synchronous (required group meetings online) component. This course requires students to meet three times in student groups online for class assignments.

Pre-requisites: ADST 302.

Students will review the theoretical foundations of group dynamics and therapy as applied to substance use disorder treatment clientele. They will explore the design, leadership and applications of therapy groups via a combination of lecture readings and experimental lab activities. Emphasis will be placed on learning to observe, understand and guide the group dynamics as they occur.

ADST 442. SCREENING AND ASSESSMENT FOR CO-OCCURRING DISORDERS. 4 Credits.

Pre-requisites: ADST 308 or ADST 430.

This course is designed to assist social work, mental health counseling students and chemical dependency professional trainees (students) in obtaining the skills needed to conduct an accurate substance abuse assessment/evaluation and to determine the appropriate level of treatment by understanding accepted criteria for diagnosis and placement criteria (ASAM), utilizing assessment instruments, analyzing/interpreting data, documenting assessments and making appropriate treatment recommendations.

ADST 444. TREATING CO-OCCURRING DISORDERS. 4 Credits.

This class will establish a better understanding of the inherent complexities of co-occurring disorders (COD) and develop a variety of clinical skills necessary in the treatment of COD. We will explore the principles of cognitive-behavioral therapy, solution-focused therapy, motivational enhancement therapy and brief therapy approaches to both substance abuse and mental illness. Selected clinical interventions from each of these evidence-based treatment modalities will be taught and practiced.

ADST 446. BEST PRACTICES IN SUBSTANCE ABUSE AND MENTAL HEALTH INTERVENTION. 4 Credits.

Motivational interviewing (MI) is an effective evidence-based approach to overcoming the factors that keep people from making desired changes in their lives, even after seeking or being referred to professional treatment. The first half of this course reviews the conceptual and research background supporting MI and the Transtheoretical model-stages of change (SOC) and provides practice in implementing the skills involved in their approaches. The second half of this course will be an overview of dialectical behavioral therapy (DBT) and how it can be applied when working with chemically dependent clients. Each of the four skill modules will be covered. Students will also become familiar with techniques such as commitment strategies, diary cards and coaching.

ADST 448. MEDICATION ASSISTED TREATMENT. 2 Credits.

Notes: requirement for ADST BA ADDI and ADDI ONL.

Pre-requisites: ENGL 201 or permission of department.

This course introduces students to concepts relevant to the implementation of medication assisted treatment (MAT). Specifically the research into the efficacy of MAT will be reviewed and the basic brain chemistry of addiction and common medication-based treatments. The historical, legal and ethical considerations specific to MAT will also be reviewed. Evidence-based therapeutic techniques for counseling staff collaborating in interdisciplinary teams with medical staff will be presented.

ADST 452. TOPICS IN CONTINUING EDUCATION. 1 Credit.

Notes: graded Pass/Fail.

These courses are designed to teach behavioral health, chemical dependency, and healthcare providers with legal responsibilities for the assessment, management and care of consumers/patients.

ADST 454. TRAUMA INFORMED CARE IN BEHAVIORAL HEALTH. 4 Credits.

Notes: requirement for ADST BA ADDI and ADDI BA ONL.

Pre-requisites: junior standing or permission of department.

In Behavioral Health settings, clients presenting with trauma may be the norm instead of the exception. An understanding of the prevalence and impact of trauma in the treatment system helps strengthen clients' recovery, decrease re-traumatization, and helps to build clients' trust in and use of supports. Emphasis will be placed on identifying signs and symptoms of trauma and the utilization of trauma specific services.

ADST 460. CONFIDENTIALITY, LAW AND ETHICS FOR THE ADDICTION PROFESSIONAL. 4 Credits.

Pre-requisites: sophomore standing.

Students will be exposed to fundamental and technical study of the law, policy, malpractice and liability regarding chemical dependency prevention and treatment practice. Strong focus will be on the contemporary issues of the field relative to current policy and the development of professional knowledge and skills that support ethical and effective practice.

ADST 462. ADOLESCENT ADDICTION ASSESSMENT AND TREATMENT. 4 Credits.

Pre-requisites: ADST 300 or ENGL 201.

This course emphasizes the unique developmental stages of adolescence and ways in which substance use/abuse/dependency harm the adolescent's worldview. Various methods used when providing interventions and treatment are explored along with assessment requirements specified by the state. This course expands the issues of the family system as context for recovery using traditional resources and innovative approaches in adolescent chemical dependency treatments.

ADST 464. RELAPSE PREVENTION. 2 Credits.

Prevention Relapse is not a single event, but is a process that takes place over time. This class will investigate that process by examining the principles and procedures of relapse prevention therapy. It will also focus on the developmental model of recovery to explore major causes of relapse in each stage of recovery. Another major focus of this class will be to address client relationship with family, employment, education, spirituality, health concerns, and legal needs.

ADST 480. WHERE SUICIDE AND MENTAL HEALTH MEET. 4 Credits.

Pre-requisites: ENGL 101, or permission of instructor or director.

Students explore the connection between mental health diagnosis and suicide risk. They analyze case exercises that include therapeutic interventions, initial treatment planning, coordination of services and referral.

ADST 482. SUICIDE ASSESSMENT, TREATMENT AND MANAGEMENT. 4 Credits.

Students will evaluate the theoretical foundation in the clinical treatment and management of suicidal risk over time through case management of suicidal persons. Students will compare and assess “evidenced-based” and “best practices” approaches for the treatment and case management of the suicidal person within their scope of practice. Through role play exercises that include therapeutic interventions, initial treatment planning, coordination of services and referral, students will demonstrate these intervention skills, including aftercare intervention (postvention) with families, to evaluate effectiveness.

ADST 484. SUICIDE PREVENTION. 3 Credits.

Pre-requisites: ENGL 201.

Students examine a brief history of suicidal beliefs and explore present-day suicidal issues that are considered a public health problem. The goals, objectives and strategies of the Surgeon General's National Strategy for Suicide Prevention and the public health model are discussed in an effort to provide students with tools to examine current programs, media literacy, barriers treatment and research, and cultural & social factors of suicide prevention.

ADST 485. ADDICTION STUDIES PRACTICUM II. 2 Credits.

Pre-requisites: ADST 350 or permission of instructor.

Students will build on experience and strengths developed in Practicum I to prepare them to work independently in the addiction or prevention field.

ADST 490. ADST SENIOR CAPSTONE. 4 Credits.

Pre-requisites: senior standing and declared major in Addiction Studies or permission of instructor or program director.

Satisfies: a university graduation requirement—senior capstone.

This course covers the eight Practice Dimensions and Transdisciplinary Foundation knowledge that is the ideal standard the addiction counselor strives to master. Students who plan to move forward with WA state licensure as Chemical Dependency Professionals gain a cumulative summary of the above practice dimension skills, knowledge and attitudes that accomplished counselors strive to master.

ADST 495. INTERNSHIP. 1-5 Credits.

Pre-requisites: permission of the instructor, department chair and college dean.

Placement in an alcohol/drug prevention or treatment facility which supports the opportunity to learn knowledge and skill by providing direct service. Regular seminars are held for processing and integrating concepts and techniques and addressing professional issues. When the practicum placement is in a state certified alcohol/drug treatment facility, the hours apply toward chemical dependency counselor qualification.

ADST 496. EXPERIMENTAL COURSE. 1-5 Credits.**ADST 497. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 1-4 Credits.**

Subjects vary according to faculty and student interest.

ADST 498. SEMINAR. 1-5 Credits.**ADST 499. DIRECTED STUDY. 1-4 Credits.**

Pre-requisites: permission of the instructor, department chair and college dean.

ADST 501. RELAPSE PREVENTION. 2 Credits.

Relapse is not a single event but a process that takes place over time. This class will investigate that process by examining the principles and procedures of relapse prevention therapy. It will also focus on the developmental model of recovery to explore major causes of relapse in each stage of recovery. Another major focus of this class will be to address client relationship with family, employment, education, spirituality, health concerns and legal needs.

ADST 502. COUNSELING THEORIES FOR ADDICTION PROFESSIONALS. 2 Credits.

This course is intended to provide students with specific counseling theory information necessary to meet state requirements for Chemical Dependency Professional certification.

ADST 503. HIV/AIDS AND ADDICTION TREATMENT. 2 Credits.

Pre-requisites: graduate standing.

Students explore the physiology, epidemiology, risk assessment, legal/ethical issues and societal implications of HIV and other air-and blood-borne pathogens. This course is appropriate for students of any discipline and is approved by the Washington Department of Health toward the Substance Use Disorder Professional credentialing.

ADST 504. ADOLESCENT ADDICTION ASSESSMENT AND TREATMENT. 4 Credits.

This course will emphasize the unique developmental stages of adolescence and the ways in which substance use/abuse/dependency harm the adolescent's worldview. The various methods used when providing interventions and treatment will be explored along with assessment requirements specified by the state. This course will expand the issues of the family system as context for recovery using traditional resources and innovative approaches in adolescent chemical dependency treatments.

ADST 505. ADDICTION GROUP COUNSELING. 2 Credits.

Notes: this course is taught online and requires a synchronous component (meaning: students will get together online in small groups) as part of the course.

Pre-requisites: graduate standing.

Theoretical foundations of group dynamics and counseling as applied to addiction treatment clientele. Explore the design, leadership and applications of group counseling via a combination of readings, video presentations, case studies and class discussions. Emphasis on learning to observe, understand, guide and facilitate the group dynamics as they occur.

ADST 510. UNDERSTANDING ADDICTION IN TRIBAL COMMUNITIES. 4 Credits.

Pre-requisites: graduate or PB standing.

The course examines current Tribal addiction treatment programs and addiction treatment modalities for American Indian tribes. Emphasis will be placed on understanding tribal history, tribal culture, Federal Indian Policy and law, and the federal obligation to tribes. Additionally, the history of addiction in tribal communities, traditional and current practices of how addiction is being treated in Indian Country will be reviewed.

ADST 512. PHARMACOLOGICAL ACTIONS OF ALCOHOL AND OTHER DRUGS. 4 Credits.

Students will review the physical impact and the response of the human body to alcohol and other drugs of abuse through study of the fundamentals of pharmacokinetics, neurologic functioning and current research findings. They will also learn concepts and terminology essential for working on a professional treatment team and for communicating with patients and families. There will be special focus on effective intervention strategies for each class of drug.

ADST 520. CASE MANAGEMENT. 4 Credits.

This course provides a thorough review of approaches and philosophies of case management and its essential role in effectively addressing the complexity of multiple-issue recovery, including dual-diagnosis, gender and sexuality issues, suicide and relapse. Includes established national and regional standards of care in treatment planning, record keeping and discharged and aftercare planning.

ADST 530. ADDICTION TREATMENT WITH FAMILIES AND DIVERSE POPULATIONS. 4 Credits.

This course uses the Addiction Counseling Competencies to explore the complex issues of family in relation to addiction and models of family counseling. Additionally, this class will include information on diverse cultures, to incorporate the relevant needs of culturally diverse groups, as well as people with disabilities, into clinical practice.

ADST 535. CONFIDENTIALITY, LAW AND ETHICS FOR THE ADDICTION PROFESSIONAL. 4 Credits.

Pre-requisites: MA Behavioral Health, MA Addiction Studies.

Students will be exposed to fundamental and technical study of the law, policy, malpractice and liability regarding chemical dependency prevention and treatment practice. Strong focus will be on the contemporary issues of the field relative to current policy and the development of professional knowledge and skills that support ethical and effective practice. Application of ethics for chemical dependency clinicians.

ADST 542. SCREENING AND ASSESSMENT OF CO-OCCURRING DISORDERS. 4 Credits.

This course is designed to assist the Master-level Social Worker, mental health counseling student and chemical Dependency Professional Trainees (students) in obtaining the necessary skills needed to conduct an accurate substance abuse assessment/evaluation and determine appropriate level of treatment. Further, the student will gain an understanding of mental health diagnosis utilizing screening, assessment and diagnostic tool.

ADST 544. TREATING CO-OCCURRING DISORDERS. 4 Credits.

This class will establish a better understanding of the inherent complexities of co-occurring disorders (COD) and develop a variety of clinical skills necessary in the treatment of COD. We will explore the principles of Cognitive-Behavioral Therapy, Solution-Focused Therapy, Motivational Enhancement Therapy and Brief Therapy approaches to both substance abuse and Mental Illness selected clinical interventions from each of these evidenced-based treatment modalities will be taught and practiced for both group work and individual therapy. Clinical approaches, treatment planning, placement and medications used to treat COD will also be discussed.

ADST 545. COGNITIVE BEHAVIORAL TREATMENT. 4 Credits.

Notes: taught online.

Pre-requisites: graduate standing.

This online course introduces participants to the theory and practice of cognitive behavioral treatment (CBT). The course facilitates participants understanding of: key concepts of behavior modification, as they relate to behavior activation, and behavioral exposure treatments; behavioral assessment, as they relate to behavior activation, and behavioral exposure treatments; and supports in the recognition of clients self-defeating cognitions and behaviors.

ADST 546. BEST PRACTICE INTERVENTION. 4 Credits.

Motivational interviewing (MI) is an effective evidence-based approach to overcoming the factors that keep people from making desired changes in their lives, even after seeking or being referred to professional treatment. The first half of this course reviews the conceptual and research background supporting MI and the transtheoretical model-stages of change (SOC) and provides practice in implementing the skills involved in their approaches. The second half of this course will be an overview of dialectical behavioral therapy (DBT) and how it can be applied when working with chemically dependent clients. Each of the four skill modules will be covered. Students will also become familiar with techniques such as commitment strategies, diary cards and coaching.

ADST 548. MEDICATION ASSISTED TREATMENT. 2 Credits.

Pre-requisites: graduate standing.

This course introduces students to concepts relevant to the implementation of medication assisted treatment (MAT). Specifically the research into the efficacy of MAT will be reviewed and the basic brain chemistry of addiction and common medication-based treatments. The historical, legal and ethical considerations specific to MAT will also be reviewed. Evidence-based therapeutic techniques for counseling staff collaborating in interdisciplinary teams with medical staff will be presented.

ADST 550. SPIRITUALITY AND ADDICTION. 4 Credits.

Pre-requisites: graduate standing.

Addiction permeates our society; substance use and abuse are rapidly becoming a global epidemic. Researchers are digging deep into brain chemistry to learn more about the complicated disease of addiction. Spirituality and mindfulness appear to be keys in unlocking the mystery of overcoming addiction. This course will provide a solid foundation in spirituality, mindfulness and addiction, focusing on how spirituality relates to treatment recovery and relapse prevention.

ADST 552. PROCESS ADDICTIONS. 4 Credits.

Pre-requisites: graduate standing.

This course provides students an introduction and overview of process addictions, assessment and diagnostic tools, evidenced-based treatment strategies, recovery services and strategies for intervention and identification.

ADST 554. TRAUMA INFORMED CARE. 4 Credits.

Pre-requisites: graduate standing.

In Behavioral Health settings, clients presenting with trauma may be the norm instead of the exception. An understanding of the prevalence and impact of trauma in the treatment system helps strengthen clients' recovery, decrease re-traumatization, and helps to build clients' trust in and use of supports. Emphasis will be placed on identifying signs and symptoms of trauma and the utilization of trauma specific services.

ADST 555. FOOD AND ADDICTION. 4 Credits.

Pre-requisites: graduate standing or permission of director.

This course explores the relationship among food, addiction, health, and mindfulness. Students will explore the psychology of eating, neurobiology of addiction, similarities between food addiction and substance use disorders, as well as mindful eating practices, culinary medicine and the relationship between spirituality and food. We will analyze the trend of obesity in our culture and examine the controversial question of whether or not food can be considered addictive.

ADST 561. SPECIAL TOPICS. 1-4 Credits.

Various topics of concern to addiction professionals in the field of addiction treatment and prevention will be presented to educate students about emerging or recurring issues and concerns.

ADST 562. SUICIDE ASSESSMENT, TREATMENT AND MANAGEMENT. 4 Credits.

Cross-listed: SOWK 562.

Pre-requisites: graduate standing.

This course explores the theoretical foundation in the clinical assessment, treatment and management of suicidal risk over time through case management with suicidal persons. Additionally, we will review instructions in "evidenced-based" and "best practices" for the treatment and case management with the suicidal person within the scope of practice. We also have role play exercises that include therapeutic interventions, initial treatment planning including case notes, coordination of services and referral.

ADST 576. ADDICTION: A BIOPSYCHOSOCIAL APPROACH. 4 Credits.

Notes: may be repeated.

Pre-requisites: graduate standing.

This course applies the biopsychosocial perspective to the field of substance use disorders. The emphasis is on an examination of the reciprocal interaction between the individual experiencing addiction and the various systems that impact misuse, addiction, treatment and recovery. The overall framework provides a foundation for the strengths perspective and client-centered practice. Topics included are harm reduction, biology of addiction, psychology of addiction, and co-existing disorders.

ADST 580. INTRODUCTION TO STATISTICS. 4 Credits.

Pre-requisites: graduate standing.

This course introduces students to descriptive and basic inferential statistics. It develops students' understanding of how data are used, analyzed and interpreted in research, thereby enabling them to critically appraise and consume research for evidence based practice.

ADST 582. RESEARCH FOR EVIDENCE BASED PRACTICE. 4 Credits.

Pre-requisites: graduate standing.

The course presents essential and practical guidance on how to integrate research appraisal into evidence based practice endeavors to determine which interventions, policies and assessment tools are supported by the best evidence. Attention is given to equipping students to become competent consumers of research and effective evidence-based practitioners.

ADST 595. ADST BEHAVIORAL HEALTH COUNSELING PRACTICUM. 2-4 Credits.

Pre-requisites: permission of the instructor, department chair and college dean.

Individual learning and career development course with placement in a behavioral health agency designed to facilitate the integration and application of theory and skill in a counseling setting.

ADST 596. EXPERIMENTAL. 1-5 Credits.**ADST 602. ADST PROFESSIONAL PORTFOLIO. 2 Credits.**

Notes: this course covers the final requirement for graduation from a master's program. It takes the place of a research report/research project/ or other final requirement for a Master's Degree.

Pre-requisites: graduate standing and admission to program.

The professional Portfolio course is a final project for graduates of the Master of Addiction Studies degree. Students will demonstrate their readiness for professional practice by presenting projects that reflect new learning gained from program curriculum and work experience, finishing the course with a final exam review to help prepare for the licensure exam.

ADST 695. ADST BEHAVIORAL HEALTH COUNSELING PRACTICUM II. 1-4 Credits.

Pre-requisites: permission of the instructor, department chair and college dean.

Individual learning and career development course with placement in a behavioral health agency. Placement in a behavioral health agency provides students the opportunity to learn and practice knowledge and skills required for certification/licensing by providing direct service to clients while obtaining agency supervision and support. Students in this practicum will enhance and refine their counseling skills with individuals and groups.