

R1 Learning - Discovery Cards Topics and SAMHSA Addiction Counseling Competencies

SAMHSA TAP 21		R1 Content										
		Current Catalog										
Chapter	Competency	Stages of Change	Recovery Capital	Phases of Addiction	Healthy Boundaries	Defense Mechanisms	Consequences	Relapse Triggers	Relapse Phases & Warning Signs	Emotions & Feelings	Career Interests	
Transdisciplinary Foundation I - Understanding Addiction	1 Understand a variety of models and theories of addiction and other problems related to substance use.			Phases			Consequences					
	3 Describe the behavioral, psychological, physical health, and social effects of psychoactive substances on the person using and significant others			Phases			Consequences					
Transdisciplinary Foundation II - Treatment Knowledge	5 Describe the philosophies, practices, policies, and outcomes of the most generally accepted and scientifically supported models of treatment, recovery, relapse prevention, and continuing care for addiction and other substance-related problems.				Healthy Boundaries			Relapse Triggers	Relapse P&WS	Emotions & Feelings		
	6 Recognize the importance of family, social networks, and community systems in the treatment and recovery process.		Recovery Capital									
Transdisciplinary Foundation III - Application to Practice	9 Understand the established diagnostic criteria for substance use disorders, and describe treatment modalities and placement criteria within the continuum of care.			Phases								
	10 Describe a variety of helping strategies for reducing the negative effects of substance use, abuse, and dependence.	Stages	Recovery Capital									
	11 Tailor helping strategies and treatment modalities to the client's stage of dependence, change, or recovery.	Stages	Recovery Capital	Phases								
	12 Provide treatment services appropriate to the personal and cultural identity and language of the client.		Recovery Capital									
Transdisciplinary Foundation IV - Professional Readiness	16 Recognize that crisis may indicate an underlying substance use disorder and may be a window of opportunity for change.	Stages		Phases			Consequences					
	18 Understand diverse cultures, and incorporate the relevant needs of culturally diverse groups, as well as people with disabilities, into clinical practice.				Healthy Boundaries							
	19 Understand the importance of self-awareness in one's personal, professional, and cultural life.				Healthy Boundaries							
	20 Understand the addiction professional's obligations to adhere to ethical and behavioral standards of conduct in the helping relationship.				Healthy Boundaries							
Practice Dimension I - Clinical Evaluation	24 Establish rapport, including management of a crisis situation and determination of need for additional professional assistance.									Emotions & Feelings		
	27 Assist the client in identifying the effect of substance use on his or her current life problems and the effects of continued harmful use or abuse.			Phases		Defense Mechanisms	Consequences					
	28 Determine the client's readiness for treatment and change as well as the needs of others involved in the current situation.	Stages	Recovery Capital									
	29 Review the treatment options that are appropriate for the client's needs, characteristics, goals, and financial resources.		Recovery Capital									
	30 Apply accepted criteria for diagnosis of substance use disorders in making treatment recommendations.			Phases								
	33 Select and use a comprehensive assessment process that is sensitive to age, gender, racial and ethnic culture, and disabilities that includes but is not limited to:	Stages	Recovery Capital	Phases			Consequences					
Practice Dimension II - Treatment Planning	35 Seek appropriate supervision and consultation.				Healthy Boundaries							
	37 Use relevant assessment information to guide the treatment planning process.	Stages	Recovery Capital									
	40 Examine treatment options in collaboration with the client and significant others.		Recovery Capital									
	41 Consider the readiness of the client and significant others to participate in treatment.	Stages	Recovery Capital			Defense Mechanisms						
	44 Identify appropriate strategies for each treatment goal.		Recovery Capital									
	45 Coordinate treatment activities and community resources in a manner consistent with the client's diagnosis and existing placement criteria.		Recovery Capital									
	46 Develop with the client a mutually acceptable treatment plan and method for monitoring and evaluating progress.		Recovery Capital									
Practice Dimension III - Referral	48 Reassess the treatment plan at regular intervals or when indicated by changing circumstances.	Stages	Recovery Capital									
	49 Establish and maintain relationships with civic groups, agencies, other professionals, governmental entities, and the community at large to ensure appropriate referrals, identify service gaps, expand community resources, and help address unmet needs.		Recovery Capital									
	51 Differentiate between situations in which it is most appropriate for the client to self-refer to a resource and situations requiring counselor referral.	Stages	Recovery Capital									
	52 Arrange referrals to other professionals, agencies, community programs, or appropriate resources to meet the client's needs.	Stages	Recovery Capital									
	53 Explain in clear and specific language the necessity for and process of referral to increase the likelihood of client understanding and followthrough.	Stages	Recovery Capital				Defense Mechanisms					
	54 Exchange relevant information with the agency or professional to whom the referral is being made in a manner consistent with confidentiality rules and regulations and generally accepted professional standards of care.					Healthy Boundaries						
	57 Obtain, review, and interpret all relevant screening, assessment, and initial treatment planning information.		Recovery Capital									
	58 Confirm the client's eligibility for admission and continued readiness for treatment and change.	Stages	Recovery Capital									
	61 Coordinate all treatment activities with services provided to the client by other resources.	Stages	Recovery Capital									
	62 Summarize the client's personal and cultural background, treatment plan, recovery progress, and problems inhibiting progress to ensure quality of care, gain feedback, and plan changes in the course of treatment.	Stages	Recovery Capital									
Practice Dimension IV - Service Coordination	64 Contribute as part of a multidisciplinary treatment team.				Healthy Boundaries							
	65 Apply confidentiality rules and regulations appropriately.				Healthy Boundaries							
	66 Demonstrate respect and nonjudgmental attitudes toward clients in all contacts with community professionals and agencies.				Healthy Boundaries							
	67 Maintain ongoing contact with the client and involved significant others to ensure adherence to the treatment plan.	Stages	Recovery Capital									
	68 Understand and recognize stages of change and other signs of treatment progress.	Stages	Recovery Capital									
	69 Assess treatment and recovery progress, and, in consultation with the client and significant others, make appropriate changes to the treatment plan to ensure progress toward treatment goals.	Stages	Recovery Capital	Phases								
	72 Conduct continuing care, relapse prevention, and discharge planning with the client and involved significant others		Recovery Capital					Relapse Triggers	Relapse P&WS			
	74 Apply placement, continued stay, and discharge criteria for each modality on the continuum of care.	Stages	Recovery Capital									
	Practice Dimension V - Counseling	76 Facilitate the client's engagement in the treatment and recovery process.	Stages	Recovery Capital								
		77 Work with the client to establish realistic, achievable goals consistent with achieving and maintaining recovery.	Stages	Recovery Capital								
78 Promote client knowledge, skills, and attitudes that contribute to a positive change in substance use behaviors.		Stages	Recovery Capital			Defense Mechanisms						
79 Encourage and reinforce client actions determined to be beneficial in progressing toward treatment goals.		Stages	Recovery Capital			Defense Mechanisms		Relapse Triggers	Relapse P&WS	Emotions & Feelings		
80 Work appropriately with the client to recognize and discourage all behaviors inconsistent with progress toward treatment goals.		Stages	Recovery Capital			Defense Mechanisms		Relapse Triggers	Relapse P&WS	Emotions & Feelings		
81 Recognize how, when, and why to involve the client's significant others in enhancing or supporting the treatment plan.					Healthy Boundaries							
82 Promote client knowledge, skills, and attitudes consistent with the maintenance of health and prevention of HIV/AIDS, tuberculosis, sexually transmitted diseases, hepatitis C, and other infectious diseases.					Healthy Boundaries							
83 Facilitate the development of basic and life skills associated with recovery.			Recovery Capital		Healthy Boundaries					Emotions & Feelings	Career Interests	
84 Adapt counseling strategies to the individual characteristics of the client, including but not limited to disability, gender, sexual orientation, development level, culture, ethnicity, age, and health status.			Recovery Capital									
85 Make constructive therapeutic responses when the client's behavior is inconsistent with stated recovery goals.		Stages	Recovery Capital		Healthy Boundaries	Defense Mechanisms		Relapse Triggers	Relapse P&WS	Emotions & Feelings		
86 Apply crisis prevention and management skills.		Stages	Recovery Capital			Defense Mechanisms				Emotions & Feelings		
87 Facilitate the client's identification, selection, and practice of strategies that help sustain the knowledge, skills, and attitudes needed for maintaining treatment progress and preventing relapse.			Recovery Capital					Relapse Triggers	Relapse P&WS			
89 Carry out the actions necessary to form a group, including but not limited to determining group type, purpose, size, and leadership; recruiting and selecting members; establishing group goals and clarifying behavioral ground rules for participating; identifying outcomes; and determining criteria and methods for termination or graduation from the group.		Stages	Recovery Capital		Healthy Boundaries							
90 Facilitate the entry of new members and the transition of exiting members.		Stages			Healthy Boundaries	Defense Mechanisms				Emotions & Feelings		
Practice Dimension VI - Client, Family, and Community Education		91 Facilitate group growth within the established ground rules and movement toward group and individual goals by using methods consistent with group type.			Healthy Boundaries							
	92 Understand the concepts of process and content, and shift the focus of the group when such a shift will help the group move toward its goals.			Healthy Boundaries								
	93 Describe and summarize the client's behavior within the group to document the client's progress and identify needs and issues that may require a modification in the treatment plan.			Healthy Boundaries	Defense Mechanisms					Emotions & Feelings		
	94 Understand the characteristics and dynamics of families, couples, and significant others affected by substance use.			Healthy Boundaries								
	96 Facilitate the engagement of selected members of the family or significant others in the treatment and recovery process.			Healthy Boundaries								
	97 Assist families, couples, and significant others in understanding the interaction between the family system and substance use behaviors.		Recovery Capital									
	99 Provide culturally relevant formal and informal education programs that raise awareness and support substance abuse prevention and the recovery process.		Recovery Capital	Phases				Consequences				
	102 Describe warning signs, symptoms, and the course of substance use disorders.			Phases				Consequences				
	103 Describe how substance use disorders affect families and concerned others.			Phases				Consequences				
	104 Describe the continuum of care and resources available to the family and concerned others.		Recovery Capital									
Practice Dimension VII - Professional and Ethical Responsibilities	106 Understand and describe the health and behavior problems related to substance use, including transmission and prevention of HIV/AIDS, tuberculosis, sexually transmitted diseases, hepatitis C, and other infectious diseases.			Phases			Consequences					
	107 Teach life skills, including but not limited to stress management, relaxation, communication, assertiveness, and refusal skills.		Recovery Capital		Healthy Boundaries					Emotions & Feelings	Career Interests	
	115 Adhere to established professional codes of ethics that define the professional context within which the counselor works to maintain professional standards and safeguard the client.					Healthy Boundaries						
	119 Use a range of supervisory options to process personal feelings and concerns about clients.					Healthy Boundaries	Defense Mechanisms			Emotions & Feelings		
	123 Develop and use strategies to maintain one's physical and mental health.		Recovery Capital							Emotions & Feelings		