

BREINING INSTITUTE

College for the Advanced Study of Addictive Disorders.

CATALOG 2011-2012

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Kathy L. Christopher, J.D., M-RAS, CAO/Dean of Academic Affairs
Theresa J. Russell, Dr.AD, M-RAS, MCA, CSC, Dean of Instruction
Megan Lumbus, Registrar and Admissions Director

As a prospective student at Breining Institute, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet which must be provided to you prior to signing an enrollment agreement.

CATALOG EFFECTIVE DATES

The catalog, as revised, is in effect for the September 2011 through September 2012 Academic School Year. Revisions may be made at any time, without notice.

This catalog is not a contract between the student, Breining Institute, or any party or parties. Reasonable effort was made at the time this document was created to ensure that all policies and provisions of this catalog were correct. Breining Institute reserves the right to make changes and addendums to current policy as required. Students affected by policy changes will be advised.

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INTRODUCTION

Breining Institute, a California corporation, opened its doors over 25 years ago with a goal to provide students with the information needed to render addictive disorders education and counseling in a professional manner to those individuals in the community effected by addictions.

Breining Institute offers an Addiction Studies Certificate, an Associate of Arts Degree in Alcohol and Drug Abuse Studies, as well as Bachelor, Master, and Doctorate Degree programs in Addictive Disorders.

STATE APPROVAL

California State Approval

Breining Institute is a private institution that is approved to operate by the Bureau for Private Postsecondary Education (BPPE), Institution No. 3403181. Approval to operate means compliance with state standards as set forth in this chapter.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by Breining Institute may be directed to:

The Bureau for Private Postsecondary Education

2535 Capitol Oaks Drive
Suite 400
Sacramento, CA 95833
(916) 431-6959
(888) 370-7589
www.bppe.ca.gov
bppe@dca.ca.gov

MISSION, VISION, INSTITUTIONAL OBJECTIVES, AND CORE VALUES

Mission Statement

Breining Institute is dedicated to providing the highest quality education possible for our students, in order to effect the best treatment available for all of the individuals and families whose lives may someday be touched by those who have come to us for their education and training.

Vision and Institutional Objectives

Breining Institute's vision is to be a respected leader in providing quality, affordable instruction in Addictive Disorders Studies resulting from a system of clear communication of mission, goals, and objectives. In pursuing this vision, Breining Institute strives to fulfill the following institutional objectives:

- Offer a dynamic, interactive education environment that engages students in the learning process
- Provide constructive feedback to promote student self- assessment and motivation
- Provide clear learning outcomes, detailed instruction, and assessment for all courses to ensure course mastery and student success
- Use technology to create effective modes and means of instruction that expand access to learning

Core Values

The core values are a set of principles that are aligned with Breining Institute's mission and guide the practice and development of curriculum, faculty, students, and staff.

- **Ethics** – Foster a learning environment that promotes responsible, principled behavior which respects the dignity of all members of the community.
- **Integrity** – Conduct all activities in an ethical manner. Commit to practices that are fair, honest, and objective in dealing with students, faculty members, staff, and stakeholders at all levels of the community.
- **Student Service** – Strive to ensure that curriculum, delivery, and support services respond to inquiries, requests, and concerns in an appropriate and timely manner.
- **Quality** – Provide educational programs that lead to the acquisition of knowledge and skills necessary to achieve information literacy, career advancement, personal enrichment, leadership, and service to the community. To ensure program quality, Breining Institute assesses practices, policies, and procedures on an ongoing basis to strengthen the overall effectiveness of curriculum, instructional delivery, and operations.

STUDENT RIGHTS

Breining Institute does not discriminate on the basis of race, religion, age, sex, sexual preference, handicap, national or ethnic origin in the administration of its educational policies, admissions, scholarships or any other programs. Breining Institute facilities are accessible to usable by the handicapped. There is ground-level entry to the building, classrooms, library, administrative offices and restrooms. It is the policy of Breining Institute that all students shall receive their education in an environment that is free from all forms of sexual discrimination and harassment. Sexual harassment, whether by a faculty member, staff or student, is prohibited.

STUDENT GRIEVANCES

Any student, staff or faculty member who feels that he or she has been discriminated against or sexually harassed is encouraged to immediately report such incident to either the Dean of Instruction or the Dean of Academic Affairs. The report may be either written or verbal, and need not be in any formal or legal fashion. The incident will be investigated and dealt with by the Dean of Academic Affairs.

COMPLAINT

Anyone who experiences an unsatisfactory interaction with Breining Institute personnel or Faculty may file a complaint through the Academic Affairs Office by phone or e-mail.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 toll-free or by completing a complaint form, which can be obtained on the Bureau's internet web site www.bppe.ca.gov.

ACADEMIC FREEDOM

Breining Institute adheres to the following principles of academic freedom. As a higher education institution, Breining Institute holds the pursuit of education in highest regard and strives to provide an environment that promotes the pursuit of truth and mutual respect to support the generation of new knowledge and reasoned argument based on scholarly justification. Teaching and learning styles may differ. Breining Institute recognizes that each faculty member will express his or her opinions and philosophies

freely without censorship. Concurrently, it is important that faculty members realize their responsibility to this College to make their students understand that their expression does not represent the opinions of Breining Institute.

ADDRESS

The address where on-campus class sessions are held is 8894 Greenback Lane, Orangevale, CA 95662. (No on-campus attendance is required for courses offered through distance learning.)

Directions:

From I-80 (Roseville/Auburn area): South on Sierra College Boulevard (which becomes Hazel Avenue at the Sacramento County Line) to Greenback Lane, then turn right (we will be on your left after you turn onto Greenback Lane).

From I-80 (Sacramento area): East on Greenback Lane (we are on your right just before you reach the intersection of Hazel Avenue).

From US 50: North on Hazel Avenue to Greenback Lane, then turn left onto Greenback Lane (we will be on your left after you turn onto Greenback Lane).

PROGRAMS

Breining Institute programs provide education in the broad range of subjects that relate to alcohol and/or other drug abuse counseling, substance abuse counseling, addictive disorders, and behavioral disorders. Completion of some programs will satisfy the formal education requirements for state, national and international counselor private and/or public agency certifications, including the international designation "RAS" or "Registered Addiction Specialist" certification offered by Breining Institute. The education received at Breining Institute will be beneficial to those who seek to counsel individuals with substance abuse issues and addictive disorders. However, **Breining Institute programs are not designed to lead to specific positions in a particular profession, occupation, trade or career field requiring licensure.** Those students whose goal it is to obtain a position in a specific profession, occupation, trade or career field should check with the certifying/licensing agency or association in their particular jurisdiction for the then current requirements of the particular position.

Please note that programs and courses are subject to change at the discretion of Breining Institute.

Certificate Programs

Addiction Studies Certificate

Admission into the Addiction Studies Certificate Program requires high school graduation and/or General Education Development (GED) equivalent. The requirements for an Addiction Studies Certificate include successful completion of 45 Quarter units (450 hours) in the core Addictions Studies coursework listed here.

PLEASE NOTE: Successful completion of this Certificate Program requires an Internship of 160 hours of supervised Alcohol and Other Drug training based on the curriculum contained in the TAP 21 Counselor Competencies documented by the appropriate agency supervisor(s) in an agency of the student's choice. Breining Institute does not offer placement services, and it is the responsibility of the student to procure the internship position.

The coursework includes:

- ❖ Introduction and history
- ❖ National and local program approaches
- ❖ Review of family systems
- ❖ Development of personality and denial
- ❖ Cultural and lifestyle differences in CD/Special Populations
- ❖ Prevention, Intervention and Education
- ❖ Employee Assistance Programs
- ❖ Legal and Confidentiality Issues/Ethics/Prevention Sexual Harassment
- ❖ Self Help Groups/Twelve Step Therapy
- ❖ Disease Concept of Addiction
- ❖ Physiology and Pharmacology
- ❖ Illicit Drug Abuse
- ❖ Medical Treatment
- ❖ Fetal Alcohol and Drug Syndromes
- ❖ Perinatal Care and CD
- ❖ HIV / ARC / AIDS / Communicable Diseases
- ❖ Smoking Addiction
- ❖ Eating Disorders
- ❖ Compulsive Gambling
- ❖ Sexual and other Behavioral Addictions
- ❖ Co-Dependency
- ❖ Gender and Sexuality issues
- ❖ Role/Responsibility of the Counselor
- ❖ Intervention Techniques
- ❖ Individual Counseling Techniques
- ❖ Group Counseling Techniques
- ❖ Family Counseling Techniques
- ❖ Personal and Professional Growth
- ❖ Relapse and Burn-out Prevention
- ❖ Therapeutic Approaches in Treatment
- ❖ Assertiveness Training
- ❖ Adolescent Counseling Techniques

- ❖Dual Diagnosis/DSM-IV/Co-Occurring Disorders/PTSD
- ❖Case Management and Assessment
- ❖Internship Process/Twelve Core Functions/TAP 21

Enrollment in the **Fast Track Section** of the Addiction Studies Certificate is offered to those students wishing to complete only the minimum educational requirements for initial certification of Alcohol and Other Drug Abuse Counselors (California Code of Regulations, Title 9, Division 4, Chapter 8, Subchapter 3, Section 13040) and this section includes the following courses from the above list: Cultural Difference/Special Populations, Prevention and Education, Legal and Confidentiality Issues / Ethics / Prevention of Sexual Harassment, Self-Help and Twelve Step Therapy, HIV / ARC / AIDS / Communicable Diseases, Role of the Counselor, Individual Counseling Techniques, Dual Diagnosis/DSM IV/Co-Occurring Disorders / PTSD, Internship Process, TAP 21 and Twelve Core Functions, and Case Management. The Fast Track Section includes 17 Quarter units (170 hours) of study and students who complete only the Fast Track Section do not earn the Addiction Studies Certificate.

PLEASE NOTE: Successful completion of the Fast Track Section of the Certificate Program requires an Internship of 160 hours of supervised Alcohol and Other Drug training based on the curriculum contained in the TAP 21 Counselor Competencies documented by the appropriate agency supervisor(s) in an agency of the student's choice. Breining Institute does not offer placement services, and it is the responsibility of the student to procure the internship position.

IMPORTANT NOTE: Completion of the Fast Track Section does not constitute completion of the Addiction Studies Certificate Program and no certificate or diploma will be issued, although an official transcript will be provided showing the completed units. To graduate from the Certificate Program, the student must enroll in and successfully complete the remaining 28 units.

Degree Programs

Associate of Arts in Alcohol and Drug Abuse Studies

Admission into the Associate of Arts Degree Program in Alcohol and Drug Abuse Studies requires high school graduation and/or General Education Development (GED) equivalent. The requirements for the Associate of Arts degree program in Alcohol and Drug Abuse Studies include successful completion of 300 hours of general education study, 45 Quarter units (450 hours) of required Lower Division core courses, and 15 Quarter units (150 hours) in an elective specialty:

The general education requirement includes a minimum of 50 hours in each of the following areas included in the total of 300 hours:

- ❖ Communication
- ❖ Mathematics
- ❖ Humanities/Fine Arts
- ❖ Social Sciences
- ❖ Natural Science

The required Lower Division core courses include those courses listed (above) for the Addictive Disorders Certificate Program. PLEASE NOTE: Successful completion of this degree program requires an Internship of 160 hours of supervised Alcohol and Other Drug training based on the curriculum contained in the TAP 21 Counselor Competencies documented by the appropriate agency supervisor(s) in an agency of the student's choice. Breining Institute does not offer placement services, and it is the responsibility of the student to procure the internship position. The additional 15 Quarter units (150 hours) in elective studies may be chosen from one of the following specialties:

- ❖ Employee Assistance Programs
- ❖ Intervention and Prevention
- ❖ Clinical Supervisor Course

Bachelor of Arts in Addictive Disorders

Admission into the Bachelor of Arts Degree Program in Addictive Disorders requires high school graduation and/or General Education Development (GED) equivalent. The requirements for the Bachelor of Arts degree include successful completion of 300 hours of general education study, 45 Quarter units (450 hours) of required Lower Division core courses, 15 Quarter units (150 hours) in an elective specialty, and 90 Quarter units of Upper Division Addictive Disorders courses (which will include a 5,000+ word Thesis of original work.)

The general education requirement is the same as is explained within the Associate of Arts degree program description. The required core courses include those courses listed above for the Addictive Disorders Certificate Program. (PLEASE NOTE: Successful completion of the lower division units in the Breining Institute Certificate Program requires an Internship of 160 hours of supervised Alcohol and Other Drug training based on the curriculum contained in the TAP 21 Counselor Competencies documented by the appropriate agency supervisor(s) in an agency of the student's choice. Breining Institute does not offer placement services, and it is the responsibility of the student to procure the internship position.) The additional 15 Quarter units in

elective studies are those identified within the Associate of Arts degree program description above, or comparable studies completed at an approved or accredited institution. An Associate of Arts Degree in Addictive Disorders (or in a closely related discipline) earned at an approved or accredited institution may satisfy the General Education and Lower Division requirements.

The Upper Division courses in the Bachelor of Arts Degree Program will include 90 Quarter units from the following:

- ❖ Advanced Physiology
- ❖ Dual Diagnosis
- ❖ Co-Dependency
- ❖ School and Youth Prevention
- ❖ Program Administration and Supervision
- ❖ Advanced Individual and Group Counseling Psychotherapy
- ❖ Women's Issues in Addiction
- ❖ Men's Issues in Addiction
- ❖ Drinking Driver Program Operation
- ❖ Special Problems for Cultural and Lifestyle Differences
- ❖ Employee Assistance Program Development and Operations
- ❖ Assertiveness Training and Anger Management
- ❖ Special Problems in Sports and Performance Drug Addiction
- ❖ Thesis – 5,000+ paper of original work

Master of Arts in Addictive Disorders

Admission into the Master of Arts Degree Program in Addictive Disorders requires a Bachelor of Arts degree in Addictive Disorders (or other closely related discipline) from an approved or accredited institution (which degree includes the 45 Quarter units of required core courses listed above in the Certificate Program description.) If the underlying Bachelor of Arts Degree is in a closely related discipline but does not include all of the required core courses, Breining Institute offers a combination Master of Arts Degree in which the student will complete the Fast Track Section of the Certificate Program in Addictive Disorders prior to or concurrently with the below listed Graduate level courses in order to earn the Master of Arts Degree.

The requirements for the Master of Arts Degree in Addictive Disorders include successful completion of 45 Quarter units of Graduate level course work in Addictive Disorders studies (which will include a 5,000+ word Thesis) and completion of a minimum of 40 hours of individual and/or group therapy. The Graduate level courses in the Master of Arts Degree Program will include 45 Quarter units from the following:

- ❖ New Developments in Addictive Disorders
- ❖ Co-dependency or Nurturing
- ❖ Dual Diagnosis Evaluation and Treatment
- ❖ School and Youth Prevention Specialist
- ❖ Program Administration and Supervision
- ❖ Advanced Counseling Psychology
- ❖ Women's Issues and Special Populations

- ❖ Advanced Hypnotherapy Internship
- ❖ Body-Mind Techniques in Recovery
- ❖ Alternative Health Care Resources
- ❖ Nutrition and Exercise in Recovery Milieu
- ❖ Employee Assistance Programs
- ❖ Thesis – 5,000+ paper of original work

The Master of Arts Degree requires a minimum of 40 hours of individual and/or group therapy completed by the degree candidate, over a period of at least 4 months, within a year's time before or after enrollment in the Master of Arts degree program.

Doctorate Degree in Addictive Disorders

Admission into the Doctor of Addictive Disorders (Dr.AD) Degree Program requires a Master of Arts degree in Addictive Disorders (or other closely related discipline) from an approved or accredited institution (which degree includes the 45 Quarter units of required core courses listed above in the Certificate Program description.) If the underlying Master of Arts Degree is in a closely related discipline but does not include all of the required core courses, Breining Institute offers a combination Doctorate Degree in which the student will complete the Fast Track Section of the Certificate Program in Addictive Disorders prior to or concurrently with the below listed Graduate level courses in order to earn the Doctor of Addictive Disorders (Dr.AD) Degree.

The requirements for the Doctor of Addictive Disorders (Dr. AD) Degree include successful completion of 80 Quarter units of Graduate level course work in Addictive Disorders studies (which will include a 10,000+ word Dissertation) and completion of a minimum of 40 hours of individual and/or group therapy. The Graduate level courses in the Doctor of Addictive Disorders Degree Program will include 80 Quarter units from the following courses:

- ❖ Genetic Predisposition to Addictive Disorders
- ❖ Co-dependency Issues Among Health Care Professionals
- ❖ Societal Co-dependency and Enabling Issues
- ❖ Treatment Approaches in Foreign Countries
- ❖ Dissertation - 15 Quarter units devoted to a Doctorate-level 10,000+ word dissertation of original work in a specialty of the student's choosing (with prior approval by a Faculty Mentor) or in an area from the list of electives offered by Breining Institute.

FACULTY

The faculty members at Breining Institute are sought out for their practical, hands-on experience, as well as their academic achievements, in order to bring to the students the most value within their formal education and training. For this reason, most of our faculty are actively engaged in professional activity outside of instructing or mentoring students. While this may limit on-campus visitation with the instructors and mentors, each is committed to being available with an appointment at the campus before and after class hours, at their own offices with appointments, and at times and locations of convenience to both the student and faculty member. And, for the distance learning students, communication by teleconferencing and correspondence by facsimile and e-mail provide the student with valuable faculty interaction.

Interaction with the course instructor is the front-line of academic support to students to help them master the course content. Breining Institute employs a traditional course structure of multiple students per faculty member. However, each student receives personalized attention that is tailored to his or her individual needs and preferences.

The main academic goals are that the student master the course learning objectives and complete all work within the course timeframe. The instructor's main responsibility is to work closely with the students to ensure their learning success. Faculty is responsible for initiating contact with students through e-mail at the start of the course and to monitor student interaction throughout the course by e-mail, assignment submission and grading, and student-centered assignment feedback.

Continuous improvement and institutional effectiveness are essential to student satisfaction and academic progress. As such, outreach efforts to foster student interaction for learning purposes are continually evaluated by Breining Institute faculty members and staff. Evaluation includes student end-of-course surveys which include items that pertain directly to the evaluation of faculty. Student responses are reviewed toward the end goal of improving academic progress.

Faculty Members

Posthumous Recognition:

BERNARD G. BREINING, Dr.AD, RAS, the founder of Breining Institute, served as the Dean of Instruction, and was instrumental in the development of course curriculum. During his lifetime, Dr. Breining was a respected and much loved expert in the field of Addictive Disorders Studies who served on the Board of Directors of the National Association of Alcoholism and Drug Abuse Counselors (NAADAC), as well as on the Written Exam Committee for the International Certification Reciprocity Consortium (ICRC) that created the international examination for counselor certification. As an active member of his community, for over 25 years he served on the Board of the Mental Health Association; on the County Alcoholism Advisory Board; on the Advisory Board for the Handicapped; on the Mayor's Task Force on Drug Abuse; as Executive Director of National Council on Alcoholism (Sacramento Chapter); as facilitator for the Physicians Diversion Program, the Impaired Pharmacists Program, and the Dental Board Diversion Program; and, as a Drug and Alcohol Abuse Counselor in private practice. Dr. Breining served as the President-elect of California Association of Alcoholism and Drug Abuse

Counselors (CAADAC) in 1995-96, and as President in 1997, after serving for many years on its Board of Directors, as well as its Certification and Education boards. He earned his Bachelor of Science degree in Health and Human Services from Columbia Pacific University, his Master of Arts degree in Addictive Disorders and his Doctor of Addictive Disorders (Dr.AD.) from Breining Institute. Among the honors bestowed upon Dr. Breining during his lifetime: an Original Member of the *Council of Fellows of CAADAC*; the *Harold Cole Award*; and the *George C. Cobbs Award*. Dr. Breining was an Internationally Certified Alcohol and Drug Counselor (ICADC), a Certified Clinical Supervisor (CCS), a Certified Employee Assistance Professional (CEAP), a Certified Clinical Hypnotherapist (CCHT), a Certified Intervention Specialist (CDIS), and a Certified Addiction Specialist (CAS). He authored the original workbooks which were later used in the development of *The Addiction Professional, Manual for Counselor Competency*, an instructional textbook in the subject matters of addictive disorders and counselor competencies that is currently used in programs at Breining Institute as well as other colleges. Dr. Breining held a lifetime teaching credential from the State of California, and was an educator in the field of addiction studies until his death in 2006.

Current Faculty:

MICHAEL J. BREINING, J.D., Dr.AD, M-RAS, continuing the Breining dedication to excellence in Addiction Studies Counseling education, he serves as the President, CEO and COO of Breining Institute. Mr. Breining has been an attorney licensed to practice law in California, federal, and tax courts since 1983. Formerly a registered Legislative Advocate and General Counsel for a nonprofit professional association that works to promote the business interests of manufacturers in government and the private sector, he authored *Manufacturers and The Law: Significant Court Decisions Affecting California Manufacturers* (1984, CMA Publication.) He served as the first President of the Service Corporation of the California Manufacturers Association, where his specialties were in human services and the development of income-generating programs and services. As a Certified Tax Specialist, he was previously employed as Appellate Counsel by the State of California, Franchise Tax Board. Since 1986, his legal, business and tax education and expertise have been directed to the betterment of Breining Institute, the College for the Advanced Study of Addictive Disorders, as well as the Breining Institute Certification Division for which he received congratulations, in September of 2006, from the Director of the California State Department of Alcohol and Drug Programs for being the first certification organization to be approved by the Department upon the Registered Addiction Specialist (RAS) Certification Program being accredited by the National Commission for Certifying Agencies (NCCA.) Mr. Breining was recently appointed as Commissioner to the NCCA, the accrediting body of the Institute for Credentialing Excellence (ICE – formerly the National Organization for Competency Assurance or “NOCA”), a standard-setting and accrediting organization that enjoys worldwide recognition for promoting excellence in credentialing through education, research, and advocacy. Mr. Breining is Program Director of the Breining Institute First Offender Driving Under the Influence (DUI) Program operated under license by the State of California and Sacramento County contract. In this capacity, he has since 1990 directed the DUI Program which offers court mandated alcohol and drug education and counseling in four Sacramento County locations. He is the founder of the Breining Research and Education Foundation, a nonprofit public benefit corporation dedicated to the study of addictions and the dissemination of information related to the effects of addictive disorders in society. Mr. Breining is the co-author and principle editor of *The Addiction Professional, Manual for Counselor Competency*, (2nd Ed., 2008) and *The*

Clinical Supervisor, Training Manual for Clinical Supervisor Competency in the Addiction Treatment Setting (2010). He is also principle editor of *The Forensic Counselor, Training Manual for Addiction Counselor Competency in a Forensic Treatment Setting* (2011); as well as principle editor of the Breining Research and Education Foundation publication, *Journal of Addictive Disorders*, a research publication offered without charge to the general public and addiction professionals in the field. In furtherance of his commitment to community involvement, Mr. Breining is also an American Sport Education (ASEP) certified coach for interscholastic (high school) level sports, and has years of volunteer coaching experience in football and baseball. Mr. Breining earned his Juris Doctorate degree from University of the Pacific - McGeorge School of Law and his Dr.AD from Breining Institute. Mr. Breining holds a Masters Level Registered Addiction Specialist Certification (M-RAS), Clinical Supervisor Credential (CSC), National Certified Addiction Counselor (NCAC I) certification, and Master Addictions Forensic Counselor Certification (International Forensic Counselors Coalition).

KATHY L. CHRISTOPHER, J.D., Dr. AD, M-RAS, serves as the Dean of Academic Affairs. She has been an attorney licensed to practice law in California and federal courts since 1981, and is licensed to practice before the United States Supreme Court. Prior to settling into private practice, Ms. Christopher held the position of Research Counsel to the California Appellate Court, Third District Court of Appeals where she prepared research and position briefs for the benefit of the Court regarding pending appellate matters. While a partner in a major law firm in Sacramento, she was actively engaged in civil trial practice for over 15 years specializing in appellate practice, insurance coverage, medical malpractice, education and labor law. Her clients included school districts, public entities, employers, insurance carriers, medical practitioners, and health maintenance organizations. During a brief sabbatical from the law firm, Ms. Christopher worked with the University of California, Davis in the Office of the Campus Counsel, for the purpose of negotiating and implementing the contracts and zoning clearances needed to launch the UC Davis Medical Center heliport medical evacuation Life Flight unit. She joined Breining Institute on a full time basis in 1996, and in addition to her position as Dean of Academic Affairs, she also serves as Vice-President, Legal and Finance. Ms. Christopher is the co-author and principle editor of *The Addiction Professional, Manual for Counselor Competency*, (2nd Ed., 2008) and editor of *Women in Treatment, Substance Abuse Counselor Specialty Training Manual* (2011). She is an appointed member of the Registered Addiction Specialist Certification Board where she participates in the development and implementation of the requirements and standards related to Alcohol and Other Drug Abuse Counselor certification. She serves as President of the Breining Research and Education Foundation, a non-profit public benefit corporation, in which capacity she manages the administrative and academic operations of this research foundation as it promotes research and education in the field of addictive disorders through various means including research grants and scholarships. She oversees the publication by the Foundation of the *Journal of Addictive Disorders*, a research publication offered without charge to the general public and addiction professionals in the field. Ms. Christopher earned her Dr.AD from Breining Institute; and her Juris Doctorate degree from University of the Pacific - McGeorge School of Law, graduating in the top of her class and was inducted into the academic honor society, *Order of the Coif*, for her superior academic achievements. She was awarded the American Jurisprudence Award for academic excellence in the study of Agency law. Professional associations have included membership in the California Women Lawyers Association, American Bar Association, and the Association of Defense Counsel of

Northern California and Nevada. Ms. Christopher holds a Masters Level Registered Addiction Specialist Certification.

ROBBIE T. GEYSER, LAADC NR, CADC II, and a Rehabilitation Therapist for the California Department of Corrections at Mule Creek State Prison (Ione), is a faculty instructor and mentor. Ms. Geysler also serves on the Employee Post Trauma Team and as an HIV/AIDS Counselor for inmates at Mule Creek. She has also served as an Orals Commissioner for Case Presentation Method Reviews, California Certification Board of Alcohol and Drug Counselors. Ms. Geysler holds a Certificate as an Instructor in Rehabilitation Counseling, Alcohol/Drug Abuse Specialty, from the Council for Private Postsecondary and Vocation Education, and has served as a counselor and/or educator at Breining Institute, Mexican American Alcoholism Program, The Effort-Alternative House and Charter Hospital. With a Bachelor of Science degree in Recreation and Park Administration (emphasis in Therapeutic Recreation), she has also earned national and state recognition as a Certified Therapeutic Recreation Specialist (CTRS, RTC). Ms. Geysler earned her Alcohol and Drug Abuse Counselor Training certificate from Breining Institute in 1990.

DAVID GUST, LAADC, NCAC II, CADC II, a Certified Alcohol and Drug Abuse Counselor, has served as a faculty instructor at Breining Institute since 1986. He is the founder of New Directions Counseling Associates, a group practice specializing in substance abuse, addiction, codependency and dual diagnosis issues. Since 1982, Mr. Gust has been a Counselor specializing in youth and adolescent alcohol and drug abuse who currently works with the adult male client. He has served as an instructor at California State University, Sacramento in its Chemical Dependency Studies program; presented lectures on the problems, intervention and treatment methods for dealing with the adolescent alcohol and drug abusers to State, National and International organizations; and has served on several school and community task forces. In 1994, Mr. Gust co-authored the book *Effective Outpatient Treatment for Adolescents* (Learning Publications). He also co-authored *How to Help Your Child Become Drug Free*, a helpful resource for both parents and professionals concerned about adolescent drug use. He has served as a member of the National Adolescent Treatment Consortium, served as a Board member for the Forum on Chemical Dependency from 1985 to 1991, and served as Chair for the *15th Annual Symposium - Youth in the 90's*. He has been a consultant in the field of Alcohol and Drug Abuse Counseling to the San Juan School District Substance Abuse Prevention Program, the Christian Brothers Drug Education Program, the Yuba City Unified School District, and to the People Reaching Out Community Forum Series. Mr. Gust was recognized for his outstanding contributions to the field of alcoholism and drug abuse outreach, prevention and treatment when, in 1994, he received the prestigious Harold Cole Award, which was presented by the Sacramento County Alcohol and Drug Advisory Board. Mr. Gust received his formal Counselor training from the Hazelden Foundation in Center City, Minnesota, in 1978.

MICHAEL E. PILKINGTON, RAS, a Registered Addiction Specialist (RAS), and a Dual Diagnosis Case Management Supervisor, Substance Abuse Specialist and Case Manager for Transitional Living Community Support in Sacramento, has been a faculty instructor at Breining Institute since 1992. Mr. Pilkington has also served as Alcohol and Drug Education Prevention Specialist, and a Driving-Under-the-Influence Offender Programs Instructor/Counselor for the State of Utah Department of Social Services, and as a Secondary School Teacher. Mr. Pilkington received his formal education from

Southern Illinois University, University of Utah School of Chemical Dependency and Breining Institute - College for the Advanced Study of Addictive Disorders.

SHIRLEY D. ROWLAND, Dr.AD, RAS, CADC II, a Registered Addiction Specialist (RAS), is a certified Alcohol and Drug Abuse Counselor and Addictive Disorders Specialist who is also a Native American Spiritual Advisor at the New Dawn Chemical Dependency Recovery Center. She has been an instructor at University of California - Davis in its Alcohol and Drug Studies program, a Board Member in Training and Education for the Commission for Alcoholism and Drug Counselors Education Program, and Senior Mental Health Counselor, CalWORKS Clinical Team for the County of Sacramento. Other affiliations have included private consulting to Birth and Beyond, a parenting program, gatekeeper for the Family Transitional Housing for Volunteers of America, and State Aging Constituency Committee member. Dr. Rowland is a CAADAC/ICADC-certified counselor, also certified by the Indian Alcoholism Commission of California, who has provided counseling education and services within a number of environments, including the East Yolo Information Center as a Program Director for Alcohol and Drugs; Millhouse Treatment Center; Somerset Convalescent Hospital; and Serendipity Psychiatric Treatment Center. She is the author of the two books, *Looking for Normal*, and *The Medicine Wheel and the Twelve Steps of AA*. She has served as a counselor in drinking driver programs for Breining Institute and the Safety Center. Dr. Rowland has received advanced training in Anger Management, Co-dependency and Family Issues. She earned her Bachelor of Arts degree in Psychology from California State University, Sacramento; a certificate in Agency Leadership from University of San Francisco; her Master of Arts degree in Addictive Disorders from Breining Institute; and her Doctor of Addictive Disorders (Dr.AD) degree from Breining Institute.

THERESA RUSSELL, Dr.AD, M-RAS, MCA, CADC II, CSC, serves as Dean of Instruction and has been a faculty member of Breining Institute since 2005. Dr. Russell has extensive clinical and supervisory experience in Alcohol and Other Drug Counseling. She formerly managed transitional living facilities in Northern California; and since 2000 has provided individual and group counseling, client education course instruction, case management, intervention, crisis management, training and supervision of staff and volunteer counselors, and coordination of community services and client support systems relating to alcohol and other drug abuse education, treatment, and services. She currently also holds the position of lead Counselor in the Breining Institute First Offender Driving Under the Influence Program. Dr. Russell earned her Bachelor of Arts Degree in Behavioral Sciences in 1999 from National University; her Master of Arts Degree in Addictive Disorders from Breining Institute; and her Doctor of Addictive Disorders (Dr.AD) degree from Breining Institute.

KATHERINE M. THIERS, BSN, RN, PHN, a Registered Nurse licensed by the California Board of Registered Nursing since 2009, her former employment has included critical care nursing in the Level III Neonatal Intensive Care Unit of the University of California Irvine Medical Center where she directed the care and management of neonates effected by Fetal Alcohol Syndrome and the myriad other disorders and effects related to addictive disorders during pregnancy. She is Researcher and Co-author of *Prognostic Factors in Buprenorphine vs. Methadone Maintained Patients* (currently undergoing review and edit for publication in the *Journal of Addictive Disorders*). She is also author of other nursing and public health research papers that include: *Acute Central Nervous System Injury and the Effects of Therapeutic Hypothermia*; and *Orange County: A Public*

Health Assessment and Profile. Ms. Thiers graduated Cum Laude with a Bachelor of Science Degree in Nursing from the University of California, Irvine; and she is currently completing the Master's Level Certified Registered Nurse Anesthetist program at Samuel Merritt University where she is involved in the physiology and pharmacology and other aspects of anesthesia, including general and regional techniques as well as cases involving conscious sedation and other ancillary services such as pain management through the use of narcotics and other anesthetic drugs and agents.

SEAN T. THIERS, BSN, RN, PHN, CCRN, a Registered Nurse licensed by the California Board of Registered Nursing since 2009, his former employment has included critical care nursing in the ACS Level I Surgical/Trauma Unit of the University of California Irvine Medical Center where he directed the care and management of Intensive Care Unit patients. He is Researcher and Co-author of *Prognostic Factors in Buprenorphine vs. Methadone Maintained Patients* (currently undergoing review and edit for publication in the *Journal of Addictive Disorders*). He is also author of other nursing and public health research papers that include: *Orange County is Uninsured: A Community Assessment and Intervention; Defining Public Health Nursing: The Public Health Nursing Interventions Model; and The Necessity of the Advance Directive During End-of-Life Care.* Mr. Thiers graduated with a Bachelor of Science Degree in Nursing from the University of California, Irvine where he excelled in the study of Human Health and Disease, Applied Pharmacology, Anatomy and Physiology, Nursing Research, Psychiatric Mental Health, and Community Health; and he is currently completing the Master's Level Certified Registered Nurse Anesthetist program at Samuel Merritt University where he combines his nursing skills and scientific knowledge with the physiology and pharmacology related to all aspects of anesthesia and pain management through the use of narcotic analgesics and other drugs and medications such as neuromuscular blocking agents, anticholinergics, and antispasmodics.

ARMOND T. URBANO, RAS II, CAS II, NCAC I, a partner in AOD Continuing Education, LLP, is a recognized trainer and instructor in Alcohol and Other Drug treatment in the State of California. Mr. Urbano was a member of the committee that wrote the Guidelines for Youth Treatment for the State of California, and has received several honors for his work developing school site-based treatment for the youth population of California Alternative Education Teachers Association. Mr. Urbano was a principle participant in the development and implementation of Juvenile Drug Court and Dependency Drug Court. He has been the past Chairman of the California Association of Addiction Recovery Resources (CAARR) Ethics committee, previously served as CAARR's Director of Education and Training, and has served as an owner and operator of a co-educational residential treatment program, sober living environments, and detoxification centers. Mr. Urbano is a contributing author to *The MAT Counselor: Handbook for Certification of Counselors Working in a Medication-Assisted Treatment Setting* (Breining Inst. 2010) and *The Forensic Counselor, Training Manual for Addiction Counselor Competency in a Forensic Treatment Setting* (Breining Inst. 2011). Mr. Urbano currently provides services nationally as a consultant and trainer in the field of Alcohol and Other Drug Abuse recovery, treatment, and supportive services.

SALLY WYNN, Dr.AD, M-RAS, MCA, CSC, CAS II, a partner in AOD Continuing Education, LLP, is a nationally recognized trainer and instructor in Alcohol and Other Drug Abuse education and treatment. Formerly, Ms. Wynn facilitated the startup of an

innovative program serving homeless individuals with HIV/AIDS in California, and she facilitated the startup and successful licensure of a new treatment center in Idaho. She currently provides services nationally as a consultant and trainer in the field of Alcohol and Other Drug Abuse recovery, treatment, and supportive services. She is a contributing author to numerous publications including: *The Addiction Professional, Manual for Counselor Competency* (2nd Ed., 2008); *The MAT Counselor: Handbook for Certification of Counselors Working in a Medication-Assisted Treatment Setting* (Breining Inst. 2010); *The Forensic Counselor, Training Manual for Addiction Counselor Competency in a Forensic Treatment Setting* (Breining Inst. 2011); *The Clinical Supervisor: Training Manual for Clinical Supervisor Competency in the Addiction Treatment Setting* (Breining Inst. 2010); and *Women in Treatment, Substance Abuse Counselor Specialty Training Manual* (Breining Inst. 2011). Ms. Wynn earned a Master of Arts degree in Addictive Disorders Studies and a Doctor in Addictive Disorders (Dr.AD) degree from Breining Institute.

APPLICATION AND ENROLLMENT PROCESS

Breining Institute's admissions policy is oriented to adult learners who typically have previously completed undergraduate level courses. To be admitted to the Certificate, Associate of Arts Degree or Bachelor's Degree programs, students need to submit evidence of a high school diploma, GED certificate or an international equivalent. To be admitted to a Master of Arts Program, students need to submit evidence of a Bachelor of Arts Degree; and to be admitted to the Doctorate Degree Program, students need to submit evidence of a Master of Arts Degree.

Admission to Breining Institute is based on evidence of a student's ability to benefit from its educational program. Such evidence may include the student's academic record in other institutions, professional experience, life experience, motivation and educational objectives. Generally, any adult who has completed high school, or the equivalent, and who meets the requirements within the Degree or Certificate program to which they are applying may apply for admission, by doing the following:

Step 1: Apply for Admission to the College

- Complete an Application for Admission (which the student can print by using the "quick link" to the Application for Admission on the Breining Institute website home page found at www.breining.edu);
- Include with the Application a Letter of Intent, which is a short biography and statement of why the student wishes to enroll in the chosen course of study;
- If applicable, the student must be actively involved in a program of recovery, and document no less than 24 months of immediate and continuous sobriety. This can be in such programs as AA, NA, Alanon, OA, EA, GA, ACA, SLA or other similar 12-step program of therapeutic recovery;
- Include with the Application a Letter of Support from a colleague and/or Counselor verifying the student's experience and/or interest in the field;
- Include with the Application official documentation of high school graduation (or GED equivalency) and official transcripts from approved and/or accredited institutions for documentation of any required underlying degrees, or to document previously completed classes for which the student will want credit; and,
- Include the Registration Fee in the amount of \$75, which is nonrefundable;
- Mail your completed Application for Admission with the above listed documents. Breining Institute offers open enrollment, so you may submit your application at any time.

Step 2: Transfer Credit Evaluation

As soon as the student has completed the Application requirements, the information is sent to the Registrar for credit evaluation if applicable. An unofficial transcript may be sent from the applicant to Breining Institute to facilitate the credit evaluation, but a sealed *official transcript* which must be submitted to Breining Institute before the end of the student's program of study. Please see the section below titled "Transfer of Credit

Policy” for details regarding transfer of credit.

Step 3: Creation of the Program of Study

After the transcripts are evaluated and transfer credit is articulated to the selected program (if applicable) a personalized program of study showing the courses required to graduate is created and sent to the applicant by mail.

Step 4: Enrollment Process

If offered acceptance, you will be mailed an Enrollment Agreement which you must review, sign, and return to Breining Institute before beginning classes. This agreement includes items pertaining to the program of study into which you have been admitted, tuition, books, payments and prepayment options.

Step 5: Admissions Exam

Breining Institute employs an admissions examination to evaluate incoming students' skill level in basic reading, spelling and problem solving. Breining Institute will not admit a student if the student appears to be obviously unqualified or who does not appear to have a reasonable prospect of completing the program. The exam typically takes less than an hour to complete and is administered at no cost to students. This examination is administered by on-line delivery and the student must achieve a passing score of 60% on the admissions examination.

Step 6: Getting Started

The applicant is accepted once the Enrollment Agreement is signed, returned, and processed and the student has passed the Admissions Exam.

Non-Degree Seeking Students

Breining Institute welcomes individuals who are not seeking a degree from the college but wish to continue their education for college credit. Non-degree seeking students are individuals who may be taking coursework for personal enrichment, job enhancement, or certification. Non-degree seeking students may enroll in the Fast Track Section of the Certificate Program or enroll into a Certificate Program.

Non-degree seeking students must formally apply and are subject to all policies and procedures that apply to undergraduate students, as outlined in this catalog. These students must show proof of a high school diploma or equivalent. Transcripts (prior college) are not required to enroll as a non-degree seeking student. There are no additional fees and tuition is the same regardless of the student status.

TRANSFER OF CREDIT POLICY

Breining Institute will consider for transfer credit in the Associate of Arts and Bachelor of Arts Degree programs previously completed course work in General Education or Addictive Disorders Studies (or a reasonably related discipline) completed at an approved and/or accredited institution of higher learning which is properly documented by official transcript. Course work considered to be within a “reasonably related discipline” may include courses from other majors such as Counseling, Alcohol and Drug Abuse Studies, Human Services, Health, Psychology, Religion, Criminal Justice, and Education so long as the course work is similar in content to comparable courses in the Breining Institute curriculum. The student must be able to provide an academic catalog and/or course outline from the institution awarding credit. Credit is transferred on the

basis of courses in which the student has earned grades of "C-" or better. Credit hours are determined by multiplying semester units by 15 and quarter units by 10.

Credit transfer for a course not currently offered can be applied if the course is comparable or equivalent to the appropriate general education subject area. For example, a Biology course would be transferred into Natural Science General Education subject area.

The extent to which transfer credit is accepted depends on the specific program of study:

- Addiction Studies Certificate Program – Transfer credit is not currently accepted in this program of study.
- Associate of Arts in Alcohol and Drug Abuse Study Program – Transfer credit is currently accepted in this program of study. Students may receive transfer credit for a maximum of 300 hours of General Education and a maximum of 150 hours of lower division Addictive Disorders Studies (or a reasonably related discipline).
- Bachelor of Arts in Addictive Disorders Program – Transfer credit is currently accepted in this program of study. A maximum of 75 percent of the units or credit that may be applied toward the award of a Bachelor's degree may be derived from units earned at other approved and/or accredited institutions. Within this 75 percent maximum, students may receive transfer credit for a maximum of 300 hours of General Education and a maximum of 600 hours of lower division Addictive Disorders Studies (or a reasonably related discipline) and 450 hours of upper division Addictive Disorders Studies (or a reasonably related discipline).
- Master of Arts in Addictive Disorders Program – Transfer credit is not currently accepted in this program of study.
- Master of Arts in Hypnotherapy and Holistic Health Program – Transfer credit is not currently accepted in this program of study.
- Doctor in Addictive Disorders Program – Transfer credit is not currently accepted in this program of study.

Breining Institute reviews submitted transcripts for transfer credit on a case-by-case basis and may require additional documentation such as course descriptions and catalogs to aid in its evaluation. Breining Institute retains sole authority to determine the award of transfer credit, if any, and this determination is final and not subject to review or appeal by the student.

Grades in transferred courses are not included in the Breining Institute grade point average and are not posted on a student's Breining Institute transcript.

Experiential Credit and Challenge Examinations

Breining Institute does not award credit for prior experiential learning in any of its programs of study. Breining Institute does not award credit based upon challenge examinations or achievement tests.

Articulation Agreements

There are currently no transfer or articulation agreements between Breining Institute and any other college or university.

Transfer out

Breining Institute is a leader in offering quality Addictive Disorders Studies education. The Addictive Disorders Studies major and the Breining Institute courses are not widely available in other colleges and universities. Each institution has its own transfer for credit policy, and students who will seek to transfer units earned at Breining Institute in this major should check with the institution to which they will seek credit before they complete Breining Institute courses to determine if the courses will transfer for credit into the programs offered at the other institution.

"NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION"

"The transferability of credits you earn at Breining Institute is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the degree, diploma, or certificate you earn in any Breining Institute educational program is also at the complete discretion of the institution to which you may seek to transfer. If the credits or degree, diploma, or certificate that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Breining Institute to determine if your credits or degree, diploma or certificate will transfer."

ACADEMIC INFORMATION

Academic Affairs

The academic affairs department, through the academic dean, primarily serves as the institutional voice for curriculum research and selection, instructional design, course development, faculty selection, articulation, student retention, outcomes assessment, and oversight for the college.

Instructional Model

Breining Institute's goal is to provide a high-quality educational experience to both students and faculty through on campus and online learning using innovative technologies and teaching techniques.

Academic Quarter

Breining Institute operates on a quarter system and courses are awarded quarter credit. Quarters are 12-weeks in length. If a student transfers over credit taken at a semester-based institution, the credit is converted to the quarter equivalent. One semester credit is equivalent to 1.5 quarter credits.

Holidays

The Breining Institute campus is closed on the holidays listed below.

- New Year's Day
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Day

ACADEMIC STANDARDS

Probation and Dismissal

A student may be placed on probation, suspended or dismissed for reasons which include, but are not limited to, any of the following:

- Plagiarism;
- Cheating or other academic dishonesty;
- Disruption of the educational or administrative process;
- Physical abuse or the threat of physical abuse to students or faculty;
- Sexual harassment;
- Theft of school property;
- Possession or use of explosives or deadly weapons;
- Lewd, indecent or obscene behavior on Breining Institute property;
- Soliciting or assisting another to an act which would subject a student to a serious school sanction;
- Any action which would grossly violate the purpose of the Breining Institute or the rights of those who comprise the school;
- Failing to complete the registration process;
- Failing to attend when attendance is required; or
- Failing to pay tuition and fees when due.

If the student faces administrative probation, suspension, or dismissal, then notification will be made by mail or e-mail through Academic Affairs. A student who disputes this action should contact the Dean of Academic Affairs and prepare a written response to the notification. Decisions by the Dean of Academic Affairs are final.

Faculty assess the quality of the students' contributions during the course by grading each assignment. Assignments include: Reading assignments, Research assignments, written essays, on-line tests, and final exams. Each student is required to submit all assignments.

Failure to complete assignments and maintain a passing course grade of 2.00 or ("C") grade or better will contribute to unsatisfactory academic progress.

Points for assignments are awarded based on the following criteria. Student's work should:

- Demonstrate mastery of the course objectives
- Reflect original thought and reflection on the course topics
- Reflect content offered in the assigned course readings and feedback from the Faculty
- Demonstrate evidence of critical thinking, thorough reading, and analysis of the material being studied and discussed

A student may have one the following Academic Status Types: Good Academic Standing, Academic Probation, Academic Dismissal. Any student who maintains Satisfactory Academic Progress by meeting the minimum 2.00 Grade Point Average and assignment completion will remain in Good Academic Standing. Any student who does not meet the minimum 2.0 cumulative GPA or who fails to complete assignments may receive a written notice and be placed on Academic Probation status. If a student shows acceptable improvement of their cumulative GPA during their probationary period the student will be removed from academic probation. Any student who does not earn the minimum cumulative 2.00 GPA or satisfy the minimum credit completion earned while on Academic Probation will receive a written notice and will be subject to Academic Dismissal.

Academic Dismissal means that the student has not maintained satisfactory academic standards and is involuntarily separated from the college. A student who is academically dismissed is ineligible to continue enrollment and may not be readmitted before the lapse of at least one quarter. Any student notified of academic dismissal may not appeal the decision. Upon the passing of one quarter, the student will be permitted to re-apply for enrollment and to demonstrate any mitigating circumstances that explain the prior unsatisfactory academic performance and a likelihood of success if allowed to continue at Breining Institute.

Awarding of Grades

Grades are awarded by the Faculty for class attendance (when required) and completed assignments. Any student who earns less than a "C-" in any course can repeat that course one time and be awarded a "C-" or better in order to receive credit for that course. The Grading system is based on letter grades and points per grade are as follows:

4.00 points	=	A
3.70 points	=	A-
3.30 points	=	B+
3.00 points	=	B
2.70 points	=	B-
2.30 points	=	C+
2.00 points	=	C
1.70 points	=	C-
1.30 points	=	D+
1.00 points	=	D
0.70 points	=	D-
0.00 points	=	Incomplete

Grading Criteria

A = Excellent

The student has demonstrated a thorough understanding of the content and skills presented in the course and consistently initiates thoughtful inquiry. The student writes logically and clearly. He or she also integrates ideas throughout the course and, as appropriate, from previously completed courses in a program.

B = Good to very good

The B student is an excellent writer and maintains consistent performance and understanding of course content that goes beyond the minimum requirements.

C = Satisfactory

The C student demonstrates a minimal comprehension of the skills and subject matter included in the course and accomplishes only the minimum requirements, while displaying little or no initiative.

D = Below average

The student's performance is barely acceptable. Assignments are late or missing and there is not even a minimal understanding or mastery of course content skills.

F = Failing

Quality and quantity of work is unacceptable.

W = Withdrawal

Students who officially withdraw prior to completing the course will receive a "W" if the faculty member determines that the student was passing the course or cannot make a determination whether the student was passing or failing at the time of the withdrawal. The grade is not calculated in the GPA.

IP = In Progress

Coursework will have a designed In Progress status when the course has started but a final grade has not been assigned. No quality points are assigned to In Progress coursework and there is no associated GPA.

Attendance Policy

Students are expected to attend all on-campus class sessions. An absence is assessed each time a student is not in attendance during a regularly scheduled on-campus class period, whether or not it is an excused absence. Students who fail to attend an on-campus class will be assigned an Out-of-Class Make-up Assignment for the missed class. Breining Institute may withdraw a student from class if there are more than two unexcused absences. A student may be allowed to make up examinations or class assignments missed due to absence or tardiness only when a satisfactory cause is presented to the instructor. The student must arrange for any makeup work with the instructor in advance, if the circumstances allow.

No on-campus attendance is required for courses offered by distance learning. However, distance learning Degree Program students are assigned a Faculty Mentor and will communicate with their Faculty Mentor through the Breining Institute email system, or by telephone/fax, as they work toward successful course completion. Although Breining Institute programs are geared toward the adult student who is self-motivated and are designed to be completed at a pace which works for the particular student given that student's life situation, Degree Program students are encouraged to submit to their Faculty Mentor a completed assignment on the first Friday of every month during their program and are expected to complete a minimum of ten (10) hours of study per week.

Leave of Absence Policy

A student may request and be granted a leave of absence by the Dean of Academic Affairs and, if in good standing, may be readmitted. If the student has not satisfactorily completed a course over the 12-month period prior to their readmission, the student will be required to follow the admission policies of the catalog in effect at the time of the readmission, and will be required to pay a re-entrance fee equal to the then-current registration fee.

Academic Honesty

Academic honesty is essential at Breining Institute. Students must always submit work that represents their original words or ideas. The student must make clear the extent to which sources were used. Words or ideas that require citation include, but are not limited to, all hard copy or electronic publications, whether copyrighted or not, and all verbal or visual communication when the content of such communication clearly originates from an identifiable source.

The Breining Institute policy on academic honesty is an attempt to discourage students from obtaining or attempting to obtain credit for work through the use of any dishonest, deceptive, fraudulent, or unauthorized means. Academic dishonesty includes but is not limited to cheating on writing assignments and quizzes, plagiarism, and any act that gives an unfair academic advantage to a student.

Academic dishonesty which is prohibited includes but is not limited to:

- Using words or ideas that do not represent the student's original work in assignments
- Failing to cite all relevant sources used as reference material
- Submitting another person's entire work or work that was produced through collaboration with another student as one's own
- Submitting work done in one course to satisfy the requirements of another course

unless both instructors agree beforehand to accept such work

- Forging or altering documents. These include transcripts, add/drop forms, or any academic form that has been falsified or on which a professor's signature, or anyone else's signature, has been forged or altered

Instances of academic dishonesty may result in any one or more of the following:

- Required resubmission of the assignment (possibly for fewer points)
- Failure on the assignment
- Additional assignment(s)
- Reduction of the final course grade
- Failing grade in the course
- Removal from class
- Disciplinary action which might include, but is not be limited to, loss of credit, probation, suspension or dismissal from the College

All actions will be reviewed on a case-by-case basis by the Dean of Academic Affairs; and the resultant action taken will be based on the severity of the offense. The decision of the Dean is not appealable by the student.

DISTANCE LEARNING EDUCATION

All of the Breining Institute programs of instruction can be completed by Distance Learning. Distance learning is instructional delivery that does not require the student to be physically located in the same site as the instructor. Course materials are provided to the student using computers with Internet access. This will include text content such as course outlines and course assignments. Some courses also require textbooks and other supplementary materials, which can be ordered online. To show what the student has learned, the student will submit assignments and essays to the instructor via email.

These are self-paced courses in which the student can enroll at any time. The student should plan to allocate a minimum of ten hours of study per Quarter unit to complete a course. When a student submits an outline, essay, reading or research assignment for Faculty review, feedback and/or grading, the Faculty response and/or evaluation will be provided to the student in writing or by telephone, as appropriate, within approximately 10 days. When a student submits a final graduate level Thesis or Dissertation, the Faculty response and/or evaluation will be provided to the student in writing or by telephone contact, as appropriate, within approximately 60 days.

Specific Provisions for Instruction Not in Real Time. If you enroll in a distance educational program where the instruction is not offered in real time, the first lesson and any materials shall be transmitted to you within seven days after the institution accepts you for admission. You have the right to cancel the agreement and receive a full refund pursuant to 5 CCR section 71750 before the first lesson and materials are received. Cancellation is effective on the date written notice of cancellation is sent. The institution shall make the refund pursuant to 5 CCR section 71750. If the institution sent the first lesson and materials before an effective cancellation notice was received, the institution shall make a refund within 45 days after the student's return of the materials. An institution shall transmit all of the lessons and other materials to the student if the student: (A) has fully paid for the educational program; and (B) after having received the first lesson and initial materials, requests in writing that all of the material be sent. If

an institution transmits the balance of the material as the student requests, the institution shall remain obligated to provide the other educational services it agreed to provide, such as responses to student inquiries, student and faculty interaction, and evaluation and comment on lessons submitted by the student, but shall not be obligated to pay any refund after all of the lessons and material are transmitted.

Computer Requirements and Recommendations

The student ***must have*** access to a PC or Mac-based computer to participate in the courses. Students are expected to have access to the technology requirements as Breining Institute is not obligated to and does not supply the needed technologies including software and hardware. Students who do not have personal access to a computer are encouraged to inquire as to the availability at their local public library.

For the student to get the most out of our online courses, we recommend that the student have access to the following computer setup.

Minimum suggested Windows browser software:

Microsoft Internet Explorer 7.0 or later

Mozilla Firefox 2.0 or later

Minimum suggested Mac OS browser software:

Mozilla Firefox 3.0 or later

Browser Plug-ins:

Some of the suggested plug-ins may already be installed on your computer. If they are not, they are available for free download for both the Microsoft Windows and Macintosh operating systems.

- Adobe Acrobat Reader, which is needed to view and print supplemental PDF files
- RealOne Player, which is needed to listen to and watch supplemental audio and video
- Adobe Flash Player and Shockwave Player, which are needed to view other types of multimedia content

Browser Settings:

We suggest that you have both JavaScript and cookies enabled in your browser's settings to successfully use our online courses.

Operating System and Other Software:

In general, the operating system (PC, Macintosh, etc.) your computer uses, as well as what version of that operating system is installed, is not important when you take one of our courses. Meeting the browser requirements above should suffice.

CANCELLATION, WITHDRAWAL AND REFUND POLICIES

Cancellation of Enrollment Agreement

A student may cancel an enrollment agreement and the notice of cancellation must be in writing. Breining Institute will refund 100 percent of the amount paid for institutional charges, less the non-refundable Registration Fee of \$75.00, if written notice of cancellation is made through attendance at the first on-campus class session, or the seventh day after enrollment, whichever is later for an on campus program, or made before the first lesson and materials are received in a distance learning program. Breining Institute will pay or credit refunds within 45 calendar days of a student's cancellation.

Cancellation shall occur when the student gives written notice of cancellation at the address of the school. This can be done by US postal mail, hand delivery or e-mail. The written notice of cancellation is effective when received by the college. The written notice of cancellation need not take any particular form and, however expressed, it is effective if it shows that the student no longer wishes to be bound by the enrollment agreement.

Withdrawal from course

A student may withdraw from a course of instruction at any time. A withdrawal may also be effectuated by the student's conduct, including, but not necessarily limited to, a student's lack of attendance. If the student withdraws from the course of instruction after the period allowed for cancellation of the enrollment agreement, Breining Institute will remit a refund, less the non-refundable deposit of \$250.00, within 45 calendar days following withdrawal as follows:

For on-campus educational programs: Breining Institute will issue a pro rata refund, minus a \$250.00 deposit, that will be no less than the total amount owed by the student for the portion of the educational program provided subtracted from the amount paid by the student calculated as follows: The amount owed equals the daily charge for the program (total institutional charge, divided by the number of days or hours in the program), multiplied by the number of days student attended, or was scheduled to attend, prior to withdrawal. All amounts paid by the student in excess of what is owed as calculated in this section will be refunded.

For distance learning educational programs:

Addiction Studies Certificate Program

450 hour course – transmitted electronically by Series:

Fast Track Series	(170 hours)	\$663
1100 Series	(50 hours)	\$195
1200 Series	(50 hours)	\$195
1300 Series	(140 hours)	\$546
Counseling Series	(100 hours)	\$390
1500 Series	(30 hours)	\$117
1600 Series	(50 hours)	\$195
1700 Series	(30 hours)	\$195

Students are scheduled to complete a minimum of 10 hours per week. Lessons and materials are transmitted per individual Series as listed above.

Refund policy: The Breining Institute Addiction Studies Certificate Program is offered on a pay-as-you-go type plan in a distance learning format. Breining Institute will transmit the first Series of study within 7 days of acceptance and the charge for that Series will be nonrefundable upon its transmittal. As each Series is completed, the charge for the next sequential Series will be invoiced and the Series transmitted to the student upon payment. The charge for the Series transmitted will be nonrefundable upon its transmittal.

Upon a student's written request, Breining Institute will transmit all of the Series listed above to the student if the student: (A) has fully paid for the educational program; and (B) after having received the first Series and initial materials, requests in writing that all of the Series be sent. If Breining Institute transmits the balance of the material as the student requests, Breining Institute will continue to provide the other educational services it agreed to provide, such as responses to student inquiries, student and faculty interaction, and evaluation and comment on lessons submitted by the student, but will not be obligated to pay any refund after all of the Series are transmitted.

Associate of Arts Degree Program

900 hour course – transmitted electronically by Series:

1100 Series	(50 hours)	\$195
1200 Series	(50 hours)	\$195
1300 Series	(140 hours)	\$546
Counseling Series	(100 hours)	\$390
1500 Series	(30 hours)	\$117
1600 Series	(50 hours)	\$195
1700 Series	(30 hours)	\$195
Employee Assistance Programs	(50 hours)	\$195
Intervention and Prevention	(50 hours)	\$195
Clinical Supervisor Course	(50 hours)	\$195
Communication	(50 hours)	\$625
Mathematics	(50 hours)	\$625
Humanities/Fine Arts	(50 hours)	\$625
Social Sciences	(50 hours)	\$625
Natural Science	(50 hours)	\$625

Students are scheduled to complete a minimum of 10 hours per week. Lessons and materials are transmitted per individual Series as listed above.

Refund policy: The Breining Institute Associate of Arts Degree Program is offered on a pay-as-you-go type plan in a distance learning format. Breining Institute will transmit the first Series of study within 7 days of acceptance and the charge for that Series will be nonrefundable upon its transmittal. As each Series is completed, the charge for the next sequential Series will be invoiced and the Series transmitted to the student upon payment. The charge for the Series transmitted will be nonrefundable upon its transmittal.

Upon a student's written request, Breining Institute will transmit all of the Series listed above to the student if the student: (A) has fully paid for the educational program; and (B) after having received the first Series and initial materials, requests in writing that all of the Series be sent. If Breining Institute transmits the balance of the material as the student requests, Breining Institute will continue to provide the other educational

services it agreed to provide, such as responses to student inquiries, student and faculty interaction, and evaluation and comment on lessons submitted by the student, but will not be obligated to pay any refund after all of the Series are transmitted.

Bachelor of Arts Degree Program
900 hour course

Students are scheduled to complete a minimum of 10 hours per week.

Refund policy: The period of attendance for the Bachelor of Arts Degree Program is 900 hours. Breining Institute will issue a pro rata refund, minus a \$250.00 deposit, if the student has completed 60% or less of the 900 program hours, and the amount owed by the student will be the total charge for the program divided by the number of hours in the program (900 hours) times the number of hours attended or scheduled to attend by the student (calculated at 10 hours per week up to the date of withdrawal). Any credit balance will be refunded to the student within 45 calendar days after the date of withdrawal.

Upon a student's written request, Breining Institute will transmit all of the lessons and other materials in this program to the student if the student: (A) has fully paid for the educational program; and (B) after having received the first lesson and initial materials, requests in writing that all of the material be sent. If Breining Institute transmits the balance of the material as the student requests, Breining Institute will continue to provide the other educational services it agreed to provide, such as responses to student inquiries, student and faculty interaction, and evaluation and comment on lessons submitted by the student, but will not be obligated to pay any refund after all of the lessons and material are transmitted.

Master of Arts Degree Program
450 hour course

Students are scheduled to complete a minimum of 10 hours per week.

Refund policy: The period of attendance for the Master of Arts Degree Program is 450 hours. Breining Institute will issue a pro rata refund, minus a \$250.00 deposit, if the student has completed 60% or less of the 450 program hours, and the amount owed by the student will be the total charge for the program divided by the number of hours in the program (450 hours) times the number of hours attended or scheduled to attend by the student (calculated at 10 hours per week up to the date of withdrawal). Any credit balance will be refunded to the student within 45 calendar days after the date of withdrawal.

Upon a student's written request, Breining Institute will transmit all of the lessons and other materials in this program to the student if the student: (A) has fully paid for the educational program; and (B) after having received the first lesson and initial materials, requests in writing that all of the material be sent. If Breining Institute transmits the balance of the material as the student requests, Breining Institute will continue to provide the other educational services it agreed to provide, such as responses to student inquiries, student and faculty interaction, and evaluation and comment on lessons submitted by the student, but will not be obligated to pay any refund after all of the lessons and material are transmitted.

Doctorate Degree Program
800 hour course

Students are scheduled to complete a minimum of 10 hours per week.

Refund policy: The period of attendance for the Doctorate Degree Program is 800 hours. Breining Institute will issue a pro rata refund, minus a \$250.00 deposit, if the student has completed 60% or less of the 800 program hours, and the amount owed by the student will be the total charge for the program divided by the number of hours in the program (800 hours) times the number of hours attended or scheduled to attend by the student (calculated at 10 hours per week up to the date of withdrawal). Any credit balance will be refunded to the student within 45 calendar days after the date of withdrawal.

Upon a student's written request, Breining Institute will transmit all of the lessons and other materials in this program to the student if the student: (A) has fully paid for the educational program; and (B) after having received the first lesson and initial materials, requests in writing that all of the material be sent. If Breining Institute transmits the balance of the material as the student requests, Breining Institute will continue to provide the other educational services it agreed to provide, such as responses to student inquiries, student and faculty interaction, and evaluation and comment on lessons submitted by the student, but will not be obligated to pay any refund after all of the lessons and material are transmitted.

The student shall be liable for the amount, if any, by which earned tuition exceeds the tuition paid at the time of withdrawal. IF THE AMOUNT THAT THE STUDENT HAS PAID IS MORE THAN THE AMOUNT THAT THE STUDENT OWES FOR THE TIME ATTENDED, THEN A REFUND WILL BE MADE WITHIN 45 DAYS OF WITHDRAWAL. IF THE AMOUNT THAT THE STUDENT OWES IS MORE THAN THE AMOUNT THAT THE STUDENT HAS PAID, THEN THE STUDENT WILL HAVE TO CONTINUE TO MAKE TUITION PAYMENTS UNTIL THE BALANCE OWING IS PAID IN FULL.

If any portion of the institutional charges were paid from the proceeds of a loan and/or by an agency or third party for the benefit of the student, then the pro rata refund will be made to the lender or to the agency or to the third party payor, if any, if Breining Institute is made aware, in writing, of the loan or third party payment at the time that payment is made to Breining Institute. Any remaining refund over that amount which was paid by the lender or third party payor will be paid to the student.

Breining Institute does not collect money from students for transmittal on the student's behalf to a third party for a bond, library usage, or fees for a license, application, or examination.

A student who withdraws from an on-campus course prior to the one-fourth point of the scheduled class sessions will receive no grade for the course and a "W" for withdrawal will appear on the student's official transcript. After the one-fourth point of the scheduled on-campus class sessions, a grade will be entered to the student's record. A student who withdraws from a distance learning course prior to or during the third week after the course materials are provided to the student will receive no grade for the course and a "W" for withdrawal will appear on the student's official transcript. After the third week, a grade will be entered to the student's record.

TUITION, FEES AND FINANCIAL ASSISTANCE

Tuition Schedule

Quarter Credit Hour as of September 1, 2011

Tuition:

Certificate program	\$ 39/Quarter unit
Associate of Arts degree	
-Addictive Disorders units	\$ 39/Quarter unit
-General Education units	\$125/Quarter unit
Bachelor of Arts degree	\$125/Quarter unit
Master of Arts degree	\$145/Quarter unit
Doctorate degree	\$145/Quarter unit

Tuition and fees are subject to change at the discretion of Breining Institute.

Tuition is the student cost for all course instruction and student support. In the Certificate Program, standard courses consist of one to five Quarter units. In the Associate of Arts degree program, standard courses consist of one to five Quarter units. In the Bachelor of Arts degree program, standard courses consist of one to fifteen Quarter units. In the Master of Arts degree program, standard courses consist of five to fifteen Quarter units. In the Doctorate degree program, standard courses consist of five to twenty Quarter units. With the exception of the Fast Track Section of the Certificate Program (in which students enroll in 17 Quarter units), students typically enroll in one course at a time.

Fees

The following **nonrefundable** fees are in effect:

Registration fee	\$75.00
<i>Student Tuition Recovery Fund</i> fee (State-mandated fee)	\$ 2.50 per \$1,000 tuition
Deposit	\$250.00
Transcript evaluation fee	\$40.00
Returned check charge	\$30.00
Refund request processing fee	\$20.00
Late payment fee	\$25.00/month
Additional transcripts, per copy	\$10.00
Duplicate Diploma Fee	\$50.00

Schedule of total charges

The following is an estimate of total charges for the entire education program listed by program [NOTE: Total cost may vary based on accepted transfer credit]:

Certificate Program (Fast Track Section Only – See Important Note on Page 7 above)

17-units @ \$39 unit = \$663 Tuition

Application fee \$75

Study Guide \$65.35

On-line exam \$10

California tuition fee (STRF) \$2.50

TOTAL

\$815.85

Certificate Program (Full Program)

45-units @ \$39 unit = \$1,755 Tuition

Application fee \$75

Study Guide \$65.35

On-line exams \$10 / Series for seven Series of study = \$70

California tuition fee (STRF) \$5

TOTAL

\$1,970.35

Associate of Arts Degree Program

45-units Addictive Disorders @ \$39 unit = \$1,755 Tuition

15-units Lower Division Addictive Disorders @ \$39 unit = \$585 Tuition

30-units General Education @ \$125 unit = \$3,750 Tuition

Application fee \$75

Study Guide \$65.35

On-line exams \$10 / Series for seven Series of study = \$70

California tuition fee (STRF) \$15

TOTAL*

\$6,315.35

*Most Breining Institute students complete their General Education requirements at their local community college which reduces this total to \$2,555.35.

Bachelor of Arts Degree Program

45-units Addictive Disorders @ \$39 unit = \$1,755 Tuition

15-units Lower Division Addictive Disorders @ \$39 unit = \$585 Tuition

30-units General Education @ \$125 unit = \$3,750 Tuition

90-units Upper Division Addictive Disorders @ \$125 unit = \$11,250 Tuition

Application fee \$75

Study Guide \$65.35

On-line exams \$10 / Series for seven Series of study = \$70

California tuition fee (STRF) \$30

TOTAL*

\$17,580.35

*Most Breining Institute students complete their General Education requirements at their local community college which reduces this total to \$13,835.35.

Master of Arts Degree in Addictive Disorders

45-units @ \$145 unit = \$6,525 Tuition

Application fee \$75
California tuition fee (STRF) \$17.50
TOTAL
\$6,617.50

Doctor in Addictive Disorders Degree
80-units @ \$145 unit = \$11,600 Tuition
Application fee \$75
California tuition fee (STRF) \$30
TOTAL
\$11,705.00

Books

The cost of books will vary depending on the course. Students are expected to purchase all books and supplies necessary for the course in which enrolled. The cost of books and other study materials is not included within tuition.

Tuition Assistance

Traditional student loans are not available through Breining Institute, and Breining Institute does not participate in federal and state financial aid programs. Breining Institute does not extend credit or consumer loans to students. At this time, Breining Institute does not participate in Federal Student Aid (FSA) programs and cannot process a request or assist with a deferment of a Title IV school loan. A student may want to contact their loan's current servicer or the guaranty agency for any other options that may exist.

LOAN TO PAY FOR AN EDUCATIONAL PROGRAM

California Education Code, Title 3, Division 10, Part 59, Chapter 8, Section 94909(a)(11)
If a student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund, and that, if the student has received federal student financial aid funds, the student is entitled to a refund of the money not paid from federal student financial aid program funds.

Tuition and fees paid through the Veterans' Administration, California Department of Vocational Rehabilitation, Workers' Compensation, or Workforce Investment Act are acceptable if the student meets Breining Institute's admissions criteria. (Qualified disabled Veterans may be eligible for tuition assistance under Chapter 31 by applying for benefits through their local office of the Department of Veterans' Affairs.) Because distance learning education is a convenient and affordable corporate training resource for employers, employer tuition reimbursement may be available and the student should contact his or her company human resources department for information about their tuition reimbursement benefits and how to apply.

Breining Institute does offer payment schedules on a pay-as-you-go type plan. There are no origination fees and no interest charges for pay-as-you-go plans. Examples of currently offered payment plans are as follows:

Certificate Program
PAY AS YOU GO
Fast Track Series 17 units \$663

Series 1100 5 units \$195
Series 1200 5 units \$195
Series 1300 14 units \$546
Series 1500 3 units \$117
Series 1600 5 units \$195
Series 1700 3 units \$117
Counseling Series 10 units \$390

Degree Program
PAY AS YOU GO
Down payment tuition \$400
Monthly payments \$250

Total number of monthly payments depends on the cost of the degree program.
Breining Institute reserves the right to cancel any payment plan if the student fails to make a monthly payment when due.

All fees and charges must be paid in full before completion certificates or diplomas are issued.

Methods of Payment

Cash, check and money orders are accepted, as are VISA, MasterCard and Discovery.

BANKRUPTCY DISCLOSURES

The following statement is required to be included here by California law:
Breining Institute does NOT have pending a petition in bankruptcy, is NOT operating as a debtor in possession, has NOT filed a petition within the preceding five years, and has NOT had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code.

PLACEMENT SERVICES

Breining Institute does not offer formal placement services and does not have a placement office. **Breining Institute makes no representation that any of its programs will lead to employment in any particular career, occupation, vocation, trade, job, or job title.**

STUDENT TUITION RECOVERY FUND DISCLOSURES

It is a state requirement that a student who pays his or her tuition is required to pay a state-imposed assessment for the Student Tuition Recovery Fund. The purpose and operation of the Student Tuition Recovery Fund and the requirements for filing a claim against the Student Tuition Recovery Fund are as follows:

“You must pay the state-imposed assessment for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and

2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party."

"The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered by students in educational programs who are California residents, or are enrolled in a residency programs attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education. You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other costs.
4. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act."

No claim can be paid to any student without a social security number or a taxpayer identification number.

FACILITIES AND EQUIPMENT

The classroom for the on-campus class sessions is located at 8894 Greenback Lane, Orangevale, CA 95662 in the newly remodeled office building that also houses a Bank of America branch location. The heated and air conditioned classroom is equipped with white boards, table workspaces and comfortable chairs. Other than audio-visual equipment used in the delivery of lectures, there is no equipment used by the Faculty or the students in this classroom setting.

The Breining Institute Bookstore is located adjacent to the main classroom. The Bookstore will be open and books may be purchased one-half hour before all on-campus classes. The Bookstore is available to distance learning students by appointment which can be scheduled through the Office of Academic Affairs by calling (916) 987-2007. In addition, distance learning students, educators, employers, and members of the general public can purchase books on-line to be shipped from the Breining Institute Bookstore.

Parking

There are no parking fees, and there is adequate parking space for all students at the 8894 Greenback Lane campus building.

Library Access

The Breining Institute Library is located within the Bookstore, which is adjacent to the main classroom, and currently holds approximately 500 volumes. A branch of the Sacramento County Public Library, at 8820 Greenback Lane, is located less than one mile (and within walking distance) from the campus, and all students are encouraged to utilize that branch or other convenient public library for their reading and research needs that are not available at our library.

Students are also encouraged to use Internet electronic library resources for ebooks, scholarly journals, and other reliable sources. The Breining Institute *Journal of Addictive Disorders* is available, at no charge, on the World Wide Web at our web-site www.breining.edu.

STUDENT SERVICES

Academic Affairs Office

The Academic Affairs department is responsible for providing personalized, proactive, responsive service to enhance student engagement. The various sections of the department, including the registrar, admissions director, credit evaluation, and Faculty Mentors form the nucleus of the student support teams.

Registrar

The office of the registrar serves as the institutional administrator for academic information and records that support faculty, staff, and students. Services provided by the registrar include:

- Management of student academic records
- Determination of transferability of courses
- Degree plan services
- Course registration and enrollment verification
- Providing official and unofficial transcripts
- Assessment and conferral of degrees and certificates
- Consulting on academic policies and procedures
- Informing students, faculty members, and staff of their rights and responsibilities for their educational records, access, and privacy

Mentors and Faculty Advisors

Academic assistance, guidance, and support are provided through Faculty Mentors who can also provide professional experience within their respective fields. Time will be allotted before and after class hours, as well as during regular business hours, during which students will have the opportunity to schedule time with a faculty member either on campus or at the faculty member's place of business. Faculty Mentors are also available by phone, fax and e-mail to assist students who complete their programs by distance learning

Faculty Mentors are available to provide support in areas that include:

- Monitoring attendance when required;
- Motivating the student to stay on track to complete on time
- Answering procedural questions related to grading and scheduling
- Assisting students in selecting their next courses

Student Housing

Breining Institute does not provide student housing and there are no dormitory facilities provided.

For those students desiring lodging facilities between Friday and Sunday for weekend classes, the following hotels are nearby:

- Lake Natoma Inn (2.56 miles) \$89
(916) 351-1500
- Larkspur Landing (3.06 miles) \$109
(916) 355-1616
- Hilton Garden Inn (3.36 miles) \$71
(916) 353-1717

Typical apartment rental rates in the area for a one-bedroom unit are in the range of \$688 to \$980 per month.

BREINING INSTITUTE ACCEPTS NO RESPONSIBILITY TO FIND OR ASSIST A STUDENT IN FINDING HOUSING, AND IT IS THE SOLE RESPONSIBILITY OF THE STUDENT TO PROCURE HOUSING.

Student Interaction

Breining Institute encourages students to interact with each other in order to gain the most from the educational process offered here. Although many students are working professionals with full time employment commitments elsewhere, the school campus has several group rooms which may be used by the students before scheduled classes. Students who wish to use these study rooms for group discussion and/or study may schedule such use through Academic Affairs.

International Students

Students who are not citizens or permanent residents of the United States are considered for admission to Breining Institute on the basis of academic preparation and personal qualifications. To apply, the student completes the six steps listed above in the Application and Enrollment Process section. Transcripts in languages other than English must be accompanied by a certified translation.

English Language Instruction

Breining Institute does not provide English as a second language instruction, and does not provide any other English language services.

Instruction will occur only in the English language. Students who pass the Breining Institute Admissions Examination by achieving a passing score of 60% or higher will demonstrate sufficient English language proficiency.

Visa

Breining Institute does not provide visa services and will not issue the Form 1-20 needed to apply for a student visa. Breining Institute does not vouch for student status, with the exception of providing a student with an official transcript. No fees or charges associated with student visas (including but not limited to SEVIS I-901 fees) will be assessed to, collected from, or transmitted for or on behalf of Breining Institute students.

RECORDS

Educational Rights and Privacy Act of 1974

All education records of students who enroll at the Breining Institute are maintained in accordance with the provisions of the Family Educational Rights and Privacy Act of 1974, Public Law 93-380, as amended.

Breining Institute is required by law to maintain records of the name, address, e-mail address, and telephone number of each student who is enrolled in an educational program. For each student granted a degree or certificate by Breining Institute, the college must maintain permanent records of:

- The degree or certificate granted and the date on which that degree or certificate was granted;
- The courses and units on which the certificate or degree was based; and
- The grades earned by the student in each of those courses.

Records retention

Breining Institute will maintain, for a period of not less than five years, at its campus located at 8894 Greenback Lane, Orangevale, CA the complete and accurate records of:

- The educational programs offered by the institution and the curriculum for each;
- The names and addresses of the members of the institution's faculty and records of the educational qualifications of each member of the faculty;
- Any other records required to be maintained by law, including, but not limited to, documentation of performance data if required by law.

GRADUATION POLICY

To receive a Certificate or Degree, a student must satisfy requirements related to credits, grade point average, program of study and courses. It is the student's responsibility to ensure that all requirements for graduation have been met and are completed in a timely manner.

Once a student has determined that all requirements have been met, the student submits a Graduation Application, which form can be obtained from the Academic Affairs office. The conferral date is the date on which a student's degree is officially awarded. After completing all courses and before submitting a completed graduation application, students must resolve any outstanding financial obligations. After all academic and administrative requirements have been met, students will receive an official transcript and their diploma.

COURSE NUMBERING SYSTEM

1100–1999 Lower Division courses in the Certificate and Associate of Arts Degree programs.

2100–2999 Upper Division courses in the Bachelor of Arts Degree program.

3100–3999 Graduate Level courses in the Master of Arts Degree program.

4100–4999 Graduate Level courses in the Doctorate Degree program.

COURSE DESCRIPTIONS

Lower Division

1101 1 unit

Introduction and History

An introduction to chemical dependency; an historical review of alcohol and drug use and abuse; a study of the social, political, religious and cultural efforts.

1102 1 unit

Program Approaches

A study of national and local program approaches in addressing addiction; a review of treatment facilities, recovery homes, hospitals, out-patient clinics, NCA, NIAAA, private therapy, etc.

1103 1 unit

Family Systems

A study of family dynamics in addiction, and the roles played by members of the dysfunctional family unit effected by alcoholism and drug abuse.

1104 1 unit

Development of Personality

A study of human development and personality; an investigation into the theories of Hippocrates, Freud, Jung, Adler and Erikson as they relate to the structure of denial as a defense mechanism.

1105 1 unit

Cultural Differences

An investigation of the various cultural and ethnic differences in special populations and minorities, and the differing views on alcohol and drug use.

1201 1 unit

Prevention and Education

An investigation of community education and prevention efforts; a study of federal, state and county programs.

1202 1 unit

Intervention Techniques

An investigation of intervention and referral approaches; a study of DDP, SB-38, MADD, AS-PI/CPC, and a review of community resources.

1203 1 unit

Employee Assistance Programs

An overview of the history and significance of the employee assistance programs (EAPs) now in effect.

1204 1 unit

Legal and Confidentiality Issues

A study of the laws relating to alcohol and drug use and abuse, and a review of the state and federal laws of confidentiality.

1205 1 unit

Self-help/Twelve Step Therapy

A study of the psychotherapeutic value and dynamic of the 12 Step and self help groups; a review of the jargon, sponsorship and structure.

1301 1 unit

Disease of Addiction

An introduction to the disease of alcoholism and addiction; a study of the controversy of controlled drinking (Rand, Sobell, Pendry, etc.)

1302 1 unit

Physiology and Pharmacology

An overview of the physiology and pharmacology of the drug alcohol and other psychotropic mind-altering legal drugs, and their effect on the central nervous system.

1303 1 unit

Illicit Drug Abuse

An overview of cocaine, crack, crank, heroin, speed and other illicit drugs of abuse, and the effect on the central nervous system and neurotransmitters.

1304 1 unit

Medical Treatment

A study of the medical treatment for alcohol and other drug withdrawal; an examination at antagonist drugs and the recovery process with anti-depressant use.

1305 1 unit

Fetal Alcohol/Drug Syndrome

An investigation of the fetal alcohol and drug syndromes; a review of the effects on sexuality, gender and geriatrics in the addictive process.

1306 1 unit

Nicotine Addiction & Treatment

An introduction to the study of nicotine addiction, especially cigarette smoking, and an overview of the physiological, societal, commercial and environmental effects of smoking.

1307 1 unit

Eating Disorders & Treatment

An introduction to the study of eating disorders, bulimia, anorexia and an overview of the physiological and societal effects of this condition.

1308 1 unit

Gambling Addiction & Treatment

An introduction to the study of compulsive, pathological gambling in all its forms, from horse racing, to casino to Internet wagering.

1309 1 unit

Inappropriate Sexual Addiction & Treatment

An introduction to the study of compulsive, pathological sexual activity in its many forms.

1310 1 unit

Codependency Addiction & Treatment

An introduction to the study of dysfunctional codependency, especially that which perpetuates itself, and an overview of the physiological and societal effects of this condition.

1311 1 unit

HIV/ARC/AIDS/Communicable Diseases

An investigation HIV and ARC, AIDS, and other communicable diseases; a review of the relationships between these diseases and addictive populations.

1312 1 unit

Perinatal Care and CD

An investigation of perinatal care and the effects of chemical dependency during pregnancy.

1401 1 unit

Role/Responsibility of the Counselor

A study of the role and responsibility of the counselor in setting goals and expectations; establishing trust and insight; dealing with transference, compliance and denial; and a study of the ten traits of natural therapy.

1402 1 unit

Individual Counseling Techniques

A study of the techniques of individual counseling and couples counseling with alcohol or drug abusing problems as a primary consideration.

1403 1 unit

Group Counseling Techniques

A study of the techniques of group counseling and the dynamics of the group process with addicts, alcoholics and codependent clients.

1404 1 unit

Family Counseling Techniques

A study of the dynamics, roles and techniques of family counseling when alcohol or other drugs are a primary dysfunctional characteristic of the family unit.

1405 1 unit

Adolescent Counseling

A study of the special problems in counseling and directing adolescent alcohol and drug abusers; an examination of how to deal with the affected family members.

1406 1 unit

Dual Diagnosis/DSM IV/Co-occurring Disorders/PTSD

A study of the special problems in co-occurring disorders and dual diagnosis issues; the use of the Diagnostic and Statistical Manual of Mental Disorders in addictive disorders; an examination Post Traumatic Stress Disorder.

1501 1 unit

Personal Growth

An investigation and study of the methods in assessing one's own strengths, weaknesses, spiritual condition and personal growth.

1502 1 unit

Professional Growth

A review of the needs for professional growth and the means to achieve and maintain standards of excellence.

1503 1 unit

Relapse and Burn-out Issues

A study of the dynamics of relapse, burn-out and the special issues of the recovering counselor.

1504 1 unit

Therapeutic Approaches

A review of the various therapeutic approaches to the counseling of alcoholics and addicts, from Rogerian to RET, from Reality Therapy to TA.

1505 1 unit

Assertiveness Training

A workshop in assertiveness for the counselor; a review of the passive, aggressive antagonist client; a study on dealing with difficult people.

1601 5 units

Twelve Core Functions

An in-depth study of the twelve core functions involved in the alcoholism and drug abuse treatment field. An investigation of the step-by-step process of: screening, intake, orientation, assessment, treatment planning, counseling, case management, crisis intervention, client education, referral, reports, record-keeping and consultation.

1701 5 units

Case Management

An intensive examination and workshop in creating the case presentation. The student will prepare an actual or typical case, from admission to discharge, present in to the class, and have it critiqued and reviewed. The student will prepare and defend a final draft of the case to the course instructor for review and acceptance.

1801 5 units

History and Development of Employee Assistance Programs

A study of occupational programs and employee assistance programs (EAPs) since 1942, including ethical and legal issues; review of internal, external and labor-based programs.

1831 5 units

History of Prevention, Education and Intervention

A study and overview of the intervention process as outlined by Vernon Johnson's classic text.

1851 5 units

History and Development of the Clinical Supervisor

A study of the overview of the Certified Clinical Supervisor (CCS) as a vital part of the continuum of care for a chemical dependency treatment program; study of literature and current views on the effectiveness and purpose of clinical supervision.

1910 5 units

Communications: Preparing and Writing Reports and Term Papers

A review and study of the proper and effective manner of communicating by the written word.

1930 5 units

Humanities: Introduction to Philosophy

A review and study of the ancient Greek and Roman philosophers, and how their findings and theories effect today's value systems.

1932 5 units

Humanities: Modern Political and Social Thinkers

An review and study of some outstanding political and social thinkers, from Jefferson and Madison to Roosevelt and Hitler and Stalin to Einstein and Schweitzer and Mother Teresa and Kennedy, and how their writings and theories effect today's value systems.

1940 5 units

Twentieth Century American History

A review and study of 20th Century American history, from 1914 to the present.

1942 5 units

Science: The History of Flight Since 1904

A review and study of 20th Century flight history, from the Wright Brothers to the Mir Space Station and beyond.

1950 5 units

Independent Project

A review and study of subjects in Communications, Mathematics, Natural Science, Social Science, and Humanities requiring prior Faculty approval.

Upper Division

2301 10 units

Advanced Physiology of AD

An intensive study of the pharmacological action on the central nervous system as a result of alcohol or other drug use, as well as the physiological effect of other addictive behavior, not including chemicals, that impact the well being of an individual. The physiological effect of compulsive gambling, eating disorders, codependency, spending and the other non-substance addictions will be especially investigated and reviewed.

2302 10 units

Advanced Dual Diagnosis

An advanced study of the variety of mental illnesses that conflict with the use and abuse of addictive substances, and an in-depth study of how such dual diagnoses can be evaluated, assessed and treated.

2303 10 units

Co-dependency

Advanced study of the phenomena of dependency, codependency and how they coexist in a destructive and non-productive manner. The student will learn the various roles played by those who surround the addict; how to detect, diagnose, evaluate, assess and treat the condition.

2304 10 units

Youth Prevention Specialist

Advanced study of the particular problems associated with young people who have an alcohol or drug problem or come from a family with such a situation. This course will investigate the methods and procedures peculiar to the adolescent that require special training and attention.

(Prerequisite: 1405)

2305 10 units

Advanced Program Administration

An in-depth study of the legal and professional requirements of various government and insurance agencies that mandate the keeping of certain records, their confidentiality and release issues, and an overview of effective supervision in a chemical dependency treatment setting.

2306 10 units

Advanced Counseling Therapy

An advanced, practical, hands-on experiential workshop in the actual practice of facilitating individual and group counseling sessions. This course will include a minimum of 100 hours of supervised work in a combination of group and individual counseling sessions.

(Prerequisite: 1402, 1701)

2307 10 units

Women's Issues in Addiction

A study of the particular and special needs of women with an addiction problem.

2308 10 units

Men's Issues in Addiction

A study of the particular and special needs of men with an addiction problem.

2309 10 units

Drinking Driver Program Operation

An overview and practical experience in operating and functioning effectively with the variety of clients, government agencies and insurance companies that are involved in a "driving under the influence" or "drinking driver" program.

2310 10 units

Counseling the Culturally Diverse

Advanced investigation of the special situations to be considered when dealing with different ethnic, racial, cultural and religious clients. Gay and lesbian issues will also be studied.

(Prerequisite: 1105)

2311 10 units

Advanced EAP Development

An advanced study of the development, implementation and administration of employee assistance programs.

(Prerequisite: 1203)

2312 10 units

Advanced Assertiveness Training

An intensive advanced course in becoming assertive rather than passive or aggressive, and how to bring this information to clients in an acceptable manner.

(Prerequisite: 1505)

2313 10 units

Sports Drug Addiction

An investigation of the special problems involved with the various performance enhancing drugs and substances used by amateur and professional athletes, and how to assess, evaluate, diagnose and treat such conditions.

2801 5 units

Intervention in the Workplace

A study of the importance of confidentiality in an Employee Assistance Program (EAP) and why it is so vital. A study of legal issues that face an EAP, roles of union leaders and shop stewards, the process of arbitration and grievances, general issues presented by the Americans with Disabilities Act and possible impacts on an EAP.

2802 5 units

Work Organization Overview

A study of the structure of business, industry, labor unions, labor councils, trade associations and the dynamics of these structures and how they are organized through power, decision-making, communications, labor relations and collective bargaining. An overview of the effective allocation of resources and the politics of benefits.

2803 5 units

Human Resources Management

A study of demographics, job performance appraisal systems, and governmental mandates in the workplace. A review of the role of the supervisor and the shop steward in arbitration, back-to-work agreements, collective bargaining agreement, employee benefits and risk management resources.

2804 5 units

EAP Administration

Developing a program, setting policy, determining procedures, establishing training formats, organizing and evaluating the services rendered, structuring cost containment management, model selection, promotional strategies and marketing the program company-wide.

2805 5 units

Study of Direct Services

A study of benefits management, employee relations, resource management and procurement, program orientation, communication methods, intervention, assessment, consultation, referral and on-going first line supervisory training.

2806 5 units

Workplace Alcohol and Drug Abuse

An in-depth study of the addiction process, the use and abuse of alcohol and drugs in the workplace, the signs, symptoms, progression and appropriate treatment resources for employees and their families in the continuum of on-going care.

2807 5 units

Workplace Psychological Problems

A study of the ethics, traits and techniques of effective interviewing; overview of common maladies that occur in the workplace, including mental health problems and risk factors such as violence, suicide uncontrolled anger, special population needs and how to deal with these issues.

2831 5 units

Introduction to Intervention Specialist Course

An in-depth study of the beginnings of intervention and how the process has evolved professionally, short and long term results of intervention, the role of society in the intervention process, and types of behaviors that are subject to intervention.

2832 5 units

Pathology of Addictive Disorders

An in-depth study of the various addictive disorders — including alcoholism, drug abuse, over-eating and gambling — the pathology of each, how each affects the behavior of the victim as well as the family, friends and significant others involved in the process.

2833 5 units

Advanced Personality Development

An advance study of the process of human development as outlined by Carl Jung, Erik Erikson and others, and the phenomena of denial as a normal defense mechanism, based on the personality type identified by the Meyers-Briggs profile.

2834 5 units

Advanced Review of Family Systems

An advance study of the basic family unit and its impact on society, culture and religious tenets. An advanced study of the breakdown of these systems via the use and abuse of drugs and the changing roles of family members to survive the chaos of addiction.

2835 3 units

Advanced Communication Skills

An advanced study and practical application of communication skills to effectively deal with difficult and violent-prone people; how to communicate and act in an assertive, non-aggressive, non-passive manner; development of assertive listening skills.

2836 1 unit

The Intervention Process

A study of how to establish goals and objectives in the intervention process and development of the methods utilized in reaching these goals.

2837 1 unit

Intervention Role-play

A series of real-life role-play situations that provide a first-hand view of an intervention.

2838 4 units

Intervention Case Study

Presentation by the student of a written case of intervention actually experienced by the student; case presentation reviewed by a panel of fellow students and instructor.

2852 5 units

Case Management for Supervisors

A study of the necessary skills and traits required of a supervisor to oversee treatment planning and case management and the tools to use in selecting effective staff to implement these functions.

2853 5 units

Establishing Performance Standards

Development of the skills necessary to establish performance standards, evaluating those standards, recognizing learning and teaching weaknesses, negotiating with staff to implement the developed standards effectively.

2854 5 units

Professional Growth

A survey of methods to assist clinical staff in the on-going struggle to grow both professionally and spiritually in a field that experiences burnout and relapse.

2855 5 units

Organization Structure

An analysis of various organization structures, testing and evaluating effectiveness, accountability and the study of dynamics of power and its use in the clinical setting.

2856 5 units

Clinical Supervisor Case Study

Presentation by the student of a written case of a clinical supervisory experience; case presentation reviewed by a panel of fellow students and instructor.

2999 5 - 15 units

Thesis

Presentation by the student of a written thesis covering a subject of the student's choice relevant to the field of Addictive Disorders with prior Faculty approval.

Graduate Level

3601 15 units

Current Developments in Addictions

An intensive research project on the most current findings from the scientific and treatment communities concerning new legal and illegal drugs on the market, current and expected trends, approaches to controlling and treating these new additions to the field.

3602 15 units

Co-dependency vs. Nurturing

An advanced study of the fine line that separates co-dependency and normal, healthy human compassion and caring. The student will present a paper on this subject, from both an historic and present view, and reach a conclusion as to which is which and why.

3603 10 units

Advanced Dual Diagnosis Evaluation

An advanced examination of the variety of mental illnesses that conflict with the use and abuse of addictive substances, and an in-depth study of how such dual diagnoses can be evaluated, assessed and treated. This course is a follow-up to 2302 and which considers an extended study of a particular case study that will be presented in an oral examination.

3604 10 units

Youth Prevention Specialist

An advanced study of the particular problems associated with young people who have an alcohol or drug problem or come from a family with such a situation. This course is a follow-up to 2304 and will include a written case presented at an oral board for discussion and review.

3605 10 units

Advanced Program Administration

An advance follow-up to 2305 which will include a written report of an actual situation in a workplace setting that included many of the elements studied in 2305, and which will be presented to an orals review board of certified supervisors for discussion and completion.

3606 10 units

Advanced Counseling Psychology

Advanced follow-up to 2306 that will include a written overview of the comparative effects of an extended group involvement that impacted a client with a relapse prone condition, as opposed to the impact that same individual might have experienced in individual counseling sessions.

3701 1 unit

History of Hypnosis

A study of beginning of hypnosis from Mesmer to the advanced therapeutic movement of Erikson and others.

3702 1 unit

Techniques of Client Assessment

An examination of the techniques of assessment and hypnoanalysis that can guide a therapist in the effective practice of hypnotherapy.

3703 1 unit

Suggestibility Testing

A study of the methods and test conducted that allows the therapist and client to better achieve positive results in the hypnotherapy process.

3704 5 units

Induction and Dehypnotization

An in-depth study and practice of the effective methods of inducing hypnosis, creating post-hypnotic suggestions, and bringing a client quietly and gradually back to the present alpha state.

3705 4 units

Deepening Techniques

A review and practice of allowing a client to go into deeper trance states in order to achieve desired results as outlined in the treatment plan designed by the client.

3706 4 units

Posthypnotic Suggestion

A review of the principles and techniques of inducing helpful and therapeutic posthypnotic suggestions. The student will learn how to apply as well as break these post session trances.

3707 1 unit

Contraindications for Hypnosis

A study and discussion of conditions that might suggest a client's lack of benefit from hypnosis, and the methods and techniques of referring such a client to an alternative therapy.

3708 3 units

Treatment Planning

A review of the treatment planning format and techniques on how to engage the client in their own treatment plan.

3709 3 units

Self-hypnosis Training

A study of the techniques of Alman and Lambrou to induce self-hypnosis for the purpose of attaining health and self-change.

3710 1 unit

Administration and Recordkeeping

A review of the records required to be maintained in a hypnotherapy private practice.

3711 2 unit

Law and Ethics

A study of the legal and ethical considerations in a practice of hypnotherapy. Child abuse, spousal abuse, elderly abuse, the *Tarasoff* decision, and other reporting issues will be discussed.

3712 1 unit

Limits of Hypnotherapy Practice

An investigation of the realistic limits of hypnotherapy, and the necessary interchange with other health care and mental health service providers.

3713 25 units

Advanced Hypnotherapy Internship

The student will engage in a supervised hypnotherapy practicum, under the direction of a certified hypnotherapist, for a minimum of 300 hours, 80% of which shall be in actual therapist/client practice, and 20% of which shall be in consultation with the supervisor regarding inductions, results and the practical experience of the hypnotherapy sessions.

3718 3 units

Neurolinguistic Programming

An intensive examination of the techniques and principles of neurolinguistic programming (NLP) as outlined by O'Connor and McDermott.

3801 3 units

Body/Mind Techniques in Recovery

Overview of the various body/mind techniques which are available to choose from that can assist the recovering person in staying clean and sober. It gives the counselor an opportunity to aid the client in making appropriate choices for their recovery.

3802 1 unit

Alternative Health Care Resources

An overview for the counselor in the community available to refer the client for assisting them in developing a well rounded recovery program.

3803 1 unit

Nutrition and Exercise in Recovery

Examines the role nutrition and exercise — both very significant in the recovery process — play in the recovery milieu. The student will develop a plan to include these topics in a recovering client's plan.

3804 1 unit

Herbology

An examination of the basic vocabulary and theory of herbs and how they can be of assistance in the recovery process. Limitations, concerns and cautions will also be explored.

3805 1 unit

Nutrition

An examination of the role diet plays in the recovery process. The student will also explore techniques especially helpful for recovering persons.

3806 2 units

Yoga and Yoga Therapies

Yoga means union. It is the reuniting of the body/mind connection. In the recovery process, bringing awareness in the recovering person's life can help facilitate more effective recovery. Simple yoga postures will be discussed to include in a recovery plan.

3807 2 units

Biofeedback Theories/Techniques

Biofeedback can give recovering client relief from discomfort they can be experiencing in recovery. The theories and techniques used in the field of biofeedback will be explored and demonstrated to give the student useful information for potential referrals for appropriate clients.

3808 1 unit

Meditation and Prayer Techniques

An overview of the power and usefulness of meditation and prayer modalities to help recovering. The historical and practical methods will be reviewed, discussed and demonstrated. Counselors will be able to incorporate what is useful to the client and refer out to other addictions personnel when the client is looking for this type of method in their recovery plan.

3809 2 units

Sound, Music and Art Modalities

The theories and practical applications of the uses of sound, light, music, art and color modalities as creative tools for transforming the recovering person's ways of creating new avenues for expression and awareness.

3810 2 units

Progressive Relaxation Training

Relaxation has been shown to be a significant factor in reducing stress in recovery. An overview of the potential benefits to the recovering person will be explored. The technique itself will be taught to give the student a tool to teach the recovering person.

3811 2 units

Autogenic Training

An historical and theoretical perspective of this technique will be examined as a tool to enhance the relaxation skills of the client.

3812 2 units

Bodyworks Methods

The various systems of bodywork methods will be explored. Practical demonstrations will be included to give the student information regarding the various methods which may be helpful for referral and which can assist the recovering person in developing an effective stress management plan. Such modalities such as Reiki, Therapeutic Touch, Trager, Feldenkrais and other systems will be explored.

3813 2 units

Ethnic Methods of Healing Modalities

An overview of the various cultural methods that have been developed through the centuries by cultural and ethnic subcultures will be explored, demonstrated and used to aid the student in understanding the potential modalities in this area. The student will also be able to understand what folk practices a recovering client may want to include in their recovering programs.

3814 2 units

Aromatherapy

The power of smell and aroma within the recovery process. This age-old system will be explored to assist the student in giving the client methods to use for ceremonies and techniques which can help focus the chaos often seen in recovering persons lives into more productive methods of self care and stress management.

3815 2 units

Stress Management

The various systems of stress management will be explored. The student will be given the opportunity to try some of the methods so as to able to refer clients appropriately or teach them how to incorporate these into a stress management program.

3816 2 units

Psychotherapeutic Techniques

An overview of various modalities that can be therapeutically effective in assisting clients recover. These can include Transactional Analysis, EMDR, Cognitive Therapy and others, which will be explored and demonstrated to give the student an overview of appropriate systems to which to refer their clients.

3817 2 units

Breathwork

The use of breathwork in the recovery process. The various styles and theories will be explored to assist clients in increasing their ability to connect with breath as a way to self manage stress.

3818 1 unit

Religious Modalities in Self Healing

An overview of the various religious and spiritual practices that have developed over the centuries will be examined to develop a basic understanding of how religion can affect the recovery process.

3820 1 unit

Environment's Role in the Recovery Process

The impact that environmental factors play in creating stress.

3821 1 unit

Sugar, Caffeine, Chocolate and other Socially Acceptable Addictions

The stress and difficulties with socially acceptable addictions will be explored to give the student useful information to develop appropriate recovery programs for their clients.

3832 3 units

The Role of Pilgrimage in Recovery

Throughout the ages, individuals have sought solace in travel to sacred spots. The power and function of this role will be examined.

3999 10 units

Thesis: Independent Project

Topic must be approved in advance by Faculty, upon review of outline submitted by student prior to commencing work in the course.

4801 10 - 15 units

Genetic Predisposition to Addictive Disorders

A research project on the scientific findings related to what genes and/or DNA have on the predisposition or lack thereof for an addictive disorder.

4802 10 - 15 units

Co-dependency Issues Among Health Care Professionals

A research project on the prevalence or absence of dysfunctional co-dependency among professionals within the health care field.

4803 10 - 15 units

Societal Co-dependency and Enabling Issues

A research project on the co-dependency, rescuing and enabling practiced by society and its various formalized movements from government to religion to education to science.

4804 10 - 15 units

The Politics of Perpetuating Addictive Disorders

A follow-up research project to 4803 which expands on the theory that society in general and government in particular perpetuate addictions for their own ends, whether knowingly or innocently, and a conclusion, based on historical study, of what the future might hold in this area.

4805 10 - 15 units

Governmental Subsidies and Actions that Support vs. Efforts to Control and Treat Addictive Disorders

A research project on the actions, works, studies and efforts of government, from the federal to local level, showing what has been done to control, support, enhance, prohibit, stamp-out, thrive on, neglect, ignore and treat addictions over the years and an estimate of what the future holds for each level studied.

4806 10 - 15 units

Treatment Approaches in Foreign Countries

A research project on the efforts and attempts made in other countries of the world to address the various addiction problems over history, and what is being done today in the nations to face this issue.

4807 10 - 15 units

The Financial Rewards and Losses of Addictive Disorders

A research project on the financial benefits realized by those who provide the drugs and support the behavior patterns of addicts, and the costs to society associated with same.

4808 10 - 15 units

The Successes and Failures of the Mental Health Industry in Treating Addictive Disorders

A research project on the efforts made, and the failures and successes realized, by those who work in the various mental health clinics in the attempt to assist persons with addictive and other dysfunctional disorders.

4999 10 – 20 units

Dissertation: Independent Project

Topic must be approved in advance by Faculty, upon review of outline submitted by student prior to commencing work in the course.