

## Associate Degree Graduation Requirements

(1) Complete all department requirements with a “C” or better or “P” in each course (at least 20% of the department requirements must be completed through SBCC); (2) Complete at least 18 units of General Education Requirements ([Areas A-D](#) of the SBCC General Education pattern); (3) Complete the SBCC Institutional Requirements ([Area E](#)); (4) Complete the Information Competency Requirement ([Area F](#)); (5) Complete a total of 60 degree-applicable units (SBCC courses numbered 100 and higher); (6) Maintain a cumulative GPA of 2.0 or better in all units attempted at SBCC; (7) Maintain a cumulative GPA of 2.0 or better in all college units attempted; and (8) Complete 15 units through SBCC.

### Department Requirements

(Total Department Units: 38-40)

<i>Current</i> <b>Course No.</b>	<i>Previous</i> <b>Course No.</b>	<b>Title</b> <small>applies to SBCC GE areas</small>	<b>Units</b>	<b>Institution &amp; Course No.</b>	<b>Grade</b>	<b>Units (s/g)</b>	<b>Term</b>
• ADC 120*+ .....	(none).....	Alcohol and Other Drugs .....	3.0	_____	_____	_____	_____
• ADC 121*+ .....	(none).....	Basic Interviewing and Counseling Skills.....	3.0	_____	_____	_____	_____
• ADC 122* .....	(none).....	Pharm & Physiol Effects of Alcohol & Other Drugs.....	3.0	_____	_____	_____	_____
• ADC 123*+ .....	(none).....	Group Treatment .....	3.0	_____	_____	_____	_____
• ADC 124* .....	(none).....	Chemical Dependency and the Family .....	3.0	_____	_____	_____	_____
• ADC 125* .....	(none).....	Co-Occurring Disorders I: Recognition & Referral.....	3.0	_____	_____	_____	_____
• ADC 126* .....	(none).....	Treatm & Case Mgmt of the Chem-Depend Individual.....	4.0	_____	_____	_____	_____
• ADC 152.....	(none).....	Clinical Process .....	3.0	_____	_____	_____	_____
• PSY 100.....	(PSYCH 1/100)...	General Psychology <sup>B</sup> <b>OR</b> .....	3.0	_____	_____	_____	_____
PSY 100H.....	(PSYCH 100HR)....	General Psychology, Honors <sup>B</sup> .....	4.0	_____	_____	_____	_____
• ADC 290.....	(none).....	Work Experience in Alcohol and Drug Counseling .....	4.0	_____	_____	_____	_____

\* Acceptable substitutions are as follows: ADC 100 will substitute for ADC 120; ADC 101 will substitute for ADC 121; ADC 102 will substitute for ADC 122; ADC 107 will substitute for ADC 123; ADC 108 will substitute for ADC 124; ADC 112 will substitute for ADC 125; and ADC 105 & 106 OR ADC 106 & 116 will substitute for ADC 126.

+ ADC 120 and 121 should be taken before other ADC counseling courses (i.e., ADC 123, 124, 126).

*Required Alcohol and Drug Counseling Elective Course/s: Choose any one of the following combination of courses for a total of 3 units:*

• ADC 111.....	(none).....	Substance Abuse and Society .....	2.0	_____	_____	_____	_____
• ADC 117.....	(none).....	Motivational Interviewing.....	1.0	_____	_____	_____	_____
• ADC 118.....	(none).....	Relationships in Recovery .....	1.0	_____	_____	_____	_____
• ADC 119.....	(none).....	Finding Your Authentic Voice .....	1.0	_____	_____	_____	_____
• ADC 127.....	(none).....	Complemen Treat: Auric Accup, Nutr & Amino Acid Ther. ....	1.0	_____	_____	_____	_____
• ADC 128.....	(none).....	Intro. to the Twelve Steps of Alcoholics Anonymous .....	1.0	_____	_____	_____	_____
• ADC 129.....	(none).....	Emotional Balance and Mindfulness in Recovery .....	3.0	_____	_____	_____	_____
• ADC 130#.....	(none).....	Div & Cultural Issues in Couns: Id, Expr & Addiction .....	3.0	_____	_____	_____	_____
• ADC 131#.....	(none).....	Attitudes, Motivation and Behavior Change .....	3.0	_____	_____	_____	_____
• ADC 132#.....	(none).....	Substance Abuse and Adolescents.....	3.0	_____	_____	_____	_____
• ADC 133#.....	(none).....	Anger Management and Family Violence.....	3.0	_____	_____	_____	_____
• ADC 134#.....	(none).....	Co-Occurring Disorders II: Mgmt and Treatment .....	3.0	_____	_____	_____	_____
• ADC 136.....	(none).....	Eating Disorders I .....	1.0	_____	_____	_____	_____
• ADC 137.....	(none).....	Conflict Resolution .....	1.0	_____	_____	_____	_____
• ADC 138.....	(none).....	Multiple Sexual Addictions .....	1.0	_____	_____	_____	_____
• ADC 139.....	(none).....	Introduction to Process Addictions.....	3.0	_____	_____	_____	_____
• ADC 140.....	(none).....	Recovery Through Movement.....	2.0	_____	_____	_____	_____
• ADC 141.....	(none).....	Integral Treatment Modalities.....	1.0	_____	_____	_____	_____

# Acceptable substitutions are as follows: ADC 103 will substitute for ADC 130; ADC 109 will substitute for ADC 131; ADC 110 will substitute for ADC 132; ADC 113 or ADC 114 will substitute for ADC 133; and, ADC 115 will substitute for ADC 134.

*Required Behavioral Science elective: Choose any one of the following courses:*

• PSY 130.....	(PSYCH 3/130)...	Personality Dynamics and Effective Behavior <sup>B</sup> .....	3.0	_____	_____	_____	_____
• PSY 170.....	(PSYCH 170) .....	Abnormal Psychology <sup>B</sup> .....	3.0	_____	_____	_____	_____
• SOC 101 .....	(1).....	Introduction to Sociology <sup>B</sup> <b>OR</b> .....	3.0	_____	_____	_____	_____
SOC 101H .....	(none).....	Introduction to Sociology, Honors <sup>B</sup> .....	4.0	_____	_____	_____	_____
• SOC 103 .....	(3).....	Marriage, Family and Intimacy <sup>B,E5</sup> .....	3.0	_____	_____	_____	_____
• SOC 104 .....	(4).....	Social Psychology <sup>B</sup> .....	3.0	_____	_____	_____	_____

### Additional Program Information

For further information, contact the Counseling Center, 965-0581, Ext. 2285 or Gordon Coburn, Department Chair, 965-0581, Ext. 3021.

**SBCC AA/AS Degree Graduation Requirements (Must complete I, II, III and IV below)**



Santa Barbara City College

# Alcohol and Drug Counseling

**2017-18**

**Associate in Arts Degree in Alcohol and Drug Counseling**

The ADC program offers a Certificate of Completion and an Associate Degree. A Skills Competency Award: Post-Professional Practice in Alcohol and Drug Counseling is also available for licensed clinicians and other qualified professionals seeking expertise in the field of addictions counseling.

The Alcohol and Drug Counseling Program at Santa Barbara City College seeks to provide current education in the field of substance abuse/dependence. It is designed to provide students with the theoretical and practical training necessary to develop paraprofessional expertise in this field.

The goal of the ADC Program is to instill in our students basic knowledge and skills in counseling, pharmacology and physiology, case management, legal and ethical issues, cultural diversity awareness, co-occurring disorders, and family issues of those afflicted with substance abuse or dependence.

The required fieldwork component affords students hands-on supervised experience working at facilities dedicated to the treatment of alcohol and drug dependence.

ADC certificate recipients may be employed by inpatient and outpatient treatment clinics, transitional housing centers, mental health clinics, shelters, detoxification units, crisis intervention centers, incarceration facilities, and prevention programs.

***SBCC: Your Open Door to Educational Excellence***

I. General Education, Institutional & Information Competency (Institution & Course Number)	Grade	Units (s/q)	Term
<b>A-D. General Education Requirements**</b>			
A. Natural Sciences with Lab			
B. Social and Behavioral Science			
C. Humanities			
D. Language and Rationality			
D-1. English Composition			
D-2. Communication and Analytical Thinking			
<b>E. SBCC Institutional Requirements**</b>			
E-1. Mathematics			
<i>Plus complete three out of the four areas listed below (E2-E5)</i>			
E-2. American Institutions			
E-3. Physical Education/Health Education			
E-4. Oral Communication			
E-5. Multicultural/Gender Studies			
<b>F. Information Competency Requirement**</b>			

\*\*For specific course, unit and grade requirements see the General Education, Institutional and Information Competency Requirements handout available in the Counseling department or visit <http://www.sbccc.edu/apply/files/gereq.pdf>.

**II. Unit and Grade Point Average Requirements:** Refer to Graduation Requirements on the other side of this document.

	<i>Total Semester Units Attempted</i>	<i>Total Semester Units Completed</i>	<i>Grade Points</i>	<i>GPA</i>
SBCC				
Transfer				
Total				

- III. Residency Requirements:**
- 1) 15 units completed through SBCC?  Yes  No
  - 2) 20% of Department Requirements completed through SBCC?  Yes  No

**IV. Department Requirements:** Refer to the other side of this document for a list of required courses. Were all department requirements completed with a "C" or higher or "P" in each course?  Yes  No

Waivers/Substitutions: \_\_\_\_\_

Counselor Comments: \_\_\_\_\_

Student's name: \_\_\_\_\_ Student ID: K\_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Code: \_\_\_\_\_ Date: \_\_\_\_\_