

PSY P535 Introduction to Addictions Counseling  
Summer 2019 Section #

**Instructor:**

**Office Location:**

**E-mail:**

**Cell Phone #**

**Office Phone**

**Office Hours:**

**Virtual Office Hours:** You can reach me by email or phone almost anytime

**Course type:** Graduate, Lecture & Discussion

**Course Description:** Treatments for drug and alcohol addiction, assessment of drug and alcohol conditions and related disorders, and tracking patients to monitor treatment effectiveness.

**Canvas:** Candidates are required to use Canvas to access instructional material, assignments and messages. Candidates are required to upload assignments to Canvas & post messages for class discussions.

**Textbooks:** Capuzzi, D., & Stauffer, M. D. (2016). *Foundations of addictions counseling, 3<sup>rd</sup> edition*. Boston, MA: Pearson. ISBN-13: 978-0547179629; ISBN-10: 0133998649

Miller, W. M., & Rollnick, S. (2013). *Motivational interviewing: Helping people change, 3<sup>rd</sup> edition*. New York, NY: The Guilford Press. ISBN-13: 978-1609182274; ISBN-10: 1609182278

**Student Outcomes & Learning Objectives.**

By the end of this course, candidates will be able to:

1. Demonstrate a basic understanding of the concept of addictive behavior.
2. Understand the theories of addiction that contribute to the concept of dependence as a chronic disease.
3. Be able to identify the major biological, psychological, social and spiritual impacts of addictive behavior and to think critically about the key issues raised by these theories.
4. Be prepared to integrate the theoretical bases for addictive behavior into the roles and responsibilities of the professional counselor.
5. Be able to define the relationship between addictive behavior, addiction, and other mental and emotional disorders.

**Major Course Assessments**

**Exams:** You will have **THREE** exams over the course of the class. All exams will be delivered online via our Canvas course site. These will focus on proper assessment of the etiology of various disorders and how to diagnosis using the DSM 5 or current edition of the ICD. These will be a mixture of multiple choice, fill in the blank and essay questions. However, essays will make up the largest portion of your exams and must thoroughly address each part of the question in order to receive full points. Strive for clarity and to explain your positions without use of generalizations. **Any information that is taken and quoted directly from the text to serve as a response will result in a grade of zero for that section of the response within essay question responses. 100 points possible for each exam.** There will be no dropped exams this term so you may be allowed to make up an exam for any of the following reasons (e.g., illness,

death or serious illness in family, etc.). To do so you must contact me no later than 24 hours after the missed exam to set up a date to retake the exam. You will then have seven days to complete the exam or a grade of zero will be entered for the exam. Makeup exams will be essay questions only.

**Case conceptualization:** You will be presented with a clinical case at predetermined points in the course. Using the information you have gathered, your understanding of what diagnostic issues may be most salient, as well as consultation with me as your instructor you will be expected to develop a treatment plan for the fictitious client. You should consider major aspects of their presenting concerns, personality, family history and other issues but will have to determine if those areas need to be addressed before other seemingly minor concerns presented by the client.

**Motivational Interviewing Practice:** Often times, our clients with addiction-related issues struggle with ambivalence about change. MI can be a valuable tool in helping clients work through this ambivalence and become more prepared to make changes. Using the Motivational Interviewing book, you will write a summary of the core skills utilized in MI. You will also practice the core interviewing skills by writing a response to various prompts to demonstrate your ability to use open questions, affirmations, reflective statements, and summaries. Finally, you will work with a classmate to briefly interview each other about your abstinence exercise. As the interviewer, you will practice the interviewing skills and demonstrate your ability to respond to sustain and change talk. As the interviewee, your job is to cooperate with your partner, but be sure to include sustain talk to challenge your partner.

**Abstinence Exercise and Paper:** This exercise is designed to help you experience some of the feelings/thoughts that addicted individuals experience when they quit their drug or behavior of choice. This exercise requires that you give up a substance (e.g., nicotine, caffeine, or alcohol) or a behavior (e.g., Internet use, eating sweets, playing video/computer games, watching television, cell-phone usage) for a period of **6 weeks (see dates at the end of this syllabus)**. For those of you who have difficulty identifying a substance or behavior, please contact me so we can discuss what might be a challenge for you to give up for this time period.

During this assignment you will (a) write an introductory **letter to your substance/behavior**, (b) keep an **abstinence log** of your experiences, and (c) write a **summary paper** which will serve as the conclusion to the 6 week exercise. This assignment will have the following components:

**A “Letter to my Substance/Behavior”** – written in the first person to the substance/behavior from which you are abstaining, will be due before the abstinence period begins (worth **23 points**).

This 1 – 2 page paper is to be written to the substance or behavior from which you are abstaining. This is to be written in the first person (e.g., “caffeine, you have always been there for me in the morning...”) and should cover the following 5 areas:

- 1) How my addictive substance/behavior is loved and is considered a “friend”

- 2) How my addictive substance/behavior is sensual (appeals to my senses)
- 3) How my addictive substance/behavior provides “healing” or is a “balm” to my emotional wounds
- 4) How my addictive substance/behavior controls and promotes my feelings of helplessness and entrapment
- 5) How my addictive substance/behavior is hated – what it has “cost” me

**An abstinence log** – This log will describe your feelings and reactions, especially focusing on times you “lapse” or experience temptation. It is especially important to indicate times when it was both difficult and easy to abstain, as well as those specific circumstances during which you “slipped” (birthdays, holidays, and weekends seem especially difficult). Although daily entries into the log are not required, daily entries have been reported as most helpful by previous students. The log needs to be computer generated (**a minimum of half a page per entry**) and should have a *minimum of three entries per week*. There will be a minimum of eighteen entries in all (worth **54 points**).

**A summary paper** – This is to be a *minimum* two to three page paper describing the abstinence experience (e.g., did you succeed or fail, what influenced you, what was the process like for you, etc.) and will serve as the conclusion to your overall experience (worth **23 points**).

**Note:** This paper does not have to be in APA format.

**Attendance at 12-Step Meetings:** As part of your class experience, you are required to attend **three different** “Open” 12-Step meetings. You may attend any of the below groups or any other 12-Step meeting approved by the professor.

- Al-Anon: <http://www.al-anon.alateen.org/meetings/meeting.html>
- Alcoholics Anonymous: [http://www.alcoholics-anonymous.org/en\\_find\\_meeting.cfm?PageID=29](http://www.alcoholics-anonymous.org/en_find_meeting.cfm?PageID=29)
- Celebrate Recovery: <http://www.celebraterecovery.com/global.shtml>
- Codependents Anonymous: <http://www.codependents.org/meeting-search-english.php>
- Emotions Anonymous: <http://allone.com/12/ea/>
- Gamblers Anonymous: <http://www.gamblersanonymous.org/mtgdirTOP.html>
- Nar-Anon: <http://nar-anon.org/naranongroups.htm>
- Narcotics Anonymous: <http://portaltools.na.org/portaltools/MeetingLoc/>
- Overeaters Anonymous: [http://www.oa.org/all\\_about\\_meetings.htm](http://www.oa.org/all_about_meetings.htm)
- Sexaholics Anonymous: <http://www.sa.org/top/United%20States%20of%20America/>
- SMART Recovery: [http://www.smartrecovery.org/meetings\\_db/view/](http://www.smartrecovery.org/meetings_db/view/)

Note: All meetings are "closed meetings" (for those that are addicted) unless “O” (open) is indicated. **Only attend Open meetings** unless you meet the necessary criteria.

Part of this assignment will also include your briefly speaking with at least one member at each group attended (the chairperson/leader is usually an easy person to talk to). Keep a log of your experiences at each meeting (to include what you learned from speaking with the group member). I suggest you attend in the company of one of your classmates. This assignment will have the following components:

**An introduction** – This one-to-two paragraph introduction will provide an overview of the three meetings that you attended (worth **10 points**).

**An attendance log** – This log will record your attendance at three 12-step meetings, focusing on your thoughts and feelings (a) before the meeting, (b) during the meeting, and (c) following the meeting. Include what you learned by briefly speaking with at least one member at each group attended. There will be three entries in all, each a minimum of one page per entry (worth **30 points**).

**A summary paper** – This is to be a *minimum two to three page paper* describing (a) your overall thoughts and feelings about the meetings you attended, (b) what influenced your thoughts and feelings, and (c) what this exercise has taught you about what clients might experience (worth **60 points**).

**Note:** This paper does not have to be in APA format.

**Theory of Addiction Paper:** This assignment will focus on your personal view of how addictions are produced or manifest in the lives of the average client. This will be done once at the beginning at the term and again at the end of the term. The second paper must be informed on the theories and content you have learned over the course of the term. It should also incorporate your overall treatment goals for those dealing with addictive behaviors, plan for treatment, potential barriers to treatment based on your chosen perspective, and best practices related to treatment of addiction. More details of the particulars of this paper will be given in the Canvas Files section.

**Participation:** Online formats may not seem to provide the same level of opportunities to interact as in a face to face class and the nature of this class may make you feel less inclined to actively share your opinion. However, we will only succeed as a unit and I am going to present several options to you as a unit to find ways to increase our interaction in a way that feels good for all of us. Additionally, you need to be an engaged member of the course for your benefit, the benefit of your classmates and for my own improvement as an instructor.

### **Grading System:**

1,000 Points Total:

Exams (3):	100 points each	30 percent of grade
Case Conceptualizations	100 points each	20 percent of grade
MI Practice	100 points	10 percent of grade
Abstinence Paper	100 points	10 percent of grade
12 Step Assignment	100 points	10 percent of grade
Pre-Theory of Addiction Paper	50 points	5 percent of grade
Post-Theory of Addiction Paper	100 points	10 percent of grade
Class Participation:	50 points	5 percent of grade

## Succeed at IU

You're probably used to seeing many policy statements on a syllabus. Faculty include these statements to ensure you understand course expectations so that you can succeed in your courses. At IU, we have placed all university policies on a single website easily accessed from every Canvas course site. Simply look at the left navigation bar and click on Succeed at IU. You can find links to sites with a great deal of useful information including

- How to avoid plagiarism and cheating
- Disability Services
- FLAGS
- Tutoring centers
- Canvas Guides
- Financial Aid
- Sexual Misconduct
- Counseling
- Writing Center and much more!

My expectation is that you review university policies carefully to ensure you understand the policy and possible consequences for violating the policy. Please contact me if you have any questions about any university policy.

**Technology Skills:** The candidate will utilize CANVAS for class materials & submission of some course assignments; candidates will utilize technology for research and class presentations; candidates *may be* required to audio or video-record mock practice counseling sessions; candidates may be required to research credible print and electronic mental health counseling resources; Candidates will be expected to communicate with the instructor through e-mail and CANVAS.

## Content Standards

The Mental Health Counseling Program of IU Southeast, IU East & IU Kokomo is based on the 2016 CACREP Accreditation Standards and the Indiana Mental Health Counselor licensing requirements as stipulated by the Behavioral Health & Human Service Licensing Board. The standards assessed in this course, P535 Introduction to Addictions Counseling, are

### 2. Social and Cultural Diversity

- d. the impact of heritage, attitudes, beliefs, understandings, and acculturative the impact of heritage, attitudes, beliefs, understandings, and acculturative experiences on an individual's views of others experiences on an individual's views of others

### 3. Human Growth and Development

- c. theories of normal and abnormal behavior
- d. theories and etiology of addictions and addictive behaviors
- e. biological, neurological, and physiological factors that affect human development, functioning, and behavior

g. effects of crisis, disasters, and trauma on diverse individuals across the lifespan

5. Counseling and Helping Relationships

a. theories and models of counseling

b. a systems approach to conceptualizing clients

d. ethical and culturally relevant strategies for establishing and maintaining in-person and technology assisted relationships

h. developmentally relevant counseling treatment or intervention plans

**Clinical Mental Health Counseling Standards**

Counselor education programs with a specialty area in clinical mental health counseling must document additional MHC standards. The specific MHC standards assessed in this course, P535 Introduction to Addictions Counseling, are:

1. Foundations

d) neurobiological and medical foundation and etiology of addiction and co-occurring disorders

2. Contextual Dimensions

b) mental health service delivery modalities within the continuum of care, such as inpatient, outpatient, partial treatment and aftercare, and the mental health counseling services networks

d) diagnostic process, including differential diagnosis and the use of current diagnostic classification systems, including the Diagnostic and Statistical Manual of Mental Disorders (DSM) and the International Classification of Diseases (ICD)

e) potential for substance use disorders to mimic and/or co-occur with a variety of neurological, medical, and psychological disorders

3. Practice

a) intake interview, mental status evaluation, biopsychosocial history, mental health history, and psychological assessment for treatment planning and caseload management

b) techniques and interventions for prevention and treatment of a broad range of mental health issues

d) strategies for interfacing with integrated behavioral health care professionals

**Course Outcomes, Learning Objectives & Assignments mapped to Standards**

<b>Objective</b>	<b>MHC Standards</b>	<b>CACREP Standard</b>	<b>Assessment</b>
Demonstrate a basic understanding of the concept of addictive behavior.	1d, 2e	2d, 3d, 3e, 5a	Exams 12 Step Abstinence Paper
Understand the theories of addiction that contribute to the concept of dependence as a chronic disease.	1d, 2d, 2e	3c, 3d, 5a, 5b	Exams Case Conceptualizations 12 Step
Be able to identify the major biological, psychological, social and spiritual impacts of addictive behavior and to think critically about the key issues raised by these theories.	1d, 2b, 2d, 2e	2d, 3g, 5d, 5h	Case Conceptualizations Abstinence Paper Exams MI Practice
Be prepared to integrate the theoretical bases for addictive behavior into the roles and responsibilities of the professional counselor.	3a, 3b, 3d	2d, 5d, 5h	Case Conceptualizations Theory of Addiction MI Practice
Be able to define the relationship between addictive behavior, addiction, and other mental and emotional disorders.	1d, 2e, 3b	2d, 3d, 3g, 5h	Case Conceptualizations 12 Step Paper Abstinence Paper

Week	Date	Topic	Required Reading	Assignments/Activities
1	May 13			
2	May 20			
3	May 27			
4	June 3			
5	June 10			
6	June 17			
7	June 24			
8	July 1			
9	July 8			
10	July 15			
11	July 22			
12	July 29			
13	Aug 5			
14	Aug 12	FINALS		