



Trundy Institute

CADC/ CAC/ LADC Preparation Program

Winter/Spring 2026

New Day and Evening Classes Start:

Monday, February 23, 2026

Daytime track - Start in February complete by June

*Most classes are offered in an
accelerated four week format!*

Trundy Institute was created in 2003 to meet the needs of professionals working in the substance abuse treatment field who wish to prepare for the examinations for Certification and Licensing. Additionally, many individuals have attended who want to learn more about substance abuse or treatment, without having to travel outside of the Southeastern Massachusetts area.

The program consists of 300 classroom hours. Each class is offered multiple times a year. This program is designed to meet or exceed all of the educational hours required to qualify for the CAC- Certified Alcoholism Counselor and CADC-Certified Alcohol and Drug Counselor(formerly CADAC) offered by the Massachusetts Board of Substance Abuse Counseling Certification, as well as all three levels of Licensure in Massachusetts. The Massachusetts Board of Substance Abuse Counseling Certification and the Massachusetts Bureau of Substance Addiction Services(BSAS) have both approved this program.

This program consists of 10 courses and an optional Relapse Prevention training. These courses are thirty hours in length. This 300 education hour program meets the educational requirements for CAC, CADC and exceeds the educational requirements for LADCI, LADCII and LADCIII. This course does not fulfill the related work experience requirements.

**Advanced students with related education may not need all courses
- For more information or to setup an interview call 774-930-0390 -**

Upcoming Class Schedule – Mondays, Wednesdays, Friday

Monday, February 23, 2026 to Monday, March 16, 2026

1. **Weekday Morning Classes:** Monday, February 23, 2026 to Monday, March 16, 2026 from **8:30AM to 11:15AM**
(Class days: February 23, 25, 27 and March 2, 4, 6, 9, 11, 13, and 16, 2026)
2. **Weekday Mid-day Classes:** Monday, February 23, 2026 to Monday, March 16, 2026 from **11:45PM to 2:30PM**
(Class days: February 23, 25, 27 and March 2, 4, 6, 9, 11, 13, and 16, 2026)
3. **Weekday Evening Classes:** Monday, February 23, 2026 to Monday, March 16, 2026 from **5:00PM to 8:00PM**
(Class days: February 23, 25, 27 and March 2, 4, 6, 9, 11, 13, and 16, 2026)

Monday, March 30, 2026 to Monday, April 20, 2026

1. **Weekday Morning Classes:** Monday, March 30, 2026 to Monday, April 20, 2026 from **8:30AM to 11:15AM**
(Class days: March 30 and April 1, 3, 6, 8, 10, 13, 15, 17 and 20, 2026)
2. **Weekday Mid-day Classes:** Monday, March 30, 2026 to Monday, April 20, 2026 from **11:45PM to 2:30PM**
(Class days: March 30 and April 1, 3, 6, 8, 10, 13, 15, 17 and 20, 2026)
3. **Weekday Evening Classes:** Monday, March 30, 2026 to Monday, April 20, 2026 from **5:00PM to 8:00PM**
(Class days: March 30 and April 1, 3, 6, 8, 10, 13, 15, 17 and 20, 2026)

Friday, May 1, 2026 to Friday, May 22, 2026

1. **Weekday Morning Classes:** Friday, May 1, 2026 to Friday, May 22, 2026 from **8:30AM to 11:15AM**
(Class days: May 1, 4, 6, 8, 11, 13, 15, 18, 20 and 22, 2026)
2. **Weekday Mid-day Classes:** Friday, May 1, 2026 to Friday, May 22, 2026 from **11:45PM to 2:30PM**
(Class days: May 1, 4, 6, 8, 11, 13, 15, 18, 20 and 22, 2026)
3. **Weekday Evening Classes:** Friday, May 1, 2026 to Friday, May 22, 2026 from **5:00PM to 8:00PM**
(Class days: May 1, 4, 6, 8, 11, 13, 15, 18, 20 and 22, 2026)

June 2026 – to be determined

Saturday classes

2026 – Cycle S1 – January 31 and February 21, 28 and March 7, 14, 2026
from 9:00AM to 3:00PM – Psychopharmacology

2026 – Cycle S2 – April 11, 18 and May 2, 9, 16, 2026
from 9:00AM to 3:00PM – Advanced Ethics

CAC/CADC/LADC test prep date

To be determined

The following ten courses are each thirty hours in length

Participants starting in February 2026 who complete six classes by the end of May 2026, will meet the educational requirements for CAC and Registration with the Massachusetts certification board & be eligible to sit for CADC/LADC exam. It's possible to complete the entire 300 hour program in 5 months!

- 1. Core Functions and Core Competencies of Substance Abuse Counseling.** This course will cover/review Screening, Intake, Orientation, Assessment, Treatment Planning, Counseling, Case Management, Referrals, Consultation, Record Keeping, Client Education and Crisis Management. Tap 21 will also be briefly reviewed.
- 2. Basics of Chemical Dependency Counseling.** This course will cover a practical approach to all aspects of treatment from the initial interview to treatment planning to the basics of individual and group therapy and more.
- 3. Ethics and Professional Responsibility in Substance Abuse Treatment.** This course will focus on helping participants better understand the ethical issues involved in the substance abuse treatment field, along with a better understanding of the related functions and responsibilities that are specific to substance abuse treatment.
- 4. Substance Abuse Treatment Related Issues.** This course will cover a variety of topics that are essential to understanding and treating substance abuse. Topics include but are not limited to: 1.Support Groups and other Self-Help programs 2.Domestic Violence 3.Sexual Abuse 4. HIV, HCV 5. Tobacco Addiction/Cessation and Cultural Sensitivity including but not limited to the issues of race, gender, sexual orientation, religious preferences and the concerns of and for individuals with disabilities. Additional issues will be presented and discussed.
- 5. Introduction to Treating Co-occurring Disorders.** This course will look at the basics of assessment and treatment of substance abuse and related mental illnesses. Through an experiential process it will look at the connective processes of assessment, treatment planning and case management. The class will review the most predominant mood, personality and other psychiatric disorders prevalent in substance abusing clients.
- 6. Counseling and Techniques in Substance Abuse Treatment.** This course will cover techniques used in substance abuse counseling including, but not limited to Rogerian, Gestalt, Rational-Emotive-Behavioral and Reality theories, as well as the foundational approaches such as Freudian, Adlerian, Jungian and Existential.
- 7. Multiple Participant Treatment: Group, Couples, Family and Intervention in the Treatment of Substance Abuse.** This course will focus on the role of family members and the treatment needed to assist family members in their recovery from the damage done by the chemical dependencies and related codependency issues. Participants will also learn the basic principles of intervention. Experiential exercises will be utilized during this course
- 8. Psychopharmacology of Abused Substances and the Connection to Co-occurring Disorders.** This course will examine the categories and classifications of various legal and illegal psychoactive substances of abuse. The interactions between drugs including prescribed drugs will be discussed with some emphasis on Co-occurring disorders related medications
- 9. Advanced Ethics in Substance Abuse Treatment and Co-occurring Disorders.** This course will build on the entry level ethics course and allow participants to go beyond the basics of ethics to a deeper understanding of the complexities of ethics in the substance abuse treatment field, along with a better understanding of ethics within related helping professions including but not limited to co-occurring disorders
- 10. Clinical Issues in Supervision.** *The direction of this class will be determined by the needs of the participants. This class will focus on a clinical review of actual cases with an emphasis on ethical interactions and the proper implementation of the Core Functions and Global Criteria. If they participate in the class while also performing a Practicum then the following applies: Practicum participants will work in an approved treatment setting under appropriate supervision. Individuals that are employed in an appropriate location will be allowed to utilize their present work site providing they are providing or are assisting at providing counseling services. These participant keep a journal of hours worked, daily activities, and the relationship of each to the Twelve Core Functions*

Senior Faculty

Arthur B. Trundy, is the Director and Founder. Mr. Trundy was an International Lecturer/Trainer formerly with the Gorski/CENAPS Corporation. Mr. Trundy taught for many years at Cambridge College Graduate School, and previously at University of Massachusetts Boston, Westfield State College, and Lamar University Graduate School in Texas and many Addiction schools throughout the United States.

Dr. Kathy Gayoski, RN, LADCI, CADC, MAPR, Ed.D. is a Licensed Alcohol and Drug Counselor I, Certified Alcohol and Drug Counselor as well as many other credentials and a Trundy Institute graduate.

Peter Lagasse, CADC, CCDP is a Certified Alcohol and Drug Counselor and a Certified Co-occurring Disorders Professional. Peter is also a graduate of Trundy Institute.

Program Fee Structure

Individual 30 hour course	\$ 500.00*	<u>Entire 300 hour program</u>	\$ 4250.00
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* The Fee Structure presently **includes** the cost of required text for **all** courses.

Agencies, organizations and programs may contract us for the training of multiple students and/or employees at a reduced tuition rates or on-site education at your facility, when appropriate, provided minimum class sizes are met.

General Information

Registration and Fees: For information about registration, additional course schedules or any other questions, please call **774-930-0390** or E-Mail us at trundy@earthlink.net

Location: Classes listed are held online or at **248 County Street, New Bedford, MA 02740**

Admission to Program -Any individual wishing to enter the Program is required to meet with the Program Director prior to registration. Please call **774-930-0390** to arrange an interview. The admission process includes a two page application, a face to face in person, Facetime or Zoom interview.

All students who take two or more 30 hour courses can attend the CADC/LADC test preparation classes
- For a reduced fee

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