

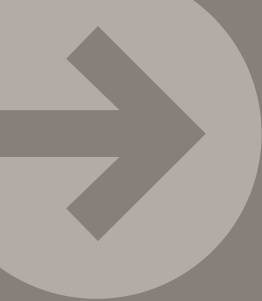


# ALCOHOL AND DRUG ABUSE COUNSELING CERTIFICATE

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PAVING THE ROAD TO RECOVERY





Addiction counseling is one of the 20 fastest growing fields. Employment is expected to grow 23% through 2026.\*

# WHEN SUBSTANCE ABUSE IS ADDRESSED, HEALING BEGINS.

For people suffering from drug and alcohol addiction, recovery can be a challenge. It's a time when they need experienced counsel the most.

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The UCLA Extension Alcohol and Drug Abuse Counseling Certificate prepares individuals interested in getting started in the field, as well as those already working in it, to identify addiction-related behaviors and help clients find their motivation to change using evidence-based practices. Students emerge with a comprehensive set of skills to help clients identify and change beliefs and behaviors connected to addiction, counsel clients and families, and participate in treatment planning.

\*Bureau of Labor Statistics, March 2019





“UCLA Extension launched my counseling career. I’m now doing work that I love: facilitating groups at rehabs in the L.A. area and working as a counselor and case manager.”

## THE PROGRAM: FROM CLASSROOMS TO COUNSELING SESSIONS

The UCLA Extension Alcohol and Drug Abuse Counseling Certificate is one of the most comprehensive programs of its kind. Not only does it provide students with a thorough education and fundamental skillset, it also applies these tools in a real world setting.

### Coursework

The 11-course curriculum is designed to give students the skills and knowledge to become highly effective counselors. Subject to course availability, students can complete the certificate in as little as a year and a half, or in three years by taking a less intense schedule of one course per quarter. This gives students the opportunity to build a program schedule that fits their life plan.

Coursework covers counseling skills, emphasizing theory and application. The UCLA Extension Alcohol and Drug Abuse Counseling Certificate is approved by the California Consortium of Addiction Programs and Professionals Education Institute (CCAPP-EI). This certificate meets the educational requirements for those seeking professional certification from CCAPP and its certification board, CCAPP Credentialing.

## THE BEST WAY TO LEARN IS TO DO

### Internship Opportunities

Practical training is offered through fieldwork experience—including an opportunity to participate in a two-quarter *Supervised Field Work Practicum* course.

Students are encouraged to research facilities of interest to them at the beginning of their coursework, and must secure their field work practicum site and complete paperwork prior to enrolling in the *Supervised Field Work Practicum* course.



### Supervised Field Work Practicum (255 internship hours)

This course is designed for students who have completed the following prerequisite courses in the Alcohol and Drug Abuse Counseling Certificate:

- ➔ Com Hlt X 470.5: Introduction to Counseling and the 12 Core Functions
- ➔ Com Hlt X 470.7: Individual Counseling Skills
- ➔ Com Hlt X 470.9: Group Counseling Skills
- ➔ Com Hlt X 470.10 Family Counseling Skills

Students are assigned a minimum of 255 hours of on-site agency internship and attend 18 classroom meetings to gain supervision and process case studies.

Classroom meetings are a combination of lecture, supervision, and experiential processes. It is an environment where students can take “safe risks” in expanding their counseling repertoire, while receiving support from their instructor and peers. Exercises include supervised groups to practice counseling techniques, where students increase confidence and knowledge by applying their experience in the field.

## CURRICULUM... AT A GLANCE

With the exception of the prerequisites, all courses must be taken for a letter grade to apply them toward the certificate. Courses are available in the evenings. \*

### PREREQUISITES

| Spring or Summer Quarter   |                     |
|--|---------------------|
| Study Skills and Other Key Preparations for Alcohol and Drug Abuse Counseling Certificate<br><i>Required for students who have not completed an associate or baccalaureate degree. To waive this course, submission of an official college transcript is required.</i> | 1 Saturday          |
| Summer Quarter   |                     |
| Information Session and New Student Orientation – Alcohol and Drug Abuse Counseling Certificate  | 1 Wednesday Evening |

### YEAR 1\*\*

| Fall Quarter   |              |
|--|--------------|
| Pharmacological Aspects of Alcohol and Other Drugs   | 11 Tuesdays  |
| Introduction to Counseling and the 12 Core Functions **  | 11 Thursdays |
| Winter Quarter   |              |
| Self-Care for Addiction Professionals: Optimizing Health and Wellbeing   | 11 Tuesdays  |
| Individual Counseling Skills **<br><i>(includes 6 hours of Screening, Brief Intervention and Referral to Treatment [SBIRT] Training)</i> | 11 Thursdays |
| Spring Quarter   |              |
| Co-Occurring Disorders for Addiction Professionals   | 11 Tuesdays  |
| Group Counseling Skills **   | 11 Thursdays |
| Summer Quarter   |              |
| Developmental Aspects of Psychology and Addiction  | 5 Thursdays  |
| Law and Ethics for Addiction Professionals   | 6 Thursdays  |
| Family Counseling Skills **  | 11 Tuesdays  |

### YEAR 2\*\*

| Fall Quarter   |  |
|--|--|
| Bringing Recovery to Diverse Populations               | 11 Tuesdays                                      |
| Supervised Field Work Practicum***<br>2 quarter course | 255-hour internship plus<br>10 Thursdays         |
| Winter Quarter   |  |
| Supervised Field Work Practicum - (Continued)***       | Continue 255 hour internship<br>plus 8 Thursdays |

\* Days of the week are subject to change. See quarterly catalog for up-to-date information.

\*\* Must be taken in sequential order to satisfy prerequisite requirements. If you are unable to take the courses in order, please contact the certificate advisor, at (310) 825-7093 or [mentalhealth@uclaextension.edu](mailto:mentalhealth@uclaextension.edu) for course planning assistance.

\*\*\* Note: Internship hours may require some weekend and evening scheduling.

## IT STARTS WITH WANTING TO MAKE A CHANGE

Our students come from diverse backgrounds and have a variety of professional goals. The program is ideal for anyone interested in advancing their knowledge of substance use disorders in order to help others, and in becoming more effective in their career.

Student backgrounds include:

- ➔ Counselors looking to further their education
- ➔ Mental health professionals who want specific or additional training in substance use disorders
- ➔ Spiritual counselors
- ➔ Nurses
- ➔ Physicians
- ➔ Dietitians
- ➔ Human service/resource professionals
- ➔ Teachers and school counselors
- ➔ Criminal justice and law enforcement professionals
- ➔ Family and friends of those affected by substance use disorders
- ➔ Students preparing for graduate school

This program is open to anyone who has completed a bachelor's degree or associate degree; or has completed *Study Skills and Other Key Preparations for Alcohol and Drug Abuse Counseling Certificate*.



## WHAT ROAD WILL YOU TAKE?

Once you complete the certificate, you meet the educational requirement for professional certification, which will distinguish the truly qualified and competent professional. This educational certificate provides the knowledge and skills addiction counselors need to excel in the field.

Employment in addiction counseling is expected to grow 23% through 2026, much faster than the average.<sup>1</sup>

Graduates from the certificate work in a number of different settings, including:

- ➔ Outpatient treatment facilities
- ➔ Hospital-based recovery programs
- ➔ For-profit residential treatment facilities
- ➔ Mental health and community agencies
- ➔ VA facilities
- ➔ Private practice or sober coaches
- ➔ Prisons
- ➔ Non-profit treatment facilities

<sup>1</sup><https://www.bls.gov/ooh/community-and-social-service/substance-abuse-behavioral-disorder-and-mental-health-counselors.htm>







## IT'S MORE THAN A CERTIFICATE. IT'S ACCESS.

### Current Certificate Student Benefits:

- Free access to *Handshake*, an online job-board platform
- Eligibility for a BruinCard affiliate identification card which requires a fee
- Access to UCLA libraries with payment of a quarterly fee
- Discounts at the ASUCLA Computer Store
- Access affiliate recreation activities with payment of a quarterly fee.
- Invitation to the UCLA Extension Certificate Graduation Ceremony, held every June

### Alumni Benefits:

- Access to *Handshake*, an online job-board platform, with subscription payment
- Discounted tickets to the Geffen Playhouse
- UCLA Alumni Association Membership.  
For a list of benefits, please visit: <https://alumni.ucla.edu/membership-benefits/>
- UCLA Alumni Association Discount on Extension courses
- Go to <https://www.uclaextension.edu/alumni/benefits> for details.



## DON'T WAIT. APPLY TODAY.

All prospective certificate candidates must complete an application process prior to enrolling in program courses. For more information and deadlines, visit [uclaextension.edu/addictionscounseling](https://uclaextension.edu/addictionscounseling).

### To Apply, Students Must:

1. Apply for the certificate candidacy online.
2. Enroll in and attend the New Student Orientation.  
  
This event will be offered in the summer quarter. Please check our website at the end of April to sign up for the session.
3. Enroll in and complete the Study Skills course.  
  
Students with an AA/BA/BS degree are eligible to waive the Study Skills course requirement. Please send us an official, sealed transcript from your institution to the following mailing address:  
  
UCLA Extension. Department of  
Humanities and Sciences  
1145 Gayley Avenue, Suite 120  
Los Angeles, CA 90024
4. Upon completion of steps 1-3, successful applicants will be assessed a \$125 nonrefundable candidacy fee, payable once permission to enroll in the program is granted.

## FUNDING YOUR EDUCATION

A number of options may exist to assist in funding your education. Some students may be eligible for The Zappala Family Scholarship Fund, Extension Grants, private education loans, veterans educational benefits, Americorps Awards, or Lifetime Learning tax credits. To find out more, email [finaid@uclaextension.edu](mailto:finaid@uclaextension.edu), or call (310) 825-4246 or (310) 206-7864.

### Estimated Costs

Alcohol and Drug Abuse Counseling Certificate:

|                |                |
|----------------|----------------|
| Tuition:       | \$7,764        |
| Candidacy Fee: | \$125          |
| <b>Total:</b>  | <b>\$7,889</b> |

*Note: Estimated tuition fees DO NOT include books, parking, or other incidental educational expenses. Fees subject to change.*

## ADVISORY BOARD MEMBERS

**Jeff Johnson**, MSW, Los Angeles County Department of Mental Health, Patients' Rights Office

**Sherry Larkin**, PhD, researcher and educator at UCLA Integrated Substance Abuse Programs (ISAP), Semel Institute – Department of Psychiatry, David Geffen School of Medicine

**Joycelyn T. Whiten**, PhD, Department of Public Health, Substance Abuse Prevention and Control, Co-Occurring Disorders Programs, director of training (Retired)

**Ahndrea Weiner**, MS, LMFT, LPCC, director of training, CLARE|MATRIX

**Cara Sandweiss**, clinical program manager, CRI-Help, Inc.

## CERTIFICATE INSTRUCTORS

**Alina Bond**, LCSW, clinical trainer on Co-Occurring Disorders

**Joy Chudzynski**, PsyD, licensed clinical psychologist in the UCLA Department of Family Medicine and an Assistant Research Psychologist at UCLA Integrated Substance Abuse Programs (ISAP), Semel Institute – Department of Psychiatry, David Geffen School of Medicine

**Saskia Giebl**, M.Sc., learning scientist, PhD Graduate program, Cognitive Psychology, UCLA

**Grant Hovik**, MA, clinical trainer at UCLA Integrated Substance Abuse Programs (ISAP), Semel Institute – Department of Psychiatry, David Geffen School of Medicine

**Toni Kells**, MA CATC-IV, The Insurance Utilization manager for The Hills Treatment Center

**Andrew Kurtz**, MA, LMFT, clinical specialist at UCLA Integrated Substance Abuse Programs (ISAP), Semel Institute – Department of Psychiatry, David Geffen School of Medicine

**Betsy Spier**, MA, LMFT, psychotherapist in private practice who specializes in counseling families and individuals, as well as clients with mood and substance use disorders. Also, consults with treatment centers on best practices and self-care for staff.

**Ric Zappala**, JD, VMD, CADC-II, certified addiction counselor; department director, Department of Humanities & Sciences, UCLA Extension

**For the most current advisory board members and instructors, please visit [uclaextension.edu/addictionscounseling](http://uclaextension.edu/addictionscounseling).**





# **UCLA** Extension

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