Contemporary Theory in Addictive Behavior
Graduate Certificate

Effective January 8, 2018
Contemporary Theory in Addictive Behavior
Graduate Certificate

Graduate certificates are an ideal way to update existing knowledge, gain new knowledge, and study at the graduate level. Coursework completed in a graduate certificate program may be applied toward a graduate degree program at Capella.

This graduate certificate is offered in the GuidedPath delivery model.

The Contemporary Theory in Addictive Behavior graduate certificate is designed for professionals who want to increase their knowledge of substance abuse, addiction, and compulsive behaviors. This graduate certificate is not designed to meet licensure requirements for the counseling professions.
ADMISSION REQUIREMENTS

Bachelor’s degree from an institution accredited by a U.S. Department of Education-recognized accrediting agency or an internationally recognized institution

Grade point average of 2.3 or higher on a 4.0 scale

Curriculum

- 5 required courses
- Total program credits: 20 quarter credits

REQUIRED COURSES

- COUN5004 Survey of Research in Human Development for Professional Counselors. 4 quarter credits
- COUN5258 Group Therapy and Treatment of Compulsive and Addictive Behaviors. 4 quarter credits
- COUN5260 Theories and Models for the Treatment of Addictive and Compulsive Behaviors. 4 quarter credits
- COUN5262 Interventions with Substance Abuse and Dependence. 4 quarter credits
- COUN5264 Current Issues in Compulsive and Addictive Behavior Treatment. 4 quarter credits

The courses in this program may require live web conferencing activities and/or learner audio/video recordings. Learners who require assistive technology or alternative communication methods to participate in these activities should contact Disability Services to request accommodations.
Capella’s Career Center proactively assists learners and alumni in developing and implementing their unique career management goals. The Career Center staff is committed to helping you move forward in your career.

**Course Descriptions**

**COUN5004  Survey of Research in Human Development for Professional Counselors**  
4 QUARTER CREDITS  
This course presents theories of human development and behavior throughout the lifecycle. Learners examine approaches for researching human development, including personality and moral development theory. Learners also focus on the developing person using the theoretical lenses of disciplines such as psychology, anthropology, and biology. **Must be taken during the learner’s first quarter. Cannot be fulfilled by transfer.**

**COUN5258  Group Therapy and Treatment of Compulsive and Addictive Behaviors**  
4 QUARTER CREDITS  
In this course, learners analyze theory and research of compulsive and addictive behavior treatment. Learners study the group therapy process and apply clinical theories, research, and skills to their clinical setting. Topics include group therapy development, leadership styles, and critical incident management in group therapy, including members “acting out” (e.g., relapsing), inter-group conflict, and group member transference with leaders. Learners also consider ethics, managed care, and culture and their influences on compulsive and addictive behavior treatment.

**COUN5260  Theories and Models for the Treatment of Addictive and Compulsive Behaviors**  
4 QUARTER CREDITS  
Learners in this course investigate the nature of addictive and compulsive behavior problems and study various addiction models and their tenets to evaluate the validity and efficacy of associated treatment approaches. Learners also explore alternatives to addiction models, including cognitive behavior therapy and the psycho-dynamic compulsive behavior model.

**COUN5262  Interventions with Substance Abuse and Dependence**  
4 QUARTER CREDITS  
Learners in this course evaluate traditional and non-traditional treatment approaches of substance abuse, addiction, and recovery and relapse. Topics include inpatient and outpatient treatment programming; self-help groups; and the use of alternative treatment approaches, community resources, and individual, group, and family psychotherapy in the treatment of compulsive and addictive behaviors. The course also addresses current trends in service delivery related to ongoing changes in the health care delivery system, including managed care.

**COUN5264  Current Issues in Compulsive and Addictive Behavior Treatment**  
4 QUARTER CREDITS  
In this course, learners gain a comprehensive understanding of treatment processes throughout the treatment continuum—from intake to continuing care and community and family support. Course topics include a review of addiction treatment and trends, current research on effective treatment models, evidence-based treatment, and ethics. Learners also consider the significance of the client engagement process and the role of the addiction counselor from a variety of perspectives, along with issues such as the impact the client and community’s culture has on treatment.
Recommended Course Sequence

This recommended course sequence assumes learners take one course per quarter. Some learners elect to take two courses per quarter based on workload and the amount of time available for graduate study. On-time completion for this graduate certificate is three active quarters.

<table>
<thead>
<tr>
<th>YEAR 1</th>
<th>COURSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1</td>
<td>COUN5004  Survey of Research in Human Development for Professional Counselors</td>
</tr>
<tr>
<td>Q2</td>
<td>COUN5260  Theories and Models for the Treatment of Addictive and Compulsive Behaviors</td>
</tr>
<tr>
<td>Q3</td>
<td>COUN5258  Group Therapy and Treatment of Compulsive and Addictive Behaviors</td>
</tr>
<tr>
<td>Q4</td>
<td>COUN5262  Interventions with Substance Abuse and Dependence</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>YEAR 2</th>
<th>COURSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q5</td>
<td>COUN5264  Current Issues in Compulsive and Addictive Behavior Treatment</td>
</tr>
</tbody>
</table>
Financial Aid

Capella University offers assistance to learners who qualify and would like to secure educational funding to help finance their academic program. A number of options are available, given the diverse needs and backgrounds of prospective learners. Options include:

- Federal Direct Stafford Loan Program
- Federal Direct PLUS Loan Program
- Non-federal loans through preferred lenders and financial institutions
- Capella scholarships
- External scholarships
- Veterans’ educational benefits and U.S. armed forces discounts
- Corporate and higher education alliances
- Employer tuition reimbursement

Regarding loan programs, interest rates for Stafford student loans are low compared to other types of consumer loans, and repayment can be deferred until after graduation. In compliance with federal and state laws, Capella University has established policies for all learners regarding satisfactory academic progress, which is necessary for financial aid eligibility.
Academic Leadership

Anna Hultquist, PhD
Dean

Anna Hultquist is dean of Capella University’s School of Counseling and Human Services, having previously served as associate dean for the Department of Counseling. Dr. Hultquist has more than 20 years of experience as a licensed therapist, counselor educator, and program director, designing programs to meet state and national accreditation standards. In addition to maintaining an active private practice, Dr. Hultquist has established and served as clinical director for two community-based counseling centers that trained graduate-level clinical interns. Her service to the profession has included professional licensure initiatives, appointment to the Oregon State Board for Professional Counselors and Therapists, and numerous conference presentations and professional articles. Dr. Hultquist earned a COAMFTE-accredited Master of Science in Human Development, Counseling and Family Studies from the University of Rhode Island, completed graduate work in guidance and school counseling at Rhode Island College, and earned a PhD in Adult Education from the University of Connecticut. Dr. Hultquist holds the distinction of Certified Family Life Educator from the National Council on Family Relations, as well as Clinical Member and Approved Supervisor from the American Association for Marriage and Family Therapy. She is also a member of the American Counseling Association, the Association for Conflict Resolution, and the International Association of Coaches.

Joshua Stanley, EdD
Faculty Chair

Dr. Joshua Stanley serves as the faculty chair for the school counseling and addiction studies programs. Dr. Stanley holds a master’s degree in counseling and a doctorate in counselor education and supervision. He is licensed as a school counselor and holds the national certified counselor credential. Prior to joining the Capella faculty, Dr. Stanley practiced in schools across all grade levels—elementary, middle, and high—served at the district level as a school counseling program specialist, and was a program coordinator for students with disabilities at the Tennessee Department of Education. He has been a core faculty member in the school counseling program since 2014 and served as school counseling program lead since 2015.
Move Forward with Capella University

WORKING SCHOLARS
Capella provides an online, flexible learning environment for working adults who are also determined scholars. That connection between academic and professional work infuses the entire Capella experience—from the faculty we recruit to the course projects you complete. The theories discussed in the course room are designed to develop working knowledge for everyday situations.

AN ACCREDITED UNIVERSITY
Our accreditation* is an assurance to students, employers, and the public that Capella University meets established standards for quality of faculty, curriculum, and learner services. It is also an important factor in the ability to transfer credits among higher education institutions. Regional accreditation, the type held by Capella, is the most common type for major public, state, and private institutions in the United States.

VALUING YOUR KNOWLEDGE AND EXPERIENCE
Adults bring a wealth of experience and learning to their education. Capella courses are designed to bring out your perspectives just as you gain from others’ ideas. Your knowledge can also be worth time and money: An enrollment counselor can help you estimate how much of your prior learning may apply toward your Capella degree program.

Important Information about the educational debt, earnings, and completion rates of students who attended this program: http://capellaresults.com/assets/includes/gainfulemployment/cta/GE/GE15/certs/PB_Cert_Counseling_Addictive_Behavior_gedt.html.

*ACCREDITATION
Capella University is accredited by the Higher Learning Commission.

HIGHER LEARNING COMMISSION
https://www.hlcommission.org
800.621.7440

© 2018 Capella University. All rights reserved.