Making the Decision

The most important decision in becoming a chemical dependency counselor is self-awareness and evaluating if you have appropriate boundaries to operate as a professional. Can you maintain professional boundaries and objectivity in helping others, despite your own experience? This is the hallmark of being a professional counselor. Counseling individuals, groups, and families in addiction recovery is extremely intense work and very rewarding. The ethical guidelines for counselors suggest that one must be self-aware of one’s personal, professional, and cultural life in becoming a counselor.

Contact a Chemical Dependency Counseling Advisor if you still have more Questions

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Many students seek out careers in chemical dependency counseling because they want to help other people or because they have had personal experience with substance abuse. The Associate of Applied Science degree in Chemical Dependency Counseling at Wor-Wic Community College is designed to prepare graduates to work as chemical dependency counselors. The associate degree allows students to enter the job market or transfer to a four-year college or university and work toward a bachelor’s degree in social work or psychology.

If you want to major in chemical dependency counseling because you want to help other people, it may be important to clarify the types of individuals and settings you may want to work in. Having a foundation in chemical dependency counseling is invaluable in understanding human beings and in becoming a human services professional, but it is critical to examine the intensity of work in the addiction field. The rigor of the coursework, skills practice, and commitment of doing a 400 hour practicum with challenging clients are important considerations in your decision to pursue this major. If you feel working with this population is not of interest to you, it may be more to your liking to major in General Studies, take some courses in our program as electives, and then transfer to a four-year institution to work in other helping professions.

If you want to major in chemical dependency counseling because you have personal experience with addiction, then it is important to determine your readiness to help others. First, if you are in recovery from your own addiction it is important to look at the amount of clean time or sobriety you have before you jump into the field to help others. Second, if you have grown up in an addictive family system it is important to determine if you have worked through your own issues before you begin to help someone else. Third, if you have other mental healthy issues it is important to do your own work before you can be effective with others.