

Unit Title: **Approaches to Addictive Behaviour**

Please note that this unit is expiring from any new learner registrations on 31/12/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.

Unit Level:	Four
Unit Guided Learning Hours:	60
Ofqual Unit Reference Number:	H/506/3112
Unit End Date:	31/12/2019
Unit Sector:	1.3 Health and Social Care

Unit Summary

This unit will provide learners with the skills, knowledge and understanding needed for this special area of practice. Learners will consider the particular issues counsellors confront when working with substance misuse in particular. Learners will also explore problems in defining addiction and compulsive behaviours.

Unit Information

It is expected that before the unit is delivered, the tutor will have read the Qualification Specification to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled. Additional guidance is available below as Assessment Guidance for Learning Outcomes and Assessment Criteria in **bold**.

This unit has 5 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the theoretical models of addiction	1.1. Clarify the term addiction 1.2. Critically compare the key components of models/theories associated with addiction 1.3. Summarise the key ideas that the major schools of counselling and psychotherapy hold in relation to addiction
2. Understand the context of counselling people with addictive behaviour	2.1. Illustrate the use and application of counselling skills for people with addictive behaviour 2.2. Assess the use and application of counselling skills for people with addictive behaviour

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
3. Understand ethical practice when working with people who are experiencing addiction problems	3.1. Review key challenges when working with people who are experiencing addiction problems
4. Understand risk management in a counselling interaction	4.1. Assess potential key risks to the: (a) counsellor (b) client
5. Know about an awareness of self in relation to others when working with addictive behaviour	5.1. Identify ways in which self-awareness has developed when working with addictive behaviour

Assessment

This unit is assessed by an internally set and assessed journal of up to 800 words per session.

Indicative Content

Learning Outcome 1

1.1 Addiction:

- nature and understanding of addictions vs compulsive behaviours
- different forms of addiction: substances – drugs illegal /prescribed and over the counter/ alcohol; gambling/ sexual/ retail.

1.2 Models/theories: of addiction and how these counselling approaches, e.g. biological(medical), social (environmental), psychodynamic, moral, bio-psycho-social-model. Abstinence vs harm reduction treatment strategies.

1.3 Major schools: cognitive-behavioural, humanistic, psychodynamic.

Learning Outcome 2

Context of counselling people with addictive behaviour: psychodynamic/person-centred /cognitive-behavioural/self-help (12-Step) approaches to working with clients. DSM-V criteria for substance use disorder.

Learning Outcome 4

Risk management: managing health and safety risks especially in severe cases and requirements for medically supported detoxification. Physical effects of severe substance use e.g. alcohol.

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Reading List

Required Reading

Bryant-Jefferies, Richard. (2001) **Counselling the person beyond the alcohol problem**. London: Jessica Kingsley.

Diamond, Jonathan. (2000) **Narrative means to sober ends: treating addiction and its aftermath**. New York: Guilford Press.

Robinson, B E and Rhoden JL. (1998) **Working with Children of Alcoholics** (2nd Edi. Thousand Oaks (CA): Sage.

Velleman, Richard. (2011) **Counselling for alcohol problems** (3rd Ed). London: Sage.

Recommended Reading

Alcoholics Anonymous. (2001) **The story of how many thousands of men and women have recovered from alcoholism** (4th Ed) New York: Alcoholics Anonymous World Services.

Bryant-Jefferies, R. (2006) **Counselling young binge drinkers: person-centred dialogues**. Oxford: Radcliffe Publishing.

Hammersley, D. (1995) **Counselling people on prescribed drugs**. London: Sage.

McGregor, J. (2010) **Even the Dogs**. London: Bloomsbury.

Mulleady, G. (1992) **Counselling drug users about HIV and AIDS**. Oxford: Blackwell Scientific.

Peters, T J. (Ed) (1996) **Alcohol misuse: a European perspective**. Amsterdam: Harwood Academic Publishers.

Plant, M A. (2006) **Binge Britain: alcohol and the national response**. Oxford: Oxford University Press.

Plant, M; Single, E and Stockwell T. (1997) **Alcohol: minimising the harm: what works?** London: Free Association Books.

Spada, M. (2006) **Overcoming problem drinking: a self-help guide using cognitive behavioural techniques**. London: Robinson.

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EXPIRING