

### **I. Purpose**

This Scope of Practice Statement is intended to (1) provide a basic definition of a professional alcohol and drug counselor's rights and responsibilities and (2) distinguish this profession from other health and human service professionals.

### **II. Introduction**

Alcohol and drug counseling is the application of general counseling theories and treatment methods adapted to specific alcohol and drug theory and research, for the express purpose of treating alcohol and drug problems within our diverse society.

### **III. Foundations of Alcohol and Drug Counseling**

The practice of alcohol and drug counseling is based on the following knowledge:

1. Pharmacology and psychopharmacology of alcohol and drugs (both drugs of abuse and drugs used in the treatment of addictions) including: pharmacokinetics; pharmacodynamics; and the effects of these drugs on violence and aggression, learning and memory, sensation and perception, sleep, sexual behavior, human growth and development, and psychiatric conditions.
2. Addiction processes including: models and theories of addiction; social and cultural context of addiction; biological, psychological and social effects of addiction; and differentiation of addiction from other medical and psychological conditions.
3. Various treatment models and methods including: models of treatment, relapse prevention, and continuing care; impact of treatment on problems associated with addiction; the importance of community, social, family and self-help systems.
4. Practical application including: use of interdisciplinary approaches and teams in treatment; assessment and diagnostic criteria; appropriate use of treatment modalities; adapting treatment strategies to a client's individual characteristics and needs; and the use of other resources in securing the best available services for the client.
5. Professional standards of practice including: recognizing the needs of diverse populations relating to issues of ethnicity, race, gender, sexual orientation and HIV/AIDS; adherence to ethical and professional standards of conduct; commitment to continuing education and clinical supervision; awareness of policies and procedures for clients and staff safety; an understanding of etiology, treatment and prevention; and the clinical application of current research in alcohol

and drug treatment.

## **IV. Scope Of Practice**

The practice of alcohol and drug counseling consists of the activities listed below. The practice of these activities will conform to the individual's level of training, education and supervised experience.

### **1. Clinical Evaluation of Drug and Alcohol Issues**

- 1.1 Screening of Alcohol and Drug Problems
- 1.2 Assessment of Alcohol and Drug Problems
- 1.3 Diagnosis

### **2. Treatment Planning**

- 2.1 Case Management
  - 2.1.1 Implementing the Treatment Plan
  - 2.1.2 Consulting
  - 2.1.3 Continuing Assessment and Treatment Planning
- 2.2 Referral
- 2.3 Client Advocacy

### **3. Counseling**

- 3.1 Individual Counseling
- 3.2 Group Counseling
- 3.3 Family Counseling

### **4. Education and Prevention**

- 4.1 Client

4.2 Family

4.3 Community

**5. Documentation**

**6. Professional and Ethical Standards**