

ADDICTION STUDIES

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 program web page (<https://www.ewu.edu/cpp/social-work/addiction-studies/>)

Faculty

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Degrees

BA–Addiction Studies (<http://catalog.ewu.edu/ps/sw/addiction-studies/addiction-studies-ba/>)

Minor–Addiction Counseling and Prevention (<http://catalog.ewu.edu/ps/sw/addiction-studies/counseling-prevention-minor/>)

Certificate–Addiction Studies Suicide Assessment, Treatment and Management (<http://catalog.ewu.edu/ps/sw/addiction-studies/suicide-assessment-treatment-management-certificate/>)

MA–Addiction Studies (<http://catalog.ewu.edu/ps/sw/addiction-studies/addiction-ma/>)

MA–Advanced Addiction Therapies (<http://catalog.ewu.edu/ps/sw/addiction-studies/adv-addiction-ma/>)

MA–Behavioral Health (<http://catalog.ewu.edu/ps/sw/addiction-studies/addiction-studies-ma/>)

Graduate Certificate–Addiction Studies (<http://catalog.ewu.edu/ps/sw/addiction-studies/graduate-certificate/>)

Graduate Certificate–Addiction Studies Licensed Professionals (<http://catalog.ewu.edu/ps/sw/addiction-studies/licensed-professionals-graduate-certificate/>)

Required courses in these programs of study may have prerequisites. Reference the course description section for clarification.

Undergraduate Program

Addiction Studies (ADST) is an approved education provider with NAADAC, The Association for Addiction Professionals. The main focus of our Bachelor of Arts degree is to provide students the educational requirements needed to prepare them for Washington State Certification as Substance Use Disorder Professionals (SUDP) through the Department of Health. Students who complete all state required courses for certification are eligible to take the NAADAC Exam before completing the final state requirements needed for certification.

Certification/licensing requirements differ from state to state please check with your local certification/licensing board to confirm this is the right program for your location. Contact Addiction Studies (adst@ewu.edu) for more information.

Addiction Studies Minor

ADST provides a 29-credit minor with optional practicum that includes university-level education related to substance use disorders valuable for students in a variety of other disciplines such as health education, criminal justice, social work, education, psychology, and other fields of study to enhance the effectiveness of their careers. ADST courses expose students to the multiple demands of working with clients that can be transferred to other work environments. Employers are especially eager to hire students with a foundation in Addiction Studies coursework as part of their major program.

The minor option does not provide all courses required for State Certification.

General Admission Requirements for Addiction Studies

Addiction Studies BA program is offered completely online. Students interested in this program are required to have completed their first two years of undergraduate coursework with either an Associate of Arts (AA) or Direct Transfer Agreement (DTA) degree from a two-year college or those students who are in the process of completing the first two years of courses at Eastern Washington University.

Students with an AAS in Addiction Studies degree from a community college are better served applying to an Interdisciplinary BA or other BA program offered at EWU.

Mission Statement

- Addiction Studies fosters the concept of Transformative Learning following the basic tenet: you cannot change anyone but yourself.
- Addiction Studies strives to provide opportunities for students to become aware and critical of their own and others' assumptions and to recognize frames of reference using their sociological imaginations to redefine problems from a different perspective.
- As we change the way we react and behave in our environments, others around us may also be transformed, thereby enhancing community consciousness.

Graduate Certificate

The Addiction Studies Graduate Certificate is designed for persons who have completed a bachelor or master's degree with a background in social work or a related field who are interested in obtaining coursework leading to certification as a Substance Use Disorder Professional in Washington state.

Admission Requirement Prerequisites

Students pursuing Washington state certification as Substance Use Disorder Professionals may need to take additional coursework to qualify for licensure. Washington state requires students to have 45 quarter or 60 semester credits in addiction related coursework to cover required competencies. Addiction Studies (ADST) provides the bulk of those competencies in the Graduate Certificate as many times students have taken other courses to cover the additional requirements.

- Additional requirements may include, ADST 505, ADST 502, and ADST 503 covering Brief Risk Intervention. A course in Human Development, Developmental Models and Theories or Lifespan Development is also required. Note: student transcripts are evaluated to determine if these additional course competencies are covered in previous coursework.
- Meet Graduate Studies admission requirements (<https://www.ewu.edu/grad/>), consult with ADST director or adviser to discuss program requirements, contact Addiction Studies (<http://www.ewu.edu/adst/>) for further information.

- Completion of a bachelor's or master's degree with a cumulative GPA ≥ 3.0 .
- Students without a background in social work, or related field, may need to complete additional coursework to qualify for Washington state certification.

State Certification as a Substance Use Disorder Professional in Washington State Requires:

- students applying with a BA degree 2000 hours in a state approved Substance Use Disorder (SUD) treatment agency;
- students applying with a Master's degree 1500 hours in a state approved SUD treatment agency;
- students will need to take and pass the NAADAC, NCC AP Level I or II Exam;
- students completing the ADST certificate courses are eligible to take the NCC AP Level I or II exam. Contact ADST for more information.

Students from other states may need to check with their local certification boards to be sure this program will meet their state requirements. In an effort to accommodate students from across Washington state or other states, all courses are taught online. Addiction Studies faculty and staff are available for personal academic advising for prospective and current student needs.

Optional Practicum: a practicum option is available for students but is not required for the certificate. Students who are not currently working in a treatment agency may benefit from the practicum experience. Practicum hours may count toward Washington state certification required hours.

Addiction Studies Courses

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 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, ASSESSMENT, AND MENTAL HEALTH CONSULTATION 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. 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.

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: POLICY AND PROGRAMS. 3 Credits.**Pre-requisites:** ENGL 201.

Students examine the history of suicidal beliefs in western culture and explore present-day suicidal issues as a public health problem. The goals, objectives, & strategies of the Surgeon General's National Strategy for Suicide Prevention and the public health model are discussed providing students with tools to examine current programs and cultural & social factors of suicide prevention. Students identify how understanding these policies and programs can promote community resiliency.

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 substance use disorder counselor strives to master. Students who plan to move forward with WA state licensure as Substance Use Disorder 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, ASSESSMENT, AND MENTAL HEALTH CONSULTATION 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 gains 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 599. DIRECTED STUDY. 1-4 Credits.****Pre-requisites:** permission of the instructor, department chair and college dean.

Directed study.

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 master's programs within Addiction Studies. Students demonstrate their readiness for professional practice by presenting artifacts, in the form of a portfolio, that align with addiction counselor competencies.

Portfolio artifacts reflect new learning gained from program curriculum and practice experience.

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.