

# CADD 0012: Counselor Wellness

Due to the demanding nature of the job of working with substance abusers, burnout is a real & damaging possibility for counselors. This course will explore techniques for maintaining a sense of well-being even amidst the chaos that is often a part of our daily routine. This seminar is a must for those of us who sometimes feel overwhelmed by the ongoing pressures of dealing with dependent personalities.

**Clock Hours:** 8

**Discipline:** [Addiction Studies](#)

**Clock Hours per Week:** 8