

A & D Counseling Skills & Qualifications Examples

- Aware of physical and mental consequences of substance abuse
- Knowledge of chemical dependency and treatment methods
- Understanding of 12 step program concepts
- Knowledge and skills in counseling techniques with individuals and groups
- Deliver educational presentations to groups
- Public speaking experience
- Assisted clients in developing problem solving, communication, self-esteem, anger management and basic living skills
- Case management skills
- Knowledge of community, social, and self help resources
- Create effective and measurable treatment plans
- Evaluate clients for nature and extent of alcohol and drug problems
- Knowledge of federal confidentiality regulations
- Familiar with ASAM placement criteria skills
- Certified in CPR, CPI and First Aid
- Proficient in keeping chart note in SOAP format
- Non-judgmental approach to counseling
- Value timely and accurate documentation
- Personal experience in the treatment process
- Sensitive to and respectful of diverse values and lifestyles
- Adept at quickly engaging each client, establishing rapport and assessing needs and goals
- Expertise in combining creativity, humor, intuition and an understanding of A&D issues to assist clients in developing a strategy for personal growth and professional success
- Facilitated group counseling...
- Skilled in listening carefully...
- Natural communicator who works cooperatively and collaboratively with clients
- Establishes rapport and maintains cultural sensitivity with members of diverse groups

Counseling Competencies

- Developed open mind toward cultural differences
- Understand upholding boundaries and ethics for client relationship and development of rapport
- Show empathy and understanding of clients situation without judgment
- Provide resources for changes and recognize individual responsibility and power to change
- Maintain focus on client when developing goals and in all interactions
- Able to discern appropriate expressions of feelings in group and 1:1 situations
- Understand difficulties and barriers individuals need to overcome for behavioral change
- Familiar with DSM diagnoses and implications for treatment
- Understand pharmacological effects on brain chemistry and development
- Apply ASAM/HIPPA & 42CFR policies to case management and charting
- Assess client mood and problem solve solutions
- Ensure resident safety in various levels of independent housing
- Log activity and greet guests- provide referrals and information
- Provide positive influence and motivate individuals in early to mid stages of recovery
- Familiar with cognitive behavioral therapy, and MI