

## Transdisciplinary Disciplinary Foundation I. - Understanding Addiction

The Addictions Counselor should:

1. Understand a variety of models and theories of addiction and other problems related to substance abuse.
2. Recognize the social, political, economic, and cultural context within which addiction and substance abuse exist, including risk and resiliency factors that characterize individuals and groups and their living environments.
3. Describe the behavioral, psychological, physical health, and social effects of psychoactive substances on the person using and significant others.
4. Recognize the potential for substance use disorders to mimic a variety of medical and mental health conditions and the potential for medical and mental health conditions to coexist with addiction and substance abuse.

### TF I. BIBLIOGRAPHY – Understanding Addiction

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## **Transdisciplinary Disciplinary Foundation II. - Treatment Knowledge**

The Addictions Counselor should:

5. Describe the philosophies, practices, policies, and outcomes of the most generally accepted and scientifically supported models of treatment, recovery, relapse prevention, and continuing care for addiction and other substance-related problems.

6. Recognize the importance of family, social networks, and community systems in the treatment and recovery process.
7. Understand the importance of research and outcome data and their application in clinical practice.
8. Understand the value of an interdisciplinary approach to addiction treatment.

## **TF II. BIBLIOGRAPHY – Treatment Knowledge**

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## **Transdisciplinary Disciplinary Foundation III. - Application to Practice**

The Addictions Counselor should:

9. Understand the established diagnostic criteria for substance use disorders, and describe treatment modalities and placement criteria within the continuum of care.

10. Describe a variety of helping strategies for reducing the negative effects of substance use, abuse, and dependence.
11. Tailor helping strategies and treatment modalities to the client's stage of dependence, change, or recovery.
12. Provide treatment services appropriate to the personal and cultural identity and language of the client.
13. Adapt practice to the range of treatment settings and modalities.
14. Be familiar with medical and pharmacological resources in the treatment of substance use disorders.
15. Understand the variety of insurance and health maintenance options available and the importance of helping clients access those benefits.
16. Recognize that crisis may indicate an underlying substance use disorder and may be a window of opportunity for change.
17. Understand the need for and the use of methods for measuring treatment outcome.

### **TF III. BIBLIOGRAPHY – Application to Practice**

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## **Transdisciplinary Disciplinary Foundation IV. - Professional Readiness**

The Addictions Counselor should:

18. Understand diverse cultures, and incorporate the relevant needs of culturally diverse groups, as well as people with disabilities, into clinical practice.
19. Understand the importance of self-awareness in one's personal, professional, and cultural life.
20. Understand the addiction professional's obligations to adhere to ethical and behavioral standards of conduct in the helping relationship.
21. Understand the importance of ongoing supervision and continuing education in the delivery of client services.
22. Understand the obligation of the addiction professional to participate in prevention and treatment activities.
23. Understand and apply setting-specific policies and procedures for handling crisis or dangerous situations, including safety measures for clients and staff.

#### **TF IV. BIBLIOGRAPHY – Professional Readiness**

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