A. Course Description

Credits: 3

Lab Hours/ Weeks: Corequisites: None

Lecture Hours/ Week :

MnTC Goals: None

In this course, students explore cognitive-behavioral therapies (CBTs), trauma-informed strategies (TIS) and their application to substance use disorders counseling (SUDC) and co-occurring disorders counseling (CODC). Theory, research base and practice are all emphasized. In considering the theoretical base of CBTs and TIS, students investigate the research and service gaps in multicultural application of these interventions. The course includes a practice dimension that allows students to advance their skills in using multiple cognitive-behavioral approaches with clients in SUDC and CODC.

B. Course Effective Dates: 12/18/2018 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. Demonstrate foundational counseling capacities and skills such as empathy, genuineness, immediacy, active listening and reflection
2. Integrate theory of and research on CBT and TIS into framework for counseling
3. Evaluate literature on culturally responsive adaptations of CBT and TIS
4. Demonstrate CBT- and TIS-specific counseling skills and practices
5. Apply CBT strategies to self-change efforts

E. Learning Outcomes (MN Transfer Curriculum)

This contains no goal areas.

G. Special Information

None