



CATHOLIC CHARITIES  
Diocese of Wilmington

**CADC CERTIFICATION CLASSES – BASIC CLASS**  
**CATHOLIC CHARITIES**  
**2601 W. 4<sup>TH</sup> STREET, WILMINGTON, DE 19805**  
**CLASSES FROM 6 PM -9 PM ON TUESDAY**  
**\$40 PER CLASS OR \$550 IN ADVANCE FOR ALL CLASSES**

**Jan 3, 2012**

**Week 1:**

**Disease of Addiction**

Historical and Current Models of Addiction

15 Minute Break

Chronic Disease Model of Addiction; Overview of Neurobiology

**Jan 10, 2012**

**Week 2:**

**The Assessment Process**

Screening, Intake and Orientation

Comprehensive Bio-psycho-social assessment

15 Minute Break

Screening Tools for Special Populations

Clinical Formulations Leading to Initial Treatment Plan

**Jan 17, 2012**

**Week 3:**

**Assessing Co-Existing Disorders I**

Depressive, Anxiety and Other Mood Disorders

15 Minute Break

Personality and Thought Disorders

**Jan 24, 2012**

**Week 4:**

**Treatment Planning**

Using Assessment to Create and Prioritize Initial Treatment Plan

15 Minute Break

Developing Realistic Objectives and Interventions

Care Conference Preparation

**Jan 31, 2012**

**Week 5:**

**Cultural Differences and Counseling**

Principles of Culturally Competent Treatment Services

15 Minute Break

Exploration of Worldview Differences in Other Cultures

**Feb 7, 2012**

**Week 6:**

**Individual Counseling**

Eight specific interaction skills

15 Minute Break

Developing Counseling Skills

Motivational Interviewing

**Feb 14, 2012**

**Week 7:**

**Group Counseling**

Overview of Different Models of Group Therapy

Types of Groups; Psycho-educational, Psych-dynamic, etc.

15 minute Break

Stages of Group Development

**Feb 21, 2012**  
**Week 8:**

**Family Counseling**

Family Roles in the Dysfunctional Family  
Codependency and ACOA Treatment  
15 Minute Break  
Interventions and Family Systems  
Intro to Al-Anon

**Feb 28, 2012**  
**Week 9:**

**Relapse Prevention Counseling**

Overview of Relapse Specific Treatment, Gorski, et. al.  
15 Minute Break  
Developmental Model of Recovery

**Mar 6, 2012**  
**Week 10:**

**Case Management and Record Keeping**

Overview of Forms in Typical Client Chart  
Writing a Progress Note  
15 Minute Break  
Core Tasks of Case Management

**Mar 13, 2012**  
**Week 11:**

**Role of 12 Step Fellowships in Recovery**

History of AA and NA  
Overview of 12 Steps, Meetings and Sponsorship  
15 Minute Break  
Role of 12 Steps in Treatment and Recovery  
Dual Relationships in Addiction Counseling

**Mar 20, 2012**  
**Week 12:**

**Crisis Intervention and Documentation**

Overview of Trauma and Identifying Risk Factors  
15 minute Break  
Essentials of Crisis Intervention  
Using a Suicide Assessment Tool and Safety Contract

**Mar 27, 2012**  
**Week 13:**

**Defense Mechanisms and Resistance in Addiction Treatment**

Review of Defense Mechanisms  
15 Minute Break  
Interpreting and Reframing Resistance

**Apr 3, 2012**  
**Week 14:**

**Ethics I**

Review of NAADAC Code of Ethics  
15 Minute Break  
Completion of Review and Case Studies

**Apr 10, 2012**  
**Week 15:**

**Code of Ethics II**

Confidentiality and Client Rights  
15 Minute Break  
Counselor-Client Relationship Ethical Considerations

**Apr 17, 2012**  
**Week 16:**

**Supervision, Consultation and Professional Development**

Role of Consultation in Treatment  
15 Minute Break  
Role of Supervision in Professional Development