

## CDS 202: Individual Counseling Theory & Techniques for Substance Abuse Disorder

Credits 5

Counseling theories and techniques for individual counseling of those with Substance Use Disorders (SUD) will be covered. Includes information on counseling techniques such as confrontation, feedback, summarizing, active listening and others. May also include information on theories used primarily in SUD treatment such as the Transtheoretical Model, Motivational Interviewing, etc.