

# ADDICTIONS COUNSELING A.A.S. (CAREER)

Program website (<https://www.frederick.edu/programs/social-sciences/addictions-counseling.aspx>)

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## Program Description

Prepares students who are seeking specific knowledge in substance abuse counseling to work with clients in a broad range of treatment settings. Basic counseling and interviewing skills, assessment and diagnosis of substance use and other mental disorders, treatment delivery, ethical practice, and field experience are emphasized.

**Overall GPA of 3.0 or better required in Departmental Requirements courses upon degree completion. Grade of B or better required in HUMS 204 and both INTR 103 courses.**

*Certification for addictions counselors is required by the State of Maryland. The credentialing process requires a combination of a college degree in health or human services, specific coursework in addictions counseling, hours of internship and supervised experience, and passing a state-approved examination. Student should consult with an advisor and the Board of Professional Counselors in Maryland for specific certification requirements.*

Individuals seeking to apply for the Maryland Alcohol and Drug Trainee (ADT) status should declare Addictions Counseling A.A.S. as your major. ADT status is a temporary time-limited status and those holding ADT status *must* be enrolled in a required college addictions program and be supervised by an appropriate individual. ADT is a stepping stone for individuals seeking Maryland certification of CSC-AD, CAC-AD, or licensure in related areas (for example, counseling and social work). Please note that FCC does not issue ADT's, CSC-AD's, or CAC-AD's, but rather, those are issued through Maryland Department of Health, Board of Professional Counselors and Therapists (see links below for application instructions and requirements).

The Addictions Counseling A.A.S. is also designed for those with minimal to no college background and are seeking CSC-AD certification through Maryland.

For specific information regarding ADT status or CSC-AD or CAC-AD, please use the following links:

ADT: <https://health.maryland.gov/bopc/Pages/adt.aspx>  
CSC-AD: <https://health.maryland.gov/bopc/Pages/cscad.aspx>  
CAC-AD: <https://health.maryland.gov/bopc/Pages/cacad.aspx>

## Program Learning Outcomes

- Identify major theories and techniques commonly used in the addictions field.
- Demonstrate proficiency in basic counseling skills such as therapeutic approaches and techniques used with individuals, groups, and families in addictions counseling.
- Formulate a treatment plan for the psychological and behavioral effects of substance use, for persons with substance use disorders and their significant others.

- Design interventions for use with individuals, families, and groups.
- Practice awareness and sensitivity to diverse populations in a variety of settings.
- Recognize skills, competencies, and limitations as a student and professional in the field of addictions.
- Practice appropriate professional behaviors according to ethical codes and legal standards of professional organizations, such as, NAADAC, ACA, and NASW while a student in the program and during required internships.
- Illustrate the twelve core functions of an addictions counselor.
- Summarize the neurophysiological role of substances on the brain and body and the effects on behavior.

## Program Requirements

- Students must complete their credit **English and Mathematics** within the first 24 credits.
- One course must meet the cultural competence graduation requirement (<https://frederick-public.courseleaf.com/general-education-core/#cultural>).
- CORE: The General Education CORE** is that foundation of the higher education curriculum providing a coherent intellectual experience for all students. Students should check with an advisor or the transfer institution (ARTSYS) before selecting General Education CORE requirements. <http://artsys.usmd.edu/>
- In some General Education categories (Mathematics, Biological & Physical Sciences), a 4-credit course selected from the GenEd course list will satisfy the requirement in place of a 3-credit course. Students should check with an advisor before selecting these courses.
- For the Physical Education, Health, or Nutrition requirement, a 3-credit PHED, HLTH, or NUTR course may satisfy the requirement in place of a 1-credit course. Students should check with an advisor before selecting this course.
- Students must earn a grade of "C" or better in ENGL 101 English Composition.
- Students must complete a minimum of nine credits at the 200-level.
- Overall GPA of 3.0 or better required in Departmental Requirements courses upon degree completion. Grade of B or better required in HUMS 204 and both INTR 103 courses.**

Code	Title	Credits
<b>English</b>		
ENGL 101	English Composition	3
<b>Mathematics</b>		
Mathematics Elective (Gen Ed course list) ( <a href="https://frederick-public.courseleaf.com/general-education-core/#mathematics">https://frederick-public.courseleaf.com/general-education-core/#mathematics</a> ) - Recommended course(s) below:		3
MATH 120	Statistics	
<b>Social &amp; Behavioral Sciences</b>		
PSYC 101	General Psychology	3
SOCY 101	Introduction to Sociology	3
<b>Arts &amp; Humanities</b>		
COMM 102	Interpersonal Communication (satisfies Cultural Competence requirement)	3
<b>Biological &amp; Physical Sciences</b>		
Biological & Physical Sciences Elective (Gen Ed course list) ( <a href="https://frederick-public.courseleaf.com/general-education-core/#biological-physical">https://frederick-public.courseleaf.com/general-education-core/#biological-physical</a> ) w/lab - Recommended course(s) below:		4
BSCI 117	Human Biology	
<b>General Education Elective</b>		

General Education Elective (Gen Ed course list) ( <a href="https://frederick-public.courseleaf.com/general-education-core/#general">https://frederick-public.courseleaf.com/general-education-core/#general</a> )		3
<b>Physical Education, Health, or Nutrition Requirement</b>		
Select one PHED, HLTH, or NUTR course		1
<b>Departmental Requirements</b>		
HUMS 103	Introduction to Social Work and the Human Services	4
HUMS 202	Techniques of Counseling	3
HUMS 203	Theories of Counseling (Spring)	3
HUMS 204	Ethics and Practice Issues in the Human Services and Addiction Counseling (Spring) <sup>1,2</sup>	3
HUMS 205	Addictions Counseling Delivery (Spring)	3
HUMS 206	Pharmacology of Psychoactive Drugs (Spring)	3
HUMS 207	Theory and Practice of Group Counseling (Fall)	3
HUMS 208	Family Counseling (Fall)	3
PSYC 201	Developmental Psychology	3
PSYC 206	Abnormal Psychology	3
INTR 103	Internship <sup>1,2</sup>	3
INTR 103	Internship <sup>1,2</sup>	3
Total Credits		60

**1**

Students are required to complete two 3-credit Internship courses. For Addictions Counseling A.A.S. and Certificate students: HUMS 204 must be completed prior to enrolling in INTR 103.

**2**

Grade of B or better required.

## Transfer Note

For more information on careers and transfer, contact the Career and Academic Planning Services office at 301.846.2471 or visit Transfer Services (<https://www.frederick.edu/student-resources/counseling-advising/transfer-services.aspx>).

## Guided Pathway to Success (GPS)

Suggested schedules map your path to degree completion.

Students should meet with an advisor each semester to carefully select and sequence courses based on their specific academic goals and interests. Visit Jefferson Hall or call 301.846.2471 for advising.

<b>Recommended First Semester</b>		<b>Credits</b>
ENGL 101	English Composition <sup>1</sup>	3
PSYC 101	General Psychology	3
HUMS 103	Introduction to Social Work and the Human Services (Milestone)	4
HUMS 202	Techniques of Counseling	3
Mathematics Elective (Gen Ed course list) ( <a href="https://frederick-public.courseleaf.com/general-education-core/#mathematics">https://frederick-public.courseleaf.com/general-education-core/#mathematics</a> ) - Recommended course(s) below: <sup>1</sup>		3
MATH 120	Statistics	
Credits		16
<b>Recommended Second Semester</b>		
HUMS 203	Theories of Counseling (Spring)	3
HUMS 204	Ethics and Practice Issues in the Human Services and Addiction Counseling (Spring) (Milestone)	3
COMM 102	Interpersonal Communication	3
PSYC 206	Abnormal Psychology	3
Biological & Physical Sciences Elective (Gen Ed course list) ( <a href="https://frederick-public.courseleaf.com/general-education-core/#biological-physical">https://frederick-public.courseleaf.com/general-education-core/#biological-physical</a> ) w/lab - Recommended course(s) below:		4
BSCI 117	Human Biology	
Credits		16

**Recommended Third Semester**

PSYC 201	Developmental Psychology	3
HUMS 207	Theory and Practice of Group Counseling (Fall) (Milestone)	3
HUMS 208	Family Counseling (Fall)	3
INTR 103	Internship <sup>2</sup>	3
SOCY 101	Introduction to Sociology	3
Credits		15

**Recommended Fourth Semester**

HUMS 205	Addictions Counseling Delivery (Spring)	3
HUMS 206	Pharmacology of Psychoactive Drugs (Spring)	3
INTR 103	Internship <sup>2</sup>	3
Physical Education, Health, or Nutrition Requirement		1,3
General Education Elective (Gen Ed course list) ( <a href="https://frederick-public.courseleaf.com/general-education-core/#general">https://frederick-public.courseleaf.com/general-education-core/#general</a> )		3
Credits		13-15
Total Credits		60-62

**1**

Take this course within the first 24 credits.

**2**

Students are required to complete two 3-credit Internship courses.

## Part-time Students

Part-time students should complete courses in the order listed on the pathway. Please contact program manager for questions about part-time status.

Students who take fewer than 15 credits each semester or who require developmental English or Math coursework will need additional semesters to complete their degrees. Summer term and January session classes may help students to make faster progress.

### Pathway Legend

Milestone - courses with the Milestone notation should be taken within the recommend credit range to stay on track for program completion.

Fall, Spring, Summer - courses with a Fall, Spring, or Summer notation indicate the course is offered in the specified semester only.