



Colorado Division of Behavioral Health

CAC Clinical Training Program

CAC Handbook for Addiction Counselors



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Revised March 2011

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Welcome to the Certified Addiction Counselor Handbook (known as the CAC Handbook), developed by the Division of Behavioral Health CAC Clinical Training Program to help guide individuals interested in obtaining an addiction counselor credential in Colorado.

Addiction Counselor Certification and Licensure Rules Information

The State Board of Human Services approved and adopted the revised Addiction Counselor Certification and Licensure Rules (CAC Rules) effective Sept. 1, 2010. The revised CAC Rules were fully implemented on March 1, 2011. An official copy of these rules can be found on the DORA website: <http://www.dora.state.co.us/mental-health/cac/licensing.htm>.

The revised CAC Rules establish a new standard of excellence in training addiction counselors in Colorado. The updates and enhancements include:

- ▶ Clarification of the core competencies expected of addiction counselors
- ▶ Reconfiguration of the required classes for all three certification levels including the addition of six new classes
- ▶ Prerequisites for specific required training classes
- ▶ Education requirements for each certification level
- ▶ Increased emphasis on clinical supervision preparation and practice
- ▶ National examination requirements for CAC II and CAC III (see page 9)
- ▶ Five-year limit on training classes
- ▶ A simplified certification pathway for individuals who hold a clinical Masters or Doctoral degree and wish to acquire an addiction credential at levels II and III

The CAC Clinical Training Program is designed to train addiction counselors as generalists and to prepare them to work effectively within a variety of treatment settings and with a variety of addictive behaviors. The required training classes for certification have been updated and realigned. Some training classes have been renamed. All required trainings are expected to incorporate evidence-based practices currently being utilized in the addiction treatment field. Prerequisites have been added. Every student will be required to present certificates or transcripts, as proof of having taken the prerequisite, in order to participate in specific training classes. Electives are no longer a part of the required trainings for CAC II or III. All of these changes support the emphasis on a step-by-step approach to professional development for the addiction counselor workforce in Colorado.

Roles of the Colorado Division of Behavioral Health (DBH) and Colorado Department of Regulatory Agencies (DORA)

DORA

The Colorado Department of Regulatory Agencies (DORA) is the state agency that regulates the mental health professions in Colorado and is responsible for the registration, certification and licensure of addiction counselors; establishes fees; evaluates the qualifications of applicants; approves certification and licensure for qualified practitioners; and investigates grievances against mental health professionals.

DBH

The Colorado Division of Behavioral Health (DBH) was created by the merger of the Alcohol and Drug Abuse Division and the Division of Mental Health in 2008, and is located in the Colorado Department of Human Services (CDHS). DBH is responsible for the management and oversight of the CAC (Certified Addiction Counselor) Clinical Training Program and establishes the education, training and supervised work experience standards for the addiction professional workforce.

Addiction Counseling in Colorado

Certified and licensed addiction counselors possess a body of knowledge, skills, training and work experience in the treatment of addictive behaviors that distinguishes the addiction counseling profession from other health care professions. Preparation for a career as an addiction professional is available through DBH approved training classes; through clinically supervised work experience; and demonstration of a knowledge base through passage of a national examination. The potential applicant will need to access information from both the DORA and the DBH websites to create a career development plan.

Certification

Counselor certification is available to those individuals with various levels of academic preparation in the counseling field and is comprised of three levels:

- Certified Addiction Counselor Level I (CAC I) is defined as an entry-level certification.
- Certified Addiction Counselor Level II (CAC II) is defined as a counselor who may conduct addiction treatment services independently and may perform the complete range of duties associated with addiction treatment, with the exception of clinical supervision.
- Certified Addiction Counselor Level III (CAC III) has the authority to practice independently and assume clinical supervision duties.

Licensure

A Licensed Addiction Counselor (LAC) is a credentialing level that requires a clinical Masters degree, proof of passing the NAADAC MAC exam, and completion of all requirements for a CAC III.

DBH Approved Trainer Program

Advisory Group

The CAC Clinical Training Program consults with an advisory group that meets monthly. The Counselor Certification Training Committee (CCTC) is made up of stakeholder representatives with an interest in developing and supporting the addiction counselor workforce in Colorado. The CCTC plays a key role in approving trainers and training class curriculums and determining policies for the DBH approved trainer program.

Trainer Approval Process

The CAC Clinical Training Program establishes the required training classes for certification as a CAC I, II or III. Qualified individuals who wish to provide the training for these classes are approved by the CCTC upon submission of an application that meets all DBH requirements, and a training curriculum that meets the core competencies for each class as determined by the CAC Clinical Training Program and the CCTC.

DBH Approved Trainer Program Handbook

The Trainer Handbook, developed and published by the CAC Clinical Training Program at DBH, contains DBH expectations of its approved trainers, the qualifications and core competencies required of a trainer, and role of trainers in helping individuals to move toward professional readiness among other related topics. For further information, see the DBH Approved Trainer Handbook on the DBH website.

<http://www.colorado.gov/cs/Satellite/CDHS-BehavioralHealth/CBON/1251581077594>

Pathways To Certification And Licensure

Certification and/or licensure for addiction counseling may be obtained through a combination of clinically supervised work experience, addiction specific training, education, and national examinations in the field of addiction treatment.

Two Pathways

There are two pathways to certification and licensure for aspiring addiction counselors in Colorado:

- Pathway 1 is for those individuals who hold a high school diploma or equivalent who are eligible to obtain a CAC I or CAC II and those who hold a bachelor's degree in the behavioral health sciences who are eligible to obtain a CAC III.
- Pathway 2 is for those individuals who hold a clinical Masters or doctoral degree.

Pathway 1:

- **CAC I** (Certified Addiction Counselor, Level I) CAC I is considered entry-level. Those individuals with a high school diploma or equivalent may obtain their CAC I by completing the required DBH approved training classes and clinically supervised work experience hours.
- **CAC II** (Certified Addiction Counselor, Level II) CAC II allows the counselor to practice independently with appropriate supervision. Those individuals with a high school diploma or equivalent may obtain their CAC II. The applicant must first obtain a CAC I or meet all the requirements for a CAC I, complete the required number of clinically supervised work experience hours, successfully pass the CAC II required training classes, and present proof of passing a national examination.
- **CAC III** (Certified Addiction Counselor, Level III) A CAC III is the supervisory level. A Bachelors degree in the behavioral health sciences is required. The CAC II must be awarded by DORA before an applicant is eligible to apply for a CAC III. The applicant for a CAC III must also complete the required number of clinically supervised work experience hours, successfully pass the CAC III required training classes, and present proof of passing a national examination.

Pathway 2:

Counselors holding a clinical Masters or doctoral degree may obtain their CAC II, CAC III or LAC by a combination of appropriately clinically supervised work experience hours, DBH approved training classes (or the equivalent, or a combination thereof) and proof of passing the Master Addiction Counselor (MAC) national examination.

Work Verification Form and Documentation of Clinically Supervised Work Experience Hours

- Work experience hours shall be documented using the Work Verification Form (WVF) from the CAC application found on the DORA (Department of Regulatory Agencies) website. The WVF may be removed from the application and duplicated as needed. It is strongly recommended that the counselor-in-training have a WVF signed periodically, but no less than quarterly, by the clinical supervisor that includes the **time frame, number of hours worked and numbers of hours of clinical supervision provided monthly**. The supervisee and the supervisor are responsible for keeping complete supervision records. Be aware that no more than 200 hours of work experience will be accepted by DORA in any one-month period.
- When submitting your CAC application to DORA, all work experience hours that have been provided by each respective supervisor must be consolidated on one WVF signed by that supervisor. The applicant is responsible for verifying actual work experience hours to the supervisor's satisfaction and will fill out Section One of the WVF and sign at the bottom. The rest of the form must be filled in and signed by the clinical supervisor to be valid. Please contact DORA if you are unable to obtain the signature of a clinical supervisor of record on the consolidated Work Verification Form (WVF).
- The supervisor(s) who is verifying work experience hours and supervision provided for a CAC II application must have held their CAC III or LAC for the entire period the supervision was provided and must have personally provided the supervision hours documented on the WVF.
- Original signatures on the WVF are required. Copies will not be accepted by DORA. Signatures cannot be dated prior to the last date of work experience obtained or supervision provided.

Work Experience Hours Completed at Time of Application

- CAC I – 1000 hours of work experience under appropriate supervision that cannot be completed in fewer than six months.
- CAC II – 2000 hours of work experience beyond the CAC I under appropriate supervision that cannot be completed in fewer than twelve months.
- CAC III – 2000 hours of work experience beyond the CAC II under appropriate supervision that cannot be completed in fewer than twelve months.

Note: Individuals accumulating work experience hours toward a CAC II must be properly listed and regulated by DORA in order for those hours to count. See page 11, DORA Requirements for Listing.

Clinical Supervision Required

Clinical supervision hours may be prorated based on number of hours worked each month, but no less than one hour per month may be provided for the work experience hours to count towards certification.

- Working toward applying for a CAC I: Direct clinical supervision by a CAC III or LAC only at a minimum of three hours per month for full time work.
- Working toward applying for a CAC II: Direct clinical supervision by a CAC III or LAC only at a minimum of three hours per month for full time work.
- Working toward applying for a CAC III with already awarded CAC II: Direct clinical supervision by a CAC III, LAC or other qualified supervisor, at a minimum of two hours per month for full time work. (Other qualified supervisor means a behavioral health professional with demonstrated competence equivalent to a CAC III or LAC in addiction treatment by education and experience, clinical Masters degree or above, and documented minimum of 1000 hours of addiction counseling work experience.)
- Already awarded CAC III: One hour of documented consultation per month when working in the field.

Clinical Supervision Section in Revised CAC Rules

A newly added section to the revised Addiction Counselor Certification and Licensure Rules (eff. 09-01-10) outlines the requirements for providing clinical supervision as a CAC III or LAC and serves as a guide for the clinical supervisor in structuring and providing clinical supervision. All supervisors are responsible for maintaining a supervision log or record and providing copies of supervision records to their supervisees. In addition, the supervisee is responsible for making sure that the Work Verification Form (WVF) is filled out accurately and signed by the supervisor on a regular basis. The supervisee keeps all originals of the Work Verification Forms in order to submit with their certification applications. Anyone who becomes aware of a CAC III or LAC clinical supervisor who is signing off on supervision hours that were not provided by that same person and that may result in a fraudulent application being submitted to DORA, should report this violation to DORA. Here is the specific wording on the WVF relevant to the clinical supervisor:

*I affirm that the experience and supervision I have described on this form was conducted and completed in accordance with Title 12, Article 43, Colorado Revised Statutes and Addiction Counselor Certification and Licensure Standards. I further affirm that the supervisee's work towards the hours of experience, was conducted and completed under my supervision, and has met the generally accepted standards of practice. **I declare under penalty of perjury in the second degree that the statements made in this application are true and complete to the best of my knowledge.***

For further information regarding work experience hours and clinical supervision, refer to the Addiction Counselor Certification and Licensure Rules (eff. 09-01-10).

NAADAC: THE ASSOCIATION FOR ADDICTION PROFESSIONALS NATIONAL EXAMS

NAADAC is the association that advocates for the profession of addiction counseling. Their website states “NAADAC's Mission is to lead, unify and empower addiction focused professionals to achieve excellence through education, advocacy, knowledge, standards of practice, ethics, professional development and research.” NAADAC has many members and state affiliates, provides many membership benefits, publishes the magazine “Addiction Professional” and the newsletter “NAADAC News.” For many years, NAADAC has offered national credentialing for three levels (see below for details) and provides national examinations that can be used by the states as a requirement for state certification or licensure as is now the case in Colorado.

The revised Addiction Counselor Certification and Licensure Rules (eff. 09-01-10) add a national examination requirement for attaining a CAC II or CAC III certification in Colorado. Applicants seeking a CAC II or CAC III must take and pass one of NAADAC’s three exams and submit proof of passage along with their application to DORA.

Society of Addiction Counselors of Colorado (SACC)

The Society of Addiction Counselors of Colorado is an affiliate of NAADAC: The National Association for Addiction Professionals. NAADAC and SACC are committed to promoting excellence in care by advocating for the highest quality and most up-to-date, evidence-based services for clients, families and communities. SACC is committed to offering its members many benefits, including educational opportunities and training and increased professional standing via representation at the local, state and national levels.

There are several options for national exam preparation including in-person workshops, online classes, and study guides that may be purchased. Please see the SACC website under testing for further information: www.sacc.cc.

National Examinations Required for CAC II and CAC III Applicants

All applicants for a CAC II and CAC III under the Addiction Counselor Certification and Licensure Rules (eff. 09-01-10) are required to take and pass a national examination approved by DBH. Proof of passing the exam must be submitted to DORA with the certification application. The examination may be taken any time prior to submission of an application for a CAC II or CAC III.

NAADAC: The Association for Addiction Professionals Examinations

DBH endorses the three examinations sponsored by NAADAC. Successfully passing a required examination for State of Colorado requirements does not constitute national certification from NAADAC. To clarify further, NAADAC offers two options when applying to take one of these national examinations:

- Option 1: Taking the exam for a state requirement **ONLY** (as is required in Colorado). No request is being made by the applicant for a national credential. In this option, no specific academic requirement is needed to sit for any of the examinations. Register and make payment through the Society of Addiction Counselors (SACC) website www.sacc.cc. Click on MAC and NCAC Examinations.
- Option 2: Taking the exam with a request by the applicant for national certification. This involves additional NAADAC requirements in order to be eligible to sit for the exam, including a higher fee. Find additional information at www.naadac.org.

The three levels of examination offered by NAADAC:

NCAC I	National Certified Addiction Counselor, Level I
NCAC II	National Certified Addiction Counselor, Level II
MAC	Master Addiction Counselor

Recommendations:

- Those individuals without a clinical Masters degree may consider taking either the NCAC I (with high school diploma) or the NCAC II (with a Bachelors degree).
- Those individuals with a clinical Masters degree or above may consider taking the MAC regardless of whether they apply for a CAC II, CAC III or LAC.
- Selection of which national examination should be taken depends on the applicant's professional development plan and long-term career goals.

Reminder: There is no national credential awarded or needed when applying to take one of these NAADAC sponsored exams to meet the Colorado Addiction Counselor Certification and Licensure Rules (eff. 09-01-10) requirement.

DORA DATABASE LISTING REQUIREMENTS FOR ADDICTION COUNSELORS

The Colorado Mental Health Practice Act is the law that regulates and defines the practice of psychotherapy in Colorado. The law states that all persons who engage in activities that meet the psychotherapy practice definition must be regulated by the Department of Regulatory Agencies (DORA). Regulation means listing in the Grievance Board Database as an unlicensed psychotherapist OR holding a Colorado credential awarded by DORA, either by certification or licensure.

Those individuals who are accumulating work experience hours toward their CAC I (1000 hours) and are being appropriately supervised by a CAC III or LAC are not required to be listed in the unlicensed psychotherapist database (Grievance Board Database) as long as their work activities do not meet the definition of the practice of psychotherapy. However, at any point in time when an individual engages in activities that meet the definition of psychotherapy, regardless of status, they must be regulated by DORA.

Once the counselor-in-training has accumulated 1000 hours of properly supervised work experience and has not been engaging in any activities that meet the definition of psychotherapy practice, they must either apply for their CAC I or apply to be listed in the unlicensed psychotherapist database in order to be in compliance with the law and regulated by DORA. Once properly listed with DORA, the individual is assured that hours worked toward a CAC II will be accepted by DORA.

1. If the counselor-in-training has reached 1000 hours of work experience but has not completed all of the required training classes for a CAC I, they must apply to the unlicensed psychotherapist database using the database application on the DORA website.
2. If the counselor-in-training has completed 1000 hours of work experience AND has completed all of the required training classes for a CAC I, it is highly recommended that they apply for their CAC I.
3. In either of the above scenarios, the counselor-in-training must make application to DORA to become properly listed and regulated when they have reached the 1000-hour mark.
4. All original applications submitted to DORA must be accompanied by the Jurisprudence exam answer sheet and affidavit. It is recommended that the entry-level counselor-in-training begin to study for this exam well before they are ready to make application to DORA. If the applicant is already listed and regulated by DORA, they do not have to retake the Jurisprudence exam unless the exam version has changed.

COUNSELOR TRAINING REQUIREMENTS FOR CAC I, II, III

(Revised 09-01-2010)

CAC I High school diploma/GED	CAC II High school diploma/GED	CAC III Bachelors Degree in a Behavioral Health Science
<hr style="width: 20%; margin: 0 auto;"/> <ul style="list-style-type: none"> ▪ Addiction Counseling Skills (21 hrs) ▪ Client Record Management (14 hrs) ▪ Principles of Addiction Treatment (21 hrs) ▪ Professional Ethics I: Ethics and Jurisprudence (14 hrs) ▪ Culturally Informed Treatment (14 hrs) ▪ Infectious Diseases in Addiction Treatment (14 hrs) ▪ Pharmacology I (14 hrs) 	<hr style="width: 20%; margin: 0 auto;"/> <p><i>CAC I training plus:</i></p> <ul style="list-style-type: none"> ▪ Professional Ethics II (14 hrs) <i>Prerequisite is Professional Ethics I</i> ▪ Motivational Interviewing (21 hrs) <i>Prerequisite is Addiction Counseling Skills</i> ▪ Cognitive Behavioral Therapy (14 hrs) ▪ Group Counseling Skills (21 hrs) ▪ Pharmacology II (14 hrs) <i>Prerequisite is Pharmacology I</i> ▪ Clinical Assessment and Treatment Planning (14 hrs) <i>Prerequisite is Client Record Management</i> ▪ Co-occurring Disorders (14 hrs) ▪ Trauma Informed Care for Diverse Populations (14 hrs) 	<hr style="width: 20%; margin: 0 auto;"/> <p><i>CAC II Certification plus:</i></p> <ul style="list-style-type: none"> ▪ Clinical Supervision I (21 hrs) ▪ Advanced Motivational Interviewing (14 hrs) <i>Prerequisite is Motivational Interviewing</i> ▪ Clinical Supervision II (14 hrs) <i>Prerequisites are Advanced Motivational Interviewing and Clinical Supervision I</i> ▪ Professional Practice (7 hrs)
<hr style="width: 20%; margin: 0 auto;"/> <p>Total training hours = 112</p> <p>1000 hours of clinically supervised work experience</p> <p>3 hours of clinical supervision* per month for full time work</p>	<hr style="width: 20%; margin: 0 auto;"/> <p>Total training hours = 126</p> <p>Additional 2000 hours of clinically supervised work experience</p> <p>3 hours of clinical supervision* per month for full time work</p>	<hr style="width: 20%; margin: 0 auto;"/> <p>Total training hours = 56</p> <p>Additional 2000 hours of clinically supervised work experience</p> <p>2 hours of clinical supervision* per month for full time work</p>
<hr style="width: 20%; margin: 0 auto;"/> <p>National Examination</p>	<hr style="width: 20%; margin: 0 auto;"/> <p>National Examination</p>	<hr style="width: 20%; margin: 0 auto;"/> <p>National Examination</p>

*Three (3) hours of clinical supervision per month is required until the CAC II is awarded, then two (2) hours per month until the CAC III is awarded, and then one hour of consultation monthly. For less than full time work, supervision may be prorated but must be no less than one hour per month.

CAC Certification Tracking Sheet

For those individuals who hold a high school diploma or equivalent AND those who hold a bachelor's degree in the behavioral health sciences.

Requirements for Certification		Date Completed
CAC I		
	Addiction Counseling Skills (21 Hrs.)	
	Client Record Management (14 Hrs.)	
	Principles of Addiction Treatment (21 Hrs.)	
	Professional Ethics I: Ethics and Jurisprudence (14 Hrs.)	
	Culturally Informed Treatment (14 Hrs.)	
	Infectious Diseases in Addiction Treatment (14 Hrs.)	
	Pharmacology I (14 Hrs.)	
	1000 Clinically supervised work experience hours	
CAC II	All of the above plus:	
	Professional Ethics II (14 Hrs.)	
	Motivational Interviewing (21 Hrs.)	
	Cognitive Behavioral Therapy (14 Hrs.)	
	Group Counseling Skills (21 Hrs.)	
	Pharmacology II (14 Hrs.)	
	Clinical Assessment and Treatment Planning (14 Hrs.)	
	Co-occurring Disorders (14 Hrs.)	
	Trauma Informed Care for Diverse Populations (14 Hrs.)	
	NAADAC Exam--NCAC I recommended	
	2000 Clinically supervised work experience hours	
CAC III	All of the above plus:	
	Clinical Supervision I (21 Hrs.)	
	Clinical Supervision II (14 Hrs.)	
	Advanced Motivational Interviewing (14 Hrs.)	
	Professional Practice (7 Hrs.)	
	Bachelors degree in behavioral health science	
	NAADAC Exam--NCAC II recommended	
	2000 Clinically supervised work experience hours	

For personal use only, do not submit to DORA.

DESCRIPTIONS AND UPDATES OF THE REQUIRED TRAINING CLASSES

Addiction Counselor Certification and Licensure Rules (eff. 09-01-2010)

Required classes for CAC I:

- **Addiction Counseling Skills** (21 hour CAC I class)
This basic counseling skills class teaches a client-centered, counselor-directed model using a motivational style. The training is designed to provide counselors with a framework for working with clients with substance use disorders. The counselor will experience and learn the counseling skills to support the client to move through identifying and changing behaviors. Videotaping and feedback will assist the participants in developing a standard level of counseling skills proficiency.
- **Client Record Management** (14 hour CAC I class)
This class is designed to provide the counselor with an understanding of a clinical record. This class will include an introduction to diagnosing substance abuse and dependence using the DSM IV TR. It will also include an introduction to the ASAM Patient Placement Criteria. Participants in this training will learn how to properly document for the clinical record including intake documents and interpretative summaries; the use of screening and assessment instruments; releases of information; treatment plans; progress notes; and discharge summaries.
- **Principles of Addiction Treatment** (21 hour CAC I class)
This training presents the history and theories of addiction, the competencies required of an addiction counselor and scope of practice, and the NIDA principles of effective treatment. There will be an exploration of current evidence-based practices, addiction counselor certification and licensure in Colorado and levels of care offered for addiction treatment as well as certification requirements and professional readiness for addiction counselors.
- **Infectious Diseases in Addiction Treatment** (14 hour CAC I class) (formerly Infectious Diseases in the Alcohol & Drug Treatment Setting)
In this training, the focus will be on the complex relationship between the client's drugs of choice, lifestyle choices, and physiological health. Discussions will include immune system health, liver function, harm reduction and specific diseases such as HIV and hepatitis. Strategies will be presented for screening to determine level of risk, referral, and the provision of education about disease prevention and treatment.
- **Culturally Informed Treatment** (14 hour CAC I class) (formerly Diversity in Treatment Populations)
This class provides an introduction to aid the counselor in working with culturally diverse individuals, explores barriers to treatment and recovery, and presents recommended treatment approaches for diverse populations. The importance of cultural diversity as a factor in substance use disorder treatment will be discussed and cultural competency will be

defined. This class will provide an opportunity for the student/participant to explore their attitudes and beliefs regarding working with various cultural groups.

- **Professional Ethics 1: Ethics and Jurisprudence** (14 hour CAC I class) (Formerly Ethical Issues in the Alcohol & Drug Clinical Setting)
This class focuses on ethical practice in counseling clients with substance use disorders and other behavioral disorders. It includes an overview of ethical decision making models, confidentiality, code of ethics and the federal confidentiality regulation 42 CFR, Part 2. The Colorado Mental Health Practice Act will be discussed to include disciplinary procedures, prohibited activities and the role of the Department of Regulatory Agencies.
- **Pharmacology I** (14 hour CAC I class)
Training in pharmacology is a cornerstone of addiction counseling and a major part of what differentiates the professional field of addiction counseling from other mental health disciplines. This class will provide a solid base of knowledge about the drugs of abuse including what is happening in human physiology and behaviors.

Required classes for CAC II:

- **Clinical Assessment and Treatment Planning** (14 hour CAC II class) (Prerequisite is Client Record Management)
Participants in this clinical assessment and treatment planning class learn how to conduct effective and appropriate screenings and assessments using a biopsychosocial approach. This will include identifying problem domains, cultural needs, diagnostic impressions, strengths and supports among others. The basics of treatment planning will be reviewed and practice will include creating a treatment plans for clients with substance use disorders.
- **Motivational Interviewing** (21 hour CAC II class) (Prerequisite is Addiction Counseling Skills)
Motivational interviewing is an evidence-based practice with widespread use in addiction counseling and is considered to be crucial to the development of counseling skills for this population. The class will focus on learning the motivational interviewing model. In this training, participants will learn the model of stages of change, the tools for creating an environment where positive change can occur, and practice of the skills. Videotaping and feedback will assist the participants in developing a standard level of counseling skills proficiency in MI.
- **Cognitive Behavioral Therapy** (14 hour CAC II class)
CBT is an evidenced-based treatment and is foundational to the addiction treatment field. Participants will learn the theoretical foundations of CBT and how to incorporate CBT skills in a comprehensive treatment strategy that includes intake, assessment, case conceptualization, treatment planning, and therapy. Counselors will learn and practice effective ways to utilize the tools specific to CBT with their clients.
- **Co-Occurring Disorders** (14 hour CAC II class)
For the purposes of this class, co-occurring disorders refers to co-occurring substance use and mental health disorders. The class will focus on the interrelationship of these disorders and

the differing needs of this population group. The class is structured to meet the needs of addiction counselors to aid in coordinating integrated treatment services to more effectively treat the whole person. It will discuss three types of substance abuse programs: addiction only services, dual diagnosis capable, and dual diagnosis enhanced. Evidence-based treatment approaches with co-occurring disorders will be presented along with elements of treatment planning, importance of diagnosis and the use of medications to enhance treatment.

- **Group Counseling Skills** (21 hour CAC II class)
This experiential training covers the process of change as it relates to the dynamics of an effective group experience and the qualities of group facilitation. Models of group therapy, the use of observation and feedback, group relational experience, and cultural diversity within groups will be discussed and experienced in classroom group exercises. Videotaping feedback may be utilized.
- **Professional Ethics II** (14 hour CAC II class) (Prerequisite is Professional Ethics I)
This class will provide participants with a comprehensive introduction to ethical and risk management issues related to addiction treatment and services. It will focus on three key topics: 1) ethical dilemmas encountered by addiction professionals with the use of case studies; 2) ethical decision-making strategies; and 3) risk management concepts designed to prevent ethics complaints and ethics-related lawsuits. Issues addressed will include professionals' handling of confidential information, informed consent, boundary issues and dual relationships, conflicts of interest, service delivery, supervision, consultation, referral and termination of services.
- **Pharmacology II** (14 hour CAC II class) (Prerequisite is Pharmacology I)
Pharmacology II will explore the influence of contextual variables on addiction and recovery from a neuropsychological and cultural framework. Functional changes to the brain and the brain's ability to recover after exposure to drugs of addiction and other behavioral addictions, medical problems associated with substance abuse, and the use of pharmacological assists in recovery will be discussed.
- **Trauma Informed Care with Diverse Populations** (14 hour CAC II class)
This class will introduce the counselor to the concept of trauma-informed care, an approach that is being adopted more frequently within the human services fields based upon an increased awareness of the ways in which trauma impacts functioning. It will describe and define what trauma informed care is and ways in which a traditional treatment setting can be modified to increase the sense of safety experienced by consumers. Students will learn how to incorporate trauma-informed practices into treatment with diverse populations, such as military veterans, women, people with co-occurring disorders and other groups.

Required Classes for CAC III

- **Advanced Motivational Interviewing** (14 hour CAC III class) (Prerequisite is Motivational Interviewing)
This advanced training will serve as a booster session for Motivational Interviewing skills

for the counselor as well as introducing advanced motivational interviewing skills including strategic use of MI, skills to respond to resistance from clients, basic coding skills, elicitation of change talk, developing change plans and deepening commitment language.

- **Clinical Supervision I** (21 hours CAC III class)
This training is designed to help a counselor learn the models of supervision and tools necessary to use as a standard of supervision practice. In this course the counselor will be exposed to supervision that is tailored to the supervisee's developmental level of experience. Ethical supervisory practices, including supervision contracts and work verification practices, will be discussed. Videotaping and feedback will assist the participant in developing a standard level of supervisory skills proficiency.
- **Clinical Supervision II** (14 hour CAC III class) (Prerequisites are both Advanced Motivational Interviewing and Clinical Supervision I)
Clinical supervision II is designed to reinforce the motivational interviewing skills of the supervisor through the use of the MIA:STEP process. MIA:STEP (Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency) will be utilized as a format of supervision. Specialized techniques, coaching, coding, teaching, and use of video or audio taping in supervision will be discussed. Videotaping of practice sessions may be utilized.
- **Professional Practice** (7 hour CAC III class)
This training will focus on administrative supervision, organizational issues, DBH-licensed treatment agency requirements, challenges of the current treatment environment, confidentiality concerns, measuring performance treatment outcomes, role of program director, policies and procedures and other topics to be determined. In addition, the expectations of the addiction professional interacting with other mental health professionals in treatment settings as well as in the community will be explored.

Class Time Limits, Prerequisites and Certificates

Class Time Limits

All required classes for certification levels I, II and III will have an expiration date of five years prior to the received date of application to DORA.

Prerequisites For Certain Classes

It is the responsibility of the student/participant who is enrolling in a specific DBH approved training class who wishes to apply the class toward certification as an addiction counselor, to provide a copy of the certificate of the required prerequisite class at time of enrollment.

Example: Professional Ethics II is a CAC II level class that cannot be taken until Professional Ethics I: Ethics and Jurisprudence has been completed. The certificate for Professional Ethics I class must be submitted at time of enrollment in the Professional Ethics II class.

See the Counselor Training Requirements Summary in this handbook for all of the classes that have prerequisites.

Certificates and Sign-In Sheets

When signing in for a CAC class, always use your legal name and sign in the same way each time you take a CAC class. Check to make sure that the certificate you receive has your legal name to assure that all class certificates are consistent. Following this simple step avoids possible rejection of a certificate by DORA due to the use of nicknames, partial names, initials, etc.

Requirements for Certification at CAC II or CAC III for Those Who Hold a Clinical Masters or Doctorate Degree

Following are the training, clinically supervised work experience, and examination requirements for those holding a clinical masters or doctoral degree in the behavioral health sciences who seek certification for a CAC II or CAC III.

All of the following DBH approved training classes must be completed prior to application for certification as a CAC II for those individuals holding a clinical master's degree or clinical doctoral degree in the behavioral health sciences in accordance with the Addiction Counselor Certification and Licensure Rules (eff. 09-01-10). Passage of a national examination will be required as approved by DBH.

Requirements for application for a CAC II with a Masters or Doctoral degree in the behavioral health sciences:

- **Training:** Successful completion of the following DBH approved required training or its equivalent that must be completed within five years prior to submitting an application to DORA:
 1. Principles of Addiction Treatment – 21 clock hours
 2. Infectious Diseases in Addiction Treatment – 14 clock hours
 3. Pharmacology I – 14 clock hours
 4. Pharmacology II – 14 clock hours (Prerequisite is Pharmacology I)
 5. Motivational Interviewing – 21 clock hours
 6. Group Counseling Skills – 21 clock hours
 7. Professional Ethics II – 14 clock hours
- **Clinically Supervised Work Experience:** Completion of 2000 hours of work experience in the addiction treatment field with addiction specific supervision.
- **Clinical Supervision:** Clinical supervision for work experience hours to be applied toward a CAC II must be in accordance with the Addiction Counselor Certification and Licensure Rules (eff. 09-01-10).

Requirements for application for a CAC III with a Masters or Doctoral degree in the behavioral health sciences:

- **Training:** Documentation of successful completion of the following DBH approved required training or its equivalent that must be completed within five years prior to submitting an application to DORA:
 1. Principles of Addiction Treatment – 21 clock hours
 2. Infectious Diseases in Addiction Treatment – 14 clock hours

3. Pharmacology I – 14 clock hours
 4. Motivational Interviewing – 21 clock hours
 5. Group Counseling Skills – 21 clock hours
 6. Pharmacology II – 14 clock hours (Prerequisite is Pharmacology I)
 7. Professional Ethics II – 14 clock hours
 8. Clinical Supervision I – 21 clock hours
 9. Clinical Supervision II – 14 clock hours (Prerequisite is both Advanced Motivational Interviewing and Clinical Supervision I)
 10. Advanced Motivational Interviewing – 14 clock hours ((Prerequisite is Motivational Interviewing)
- **Clinically Supervised Work Experience:** 3000 hours of work experience in the addiction treatment field with addiction specific supervision.
 - **Clinical Supervision:** Clinical supervision for work experience hours to be applied toward a CAC III must be in accordance with the Addiction Counselor Certification and Licensure Rules (eff. 09-01-10).

For further information, see the Addiction Counselor Certification and Licensure Rules (eff. 09-01-10).

COUNSELOR TRAINING REQUIREMENTS SUMMARY FOR CAC II, III & LAC

For those who hold a clinical Masters or Doctorate degree

Revised 09-01-10

CAC II	CAC III	LAC
Training classes required with a clinical Masters or Doctorate degree	Training classes required with a clinical Masters or Doctorate degree	Must have a clinical Masters or Doctorate degree
<hr/> <ul style="list-style-type: none"> ▪ Principles of Addiction Treatment (21 hours) ▪ Infectious Diseases in Addiction Treatment (14 hours) ▪ Professional Ethics II (14 hours) ▪ Pharmacology I (14 hours) ▪ Pharmacology II (14 hours) <i>Prerequisite is Pharmacology I</i> ▪ Motivational Interviewing (21 hours) ▪ Group Counseling Skills (21 hours) 	<hr/> <ul style="list-style-type: none"> ▪ Principles of Addiction Treatment (21 hours) ▪ Infectious Diseases in Addiction Treatment (14 hours) ▪ Professional Ethics II (14 hours) ▪ Pharmacology I (14 hours) ▪ Pharmacology II (14 hours) <i>Prerequisite is Pharmacology I</i> ▪ Motivational Interviewing (14 hours) ▪ Group Counseling Skills (21 hours) ▪ Advanced Motivational Interviewing (14 hours) <i>Prerequisite is Motivational Interviewing</i> ▪ Clinical Supervision I (21 hours) ▪ Clinical Supervision II (14 hours) <i>Prerequisites are both Advanced Motivational Interviewing and Clinical Supervision I</i> 	<hr/> <p style="text-align: center;">Meet all requirements for the CAC III and passage of the MAC exam</p>
<hr/> <p>2000 hours of clinically supervised work experience</p>	<hr/> <p>3000 hours of clinically supervised work experience</p>	
<p>Two (2) hours of clinical supervision per month for full time work</p>	<p>Two (2) hours of clinical supervision per month for full time work</p>	
<p>National examination</p>	<p>National examination</p>	

CAC/LAC Certification Tracking Sheet

For those with a Clinical Masters or Doctorate Degree

Requirements for Certification		Date Completed
CAC II		
	Principles of Addiction Treatment (21 Hrs.)	
	Infectious Diseases in Addiction Treatment (14 Hrs.)	
	Professional Ethics II (14 Hrs.)	
	Pharmacology I (14 Hrs.)	
	Pharmacology II (14 Hrs.)	
	Motivational Interviewing (21 Hrs.)	
	Group Counseling Skills (21 Hrs.)	
	MAC Examination	
	2000 Clinically supervised work experience hours	
CAC III	All the above plus	
	Advanced Motivational Interviewing (14 Hrs.)	
	Clinical Supervision I (21 Hrs.)	
	Clinical Supervision II (14 Hrs.) (Prerequisites are both Adv MI and Clinical Sup I)	
	MAC Examination	
	3000 Clinically supervised work experience hours	
LAC	All of the above plus	
	MAC Examination	

For personal use only, do not submit to DORA.

Education Equivalency For Addiction Counselor Certification

When an applicant submits college courses on an application to DORA in lieu of one of the required training classes, it is the applicant's responsibility to demonstrate how their college course is equivalent to the DBH approved core competencies for that class. Anyone wishing to use college equivalents must submit the following to DORA:

1. An official transcript from an accredited college or university in a sealed envelope. The courses must be in a behavioral health science or field. Each college class being offered as the equivalent of a CAC required class must have a grade of C or above.
2. A cover letter with an attached syllabus and a written description about why the college class is equivalent to the CAC required class.
3. A college course must offer college credits that are equivalent or greater than the number of clock hours required for the DBH training class.

College equivalency hours:

One semester credit hour = 15 clock hours
 Two semester credit hours = 30 clock hours
 Three semester credit hours = 45 clock hours
 One quarter credit hour = 8.5 hours
 Two quarter credit hours = 17 hours
 Three quarter credit hours = 25.5 clock hours

CAC required classes that must be taken (no college course equivalency)

Client Record Management, 14 hrs
 Infectious Diseases in Addiction Treatment, 14 hrs
 Pharmacology I, 14 hrs
 Pharmacology II, 14 hrs
 Trauma Informed Care for Diverse Populations, 14 hrs
 Clinical Supervision I, 21 hrs
 Clinical Supervision II, 14 hrs

CAC required classes that may have college equivalency (See core competencies posted on the DBH website)

Addiction Counseling Skills, 21 hrs
 Principles of Addiction Treatment, 21 hrs
 Culturally Informed Treatment, 14 hrs
 Professional Ethics I: Ethics and Jurisprudence, 14 hrs
 Professional Ethics II
 Motivational Interviewing, 21 hrs
 Cognitive-Behavioral Therapy, 14 hrs
 Clinical Assessment and Treatment Planning, 14 hrs
 Co-Occurring Disorders, 14 hrs
 Group Counseling Skills, 21 hrs
 Advanced Motivational Interviewing, 14 hrs
 Professional Practice, 7 hrs