

# EDC 60: ADDICTION COUNSELING SKILLS & MOTIVATIONAL INTERVIEWING

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## In Workflow

1. GPSE Chair (gcowan@csus.edu)
2. ED College Committee Chair (b.rivas@csus.edu; l.banes@csus.edu)
3. ED Dean (sarah.jouganatos@csus.edu)
4. Academic Services (catalog@csus.edu)
5. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
6. Dean of Undergraduate (gardner@csus.edu)
7. Dean of Graduate (cnewsome@skymail.csus.edu)
8. Catalog Editor (catalog@csus.edu)
9. Registrar's Office (k.mcfarland@csus.edu)
10. PeopleSoft (PeopleSoft@csus.edu)

## Approval Path

1. Fri, 30 Aug 2024 17:55:32 GMT  
Geni Cowan (gcowan): Approved for GPSE Chair
2. Thu, 19 Sep 2024 20:56:24 GMT  
Bitá Rivas (b.rivas): Approved for ED College Committee Chair
3. Thu, 19 Sep 2024 22:03:48 GMT  
Sarah Jouganatos (sarah.jouganatos): Approved for ED Dean

## New Course Proposal

Date Submitted: Fri, 30 Aug 2024 01:41:32 GMT

**Viewing: EDC 60 : Addiction Counseling Skills & Motivational Interviewing**

**Last edit: Thu, 19 Sep 2024 20:55:39 GMT**

Changes proposed by: Bitá Rivas (223000752)

**Contact(s):**

Name (First Last)	Email	Phone 999-999-9999
Susan Wycoff	wycoffs@csus.edu	916-757-8905
Bitá Rivas	b.rivas@csus.edu	916-278-5950

**Catalog Title:**

Addiction Counseling Skills & Motivational Interviewing

**Class Schedule Title:**

Addic+Coun+Skills+Motiv+Interv

**Academic Group: (College)**

ED - Education

**Academic Organization: (Department)**

Graduate Professional Studies in Education

**Will this course be offered through the College of Continuing Education (CCE)?**

No

**Catalog Year Effective:**

Fall 2025 (2025/2026 Catalog)

**Subject Area: (prefix)**

EDC - Education - Counselor Education

**Catalog Number: (course number)**

60

**Course ID: (For administrative use only.)**

TBD

**Units:**

3

**Is the only purpose of this change to update the term typically offered or the enforcement of existing requisites at registration?**

No

**In what term(s) will this course typically be offered?**

Fall, Spring

**Does this course require a room for its final exam?**

No, final exam does not require a room

**Does this course replace an existing experimental course?**

No

**This course complies with the credit hour policy:**

Yes

**Justification for course proposal:**

This is one of twelve Form A course proposals being submitted by the Counselor Education program as part of a new 48-unit Bachelor of Science degree major in Substance Use and Abuse Studies. The Form B for this proposed degree major will be submitted concurrently. This has been in consultation and integration of courses with Psychology and Social Work departments. This foundational core course aligns with the nationally recognized competency-based addiction counseling curriculum (Center for Substance Abuse Treatment, 2017a; SAMHSA, 2021).

**Course Description: (Not to exceed 90 words and language should conform to catalog copy.)**

This skill building course introduces the fundamental principles of Motivational Interviewing, an evidence-based model developed for addictions counseling. Examines the collaborative and goal-oriented strategies designed to acknowledge client ambivalence, strengthen intrinsic motivation to change, and support the client in developing a commitment to the change based goals of recovery. Explores individual counseling skills, including essential listening and interviewing techniques for establishing and maintaining a facilitative style in the therapeutic relationship. Includes a component on counselor self-care.

**Are one or more field trips required with this course?**

No

**Fee Course?**

No

**Is this course designated as Service Learning?**

No

**Is this course designated as Curricular Community Engaged Learning?**

No

**Does this course require safety training?**

No

**Does this course require personal protective equipment (PPE)?**

No

**Course Note: (Note must be a single sentence; do not include field trip or fee course notations.)**

required for substance certification

**Does this course have prerequisites?**

Yes

**Prerequisite:**

EDC 40: Introduction to Counseling Theories & Techniques

**Prerequisites Enforced at Registration?**

No

**Does this course have corequisites?**

No

**Graded:**

Letter

**Approval required for enrollment?**

No Approval Required

**Course Component(s) and Classification(s):**

Lecture

**Lecture Classification**

CS#03 - Lecture Composition/Counseling/Case Study (K-factor=1 WTU per unit)

**Lecture Units**

3

**Is this a paired course?**

No

**Is this course crosslisted?**

No

**Can this course be repeated for credit?**

Yes

**How many times can the course be taken (including first time passed)?**

3

**Total credits allowed (including first time passed)**

9

**Can the course be taken for credit more than once during the same term?**

No

**Description of the Expected Learning Outcomes and Assessment Strategies:**

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

	Expected Learning Outcome	Assessment Strategies
1	Describe the central concepts of ambivalence and discrepancy, as well as the rationale for motivational interviewing in facilitating behavioral change.	Role-Play Group Presentation Exam
2	Analyze the basic components and counseling principles that support motivational interviewing strategies, philosophy, values, and ethics.	Case Study Role-Play Exam
3	Recall and identify relevant research and evidence underlying motivational interviewing theories and techniques, including how this approach relates to diverse clients and settings.	Case Study Role-Play Exam
4	Identify how motivational interviewing strategies can create a climate and movement for changing behavior and integrate into interviewing and treatment planning.	Group Presentation Role-Play Exam
5	Apply skills involved in motivational interviewing and be able to apply those skills to specific behavioral and health related challenges.	Group Presentation Role-Play Exam
6	Describe the process of transitioning clients from motivational interviewing to other therapies when indicated to facilitate the client's continued movement toward change and maintenance.	Written Assignment

**Attach a list of the required/recommended course readings and activities:**

FormA Class9 Individual Counseling Skills &amp; Motivational Interviewing SUBMIT+UPLOAD.docx

**For whom is this course being developed?**

Majors in the Dept

**Is this course required in a degree program (major, minor, graduate degree, certificate?)**

Yes

**Has a corresponding Program Change been submitted to Workflow?**

Yes

**Identify the program(s) in which this course is required:**

**Programs:**

BS in Substance Use & Abuse Studies

**Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?**

No

**Will there be any departments affected by this proposed course?**

No

**I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.**

I/we agree

**University Learning Goals**

**Undergraduate Learning Goals:**

Competence in the disciplines

**Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?**

No

**GE Course and GE Goal(s)**

**Is this a General Education (GE) course or is it being considered for GE?**

No

Key: 15163