

Fayetteville State University
College of Arts and Sciences
Psychology

PSYC614: Substance Abuse and Addiction Counseling
Spring 2012

I. Locator Information:

Instructor: Dr. Kimberly K. Tran

Course # and Name: PSYC614 Substance Abuse and Addiction Counseling Office Location: NERC 219

Semester Credit Hours: 3 Office hours: Tues: 9:00 am – 11:00 am

Day and Time Class Meets: Th, 6:00 pm – 8:45 pm 4:00 pm – 6:00 pm

Office Phone: (910) 672-1575 Thur: 9:00 am – 11:00 am

Email address: ktran@uncfsu.edu 4:00 pm – 6:00 pm

Total Contact Hours for Class: 3 Or by appointment

FSU Policy on Electronic Mail: Fayetteville State University provides to each student, free of charge, an electronic mail account (username@uncfsu.edu) that is easily accessible via the Internet. The university has established FSU email as the primary mode of correspondence between university officials and enrolled students. Inquiries and requests from students pertaining to academic records, grades, bills, financial aid, and other matters of a confidential nature must be submitted via FSU email. Inquiries or requests from personal email accounts are not assured a response. The university maintains open-use computer laboratories throughout the campus that can be used to access electronic mail.

Rules and regulations governing the use of FSU email may be found at
<http://www.uncfsu.edu/PDFs/EmailPolicyFinal.pdf>

II. Course Description: This course is a study of theory and evidence-based counseling practices related to the etiology, neuropsychology, symptoms (as identified in the *Diagnostic and Statistical Manual of Mental Disorders*), psychosocial correlates, and treatment of substance-related disorders. This course will also incorporate an integrative perspective (e.g., person-centered, systems, cognitive behavioral, and multicultural). It will address issues related to dual diagnosis, explore relevant ethical and legal standards, and provide information on professional certification or licensure. *Prerequisites:* PSYC 550 and PSYC 612

III. Disabled Student Services: In accordance with Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act (ACA) of 1990, if you have a disability or think you have a disability to please contact the Center for Personal Development in the Spaulding Building, Room 155 (1st Floor); 910-672-1203.

IV. Textbooks:

Doweiko, H.E. (2012). *Concepts of Chemical Dependency* (8th ed.). Belmont, CA: Brooks/Cole.

Lewis, J. A., Dana, R.Q., & Blevins, G.A. (2011). *Substance Abuse Counseling* (4th ed.). Belmont, CA: Brooks/Cole.

VI. Teaching Strategies: This course will be taught using the textbook, group discussions, projects, experiential activities, and written assignments.

V. Student Learning Outcomes:

Upon completion of this course, students will be able to:

1. Demonstrate knowledge of the established diagnostic criteria, course, prognosis, comorbidity, and treatment modalities for substance-related disorders.
2. Describe assessment, treatment, services, and supports appropriate to the personal characteristics, SES, cultural identity, gender, and language of the client
3. Upon completion of participating in a group intervention (e.g. Alcoholics Anonymous, Adult Children of Alcoholics, Al-Anon, Narcotics anonymous meeting) students will be able to Analyze and express insight and empathy for the real world reasons that experiences of people facing addiction and substance abuse/dependency disorders. use and abuse substances.
4. Express comprehension of strategies to facilitate client engagement in treatment and recovery processes and identify barriers to access to treatment and recovery services and resources.
5. Evaluate research and theory on the genetic and neuropsychological origins and processes of substance-related disorders to assess the validity, reliability and appropriate applications of these findings when conducting therapy with clients. .
6. Describe and discuss the social construction of addiction and the contextual determinants of addiction and dependency behavior.
7. Reflect on personal strengths and limitations as they related to becoming and effective and ethical substance abuse counselor.
8. Identify and discuss ethical, legal, and professional considerations related to substance abuse counseling.

VII. Course Requirements and Evaluation Criteria

Attendance/Late policy: Attendance and participation in this class is mandatory and will count toward you final grade. Every unexcused absence will result in a deduction of 10 points from your total grade and each instance of tardiness will result in a 5 point deduction. Lastly, in this class we will make every to attempt to intersperse in-depth discussions about some of the topics throughout the semester.

Students need to notify me **at least 24 hours prior to the class session** (or as soon as possible in case of emergency) if they need to miss class for a permissible reason, such as illness or family emergency.

Mobile devices: In alignment with building a constructive and respective classroom learning community, mobile devices are not permitted to be used in class. Please turn off all these devices **BEFORE** coming to class.

Graded Assignments:

1) Class Presentation of Specific Chemical Dependency/Skills Activity (100 points)

Students will select a topic relating to substance abuse covered in the course and do a thorough class presentation which will be followed by an in vivo substance abuse simulation group in class. Your presentation should address the following areas as per your assigned chemical topic.

- 1) A definition of the chemical and the associated disorder (according to DSM IV-TR) as well as any associated brand or "street names" of the drugs derived from the chemical
- 2) History of the drug in the United States
- 3) Uses of the drug (medical, recreational, legal vs. illegal)
- 4) Scope of the problem
- 5) Pharmacology of the drug
- 6) Physiological and Psychological effects of drug

2) Self-help Group Research and Experiential Paper (100 points)

Each student will individually attend an **open** AA, NA, Al-Anon, or ACOA meeting as an observer/ participant and then write a two part paper about that experience. The first part of this paper will include a literature review on self-help and 12-Step groups (5-7 pages). The second part of the paper will be a narrative reflection indicating your impressions and significance of each observation. Each student should also describe your

emotional reaction to attending the twelve step meeting and talking to twelve-step members. You should also briefly speak with at least one member that attended the group. You can locate meetings by doing a google search, checking the telephone book, or calling any substance abuse treatment facility or community mental health center. If you have trouble locating meetings, please let me know so I can assist you.

3) Final Analysis Paper (150 points)

Each student will reflect upon the research, process and therapeutic interventions associated with substance abuse/dependency and addiction and write a well substantiated final analysis paper. The paper must be written in APA style and should not exceed 6-7 pages. Specific details for the paper will be provided in class.

Grading system:

Attendance	50
Class Presentation	100
12-Step Research/Experiential Paper	100
<u>Final Analysis Paper</u>	<u>150</u>
Total Points	400

The above grades will be converted to a final letter grade according to the following University grading scale:

A= 90%-100% B= 80%-89% C= 70%-79% D = 60% -69% F= Below 60%

Policy on Missed or Late Assignments: Assignments must be turned in on or before the due dates unless negotiated otherwise with the professor **BEFORE THE DUE DATE**. Two (2) points per day will be deducted for any late submission.

Policy on academic dishonesty in academic affairs: The FSU Graduate Catalog states that “Acts of dishonesty in any work constitute academic misconduct. Such acts include cheating, plagiarism, misrepresentation, fabrication of information, and abetting any of the above.” Acts of dishonesty are prohibited in this class. See FSU Student Handbook for the disciplinary system for academic misconduct.

VIII. Academic Support Resources:

- Smarthinking (via Blackboard)
- University College Learning Center: <http://www.uncfsu.edu/learningcenter/>
- FSU Writing Center (x1864) <http://www.uncfsu.edu/writingcenter/>
- FSU Career Development Center (x1205) <http://www.uncfsu.edu/CareerServ/>
- FSU Center for Personal Development (x1222-1203) <http://www.uncfsu.edu/studentaffairs/CFPD/>

Course Outline and Assignment Schedule

**** The following dates and structure are subject to change by the instructor ****

Weeks	Topics	Readings & Assignments <u>DUE</u>
Week 1 January 12	Overview of Course	Doweiko: Chap. 1 Lewis et al: Chap. 1
Week 2 January 19	The Nature of the Beast: Definitions & Science of Chemical Dependency	Doweiko: Chap. 2, 3 Lewis et al: Chap. 2

Week 3 January 26	Society and Chemical Dependency	Doweiko: Chap. 35, 37, 38 Lewis et al: Chap. 2 (continued)
Week 4 February 2	Alcohol	Doweiko: Chap. 4, 5
Week 5 February 9	Barbiturates & Barbiturate-Like Compounds Benzodiazepines	Doweiko: Chap. 6, 7
Week 6 February 16	Cocaine & Stimulants to the CNS	Doweiko: Chap. 8, 9
Week 7 February 23	Marijuana	Doweiko: Chap. 10
Week 8 March 1	Opioids	Doweiko: Chap. 11 Due hardcopy in class: 12-Step Research Paper
SPRING BREAK: March 5 – 9, 2012		
Week 9 March 15	Hallucinogens	Doweiko: Chap. 11 & 12
Week 10 March 22	Inhalants, Aerosols/Steroids/OTC	Doweiko: Chap. 13, 14, 15
Week 11 March 29	Models of Substance Abuse Disorders	Doweiko: Chap. 25, 26, 27
Week 12 April 5	Assessment and Intervention Motivational Interviewing	Doweiko: Chap. 28, 29, 30 Lewis et al: Chap. 3, 4
Week 13 April 12	The Process of Treatment Helping Client Change	Doweiko: Chap. 31, 32, 33 Lewis et al: Chap. 5, 6
Week 14 April 19	Working with Families	Lewis et al: Chap. 8
Week 15 April 26	Relapse, Recovery and Prevention Program Planning	Doweiko: Chap. 34 Lewis et al: Chap. 7, 9, 10 Due hardcopy in class: Final Analysis Paper

Additional Readings and Resources

Recommended Texts:

- Berg, I. K., & Miller, S. D., (1992). *Working with the problem drinker*. Milwaukee, Wisconsin: W.W. Norton & Company.
- Fisher, G. L. & Harrison, T.C. (2000). *Substance abuse: Information for school counselors, social workers, therapists, and counselors* (2nd ed.) New Heights, Massachusetts: Allyn Bacon
- Gahlinger, P. M. (2001). *Illegal drugs: A complete guide to their history, chemistry, use and abuse*. Salt Lake City, Utah: Sagebrush Press.
- Johnson, V. E. (1980). *I'll quit tomorrow: A practical guide to alcoholism treatment*. New York: Harper-Collins
- Kaufman, E. & Kaufman, P. *Family therapy of drug and alcohol abuse*. (2nd ed.). Boston: Allyn & Bacon.
- Landry, M. J. (1994). *Understanding drugs of abuse: The process of addiction, treatment, and recovery*. Washington, DC: American Psychiatric Press.
- Lewis, J. A., Dana, R. Q., & Blevins, G. A. (1994). *Substance abuse counseling: An individualized approach*. Pacific Grove, CA: Brooks/Cole Publishing Company.

Websites:

- Alcoholics Anonymous <http://www.aa.org>
- Al-Anon & Alateen <http://al-anon-alateen.org>
- Audio recordings; testimony and information <http://liston.to/recovery> <http://www.xa-speakers.org/>
- Brown University Center for Alcohol and Addictions Study <http://center.butler.brown.edu>
- Center for Substance Abuse Treatment http://www.samhsa.gov/centers/csat2002/csat_frame.html
- Midwest Addiction Technology Transfer Center <http://www.mattc.org>
- Narcotics Anonymous <http://www.na.org>
- National Center on Addiction and Substance Abuse at Columbia University <http://www.casacolumbia.org/>
- National Addiction Technology Transfer Center <http://www.nattc.org>
- National Institute on Alcohol Abuse and Alcoholism <http://www.niaaa.nih.gov/>
- National Institute on Drug Abuse <http://www.nida.nih.gov>
- Substance Abuse and Mental Health Services Administration <http://www.samhsa.gov>
- National Council on Alcoholism & Drug Dependence <http://www.ncsdd.org>