

DRUG & ALCOHOL COUNSELLING COURSE -LEVEL 3 AWARD



The **Drug & Alcohol Counselling - Level 3 Course** is designed for students who wish to gain an awareness of drug & alcohol misuse and practice methods of counselling clients who misuse substances.

The course is designed for study by distance learning at work or at home. Students receive a course manual, assignments and study guide plus tutor support by mail and email. You can start at any time and plan your studies over a period of up to one year from the time of registration. The course leads to a recognised Level 3 Award (Comparable to working at A Level or NVQ Level 3).

Objectives:

The objectives of the course are to:

- Obtain a better understanding about drugs and alcohol misuse.
- Obtain knowledge about the different types of drugs available and their side effects and use.
- Obtain a better understanding why people take drugs.
- Obtain a better understanding about why people use Alcohol.
- Find out what treatment is available in your area and how to access it.
- Find out how to set up a drug or alcohol abuse treatment programme in your area.
- Understand the principles of drug and alcohol misuse counselling

The Course Includes the Following 9 Units:-

➤ **Unit One – Introduction**

The following topics are covered: General introduction; Understanding Social use from Substance Abuse, Alcoholism and Addiction; Social Drinking and Drug Abuse; Alcoholism and Drug Addiction; Alcohol and Drug Use Management; and Information on Drugs imports into the UK and the European Union.

➤ **Unit Two – The A-Z of drugs – effects, risks and the law**

The following topics are covered: Introduction; The effects of drugs; The risks associated with drugs; and The law relating to drugs.

➤ **Unit Three – Alcohol Abuse**

The following topics are covered: Introduction; Binge Drinking; The NHS Guidelines; The effect of Alcohol on the Human Body; and Alcohol and Crime.

➤ **Unit Four – Why People Use Drugs & Alcohol**

The following topics are covered: Introduction; Attitudes about drugs; and Drug prevention and awareness.

➤ **Unit Five – Drug & Alcohol Prevention and Awareness**

The following topics are covered: Introduction; and Drug & Alcohol Prevention Programmes in the UK.

Price:
£250.00

Instalment Options:

You can spread the payments for this course over 4 monthly payments. 1 initial payment of £100.00, followed by 3 monthly payments of £50.00.

Course Format:

Paper Based Course Materials

Assessment:

Coursework

Approximate Study Time:

120 Hours of Self Study

➤ **Unit Six – The Basics of Counselling**

The following topics are covered: Introduction; What is counselling; Who is a Counsellor; When is a Counsellor not ready to Council; Who needs counselling; Ten Steps to Counselling; Guidelines for good practice and care.

➤ **Unit Seven – Traditional Counselling Styles**

The following topics are covered: What are the different types of Traditional Counselling; What Counselling; Individual Therapy; Couples Therapy; Family Therapy; Group Therapy; and Who goes to Counselling.

➤ **Unit Eight – Counselling for Alcohol Problems**

The following topics are covered: What are alcohol problems?; What causes alcohol problems?; Identifying alcohol problems; When a client may seek counselling; The aims of alcohol problems counselling; Treatment strategies; The therapeutic approach to treating alcohol problems; The sessions; Relapse prevention; and Conclusion.

➤ **Unit Nine - Counselling for Substance Misuse**

The following topics are covered: What is substance abuse?; What causes substance abuse; Identifying substance abuse; When a client may seek counselling; The aims of substance abuse counselling; Treatment approaches; Tools of the counsellor; The therapeutic process; The sessions; Other considerations for the substance abuse counsellor; and Conclusion.

Pre-Requirements:

There are no particular entry requirements.

Course Duration & Support:

Students may register at any time and have a full year to complete their studies. You also have access to a personal tutor by mail or email for a 12 month period. As the course is self study you can complete in as little or as long a time as you prefer.

Assessment:

You will be assessed on coursework which is detailed in the course materials. Most coursework consists of short paragraph answers to set questions. Your work can be sent back to your course tutor by email or by post.

Qualification:

The award is gained from successfully completed coursework so there is no exam to complete. On successful completion of this course, students will receive a **Level 3 Drug & Alcohol Counselling Award**.

This award has been independently accredited at a level of learning equivalent to level 3 on the National Qualifications Framework (NQF) and is comparable to working at A Level or NVQ Level 3.



The award is issued through NCFE. NCFE is recognised as an awarding body by the qualification regulators ('regulators') for England, Wales and Northern Ireland. The regulators are the Office of the Qualifications and Examinations Regulator (Ofqual) in England, the Department for Children, Education, Lifelong Learning and Skills (DCELLS) in Wales and the Council for Curriculum, Examinations and Assessment (CCEA) in Northern Ireland.