

Spokane Falls Community College
Course Learning Outcomes and Outline

Prefix and Course Number ICS 130
Course Title Treatment and Recovery Models

Version Date: 11/12/18

Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Identify differences and commonalities between major treatment theories.
2. Demonstrate knowledge of contemporary models of rehabilitation.
3. Explain cultural differences in ideas about positive psychological change.
4. Apply basic helping techniques in community practice.
5. Understand the importance of research and data and their application in practice.

Course Outline

- I. Introduction to Concepts of Change and Motivation
 - A. Ideas about human nature
 - B. Historical helping models
 - C. Theories of motivation
 - D. Evidence-Based Practices

- II. Psychoanalytic Approaches
 - A. Psychoanalysis
 - B. Sigmund Freud
 - C. Analytical Psychology
 - D. Individual Psychology

- III. Existential Approaches
 - A. Existential Therapy
 - B. Gestalt Therapy

- IV. Person-Centered Approaches
 - A. Carl Rogers
 - B. Hierarchy of needs
 - C. Provider characteristics
 - D. Active listening techniques and strategies

- V. Behavior Modification
 - A. Principles of operant conditioning
 - B. Positive and negative reinforcement
 - C. Applied behavior analysis
 - D. Functional assessments

- VI. Cognitive-Behavioral Approaches
 - A. Cognitive-behavioral therapy
 - B. Rational-emotive behavior therapy
 - C. Dialectical-Behavior Therapy

- VII. Trauma and Substance Use Disorder Treatment
 - A. Eye movement desensitization and reprocessing (EMDR)
 - B. Motivational Interviewing

- VIII. Integrated and Public Health Approaches
 - A. Community mental health approaches (ACT and PACT)
 - B. Medication-assisted treatment
 - C. Harm reduction

- IX. Age-specific Approaches
 - A. Play therapy
 - B. Life-review counseling