

Charles Dickerman, LMFT, CADC III, SUDP

Adjunct Professor of Counseling Psychology
Professional Mental Health Counseling Faculty
Office Hours: By Appointment Only

COURSE INFORMATION

Time: Monday, 9 AM to 12 PM

Dates: 05/08/2023 – 07/31/2023 (No class on 5/29, 6/19, and 7/3)

Location: York Graduate Center, Room 117

Credits: 2 credit hours

Pre-requisites: MHC 503, CPSY 506, MHC 509, MHC 513, CPSY 522, and CPSY 550.

COURSE DESCRIPTION

This course provides an overview of the field of addiction counseling and the impact of addiction on child, adolescent, and adult populations. The course will summarize key points drawn from the following areas: the American experience with addiction and recovery, theoretical explanations for understanding addiction and dual diagnosis, basic pharmacology and neuroscience, and assessment and treatment issues specific to dual diagnosis and addiction counseling. The course will also provide a general overview and introduction to the psychopharmacology of alcohol, and major drugs and classes of abused substances as well as prescription drugs commonly used in treating mental health and addiction issues. Additional areas include prevention, intervention, and treatment strategies and relevant issues pertaining to social justice and diversity.

COURSE POLICIES**Email Policy**

I maintain a 72-hour response policy for all email communications not including weekends. If you receive an email from me during the weekend, it is the exception and not the rule. You are free to email me at any time and I will do my best to get back to you as my schedule allows. Please do me the courtesy of respecting my time and schedule and I will do the same with yours. If you have a question, by all means ask.

Participation and Attendance

Participation: You are expected to participate in class activities and discussions. Participation not only adds to the quality of discussions, but also demonstrates understanding of course readings and materials. One Hundred (100) points of the grade is determined through instructor evaluation of class participation, contribution, and participation via Moodle. You will be required to login to Moodle on a regular basis and keep up with class discussion. For more information, please go to <https://moodle.lclark.edu/>. I am glad to provide basic assistance with Moodle but cannot help you troubleshoot issues with your computer or phone. **You will be required to post a response to instructor lead topics, generally at the rate of one per class. There may be additional activities or in class requirements, based on project or assignment planning, to facilitate coordination between classes.**

Attendance: Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by instructor. **Missing more than ten percent of class time may result in failure to complete the class.** This would be 3.0 hours for a 30 hour class (2 credits). In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met.

ASSIGNMENTS (TURN IN VIA E-MAIL)

Abstinence Experience (100 points): You will select one behavior from your life containing some compulsive or excessive engagement and give it up for 4 weeks without causing undue harm to yourself or others. You will develop and implement a wellness plan to be used in your daily life to compensate for the absence of this behavior. This project (in total) will consist of a 4-5 page paper (total, between both parts outlined below) comprised of two separate components, though you may use more pages if deemed necessary. You are free to keep a journal in the course of this project to help you track your day to day experiences but are not required to turn that in.

Part I: Wellness Plan: Removing any behavior from your life has positive and negative consequences, even during a limited duration. To better illustrate this, you will write a basic wellness plan that examines how the following components are addressed in your life (can be general or in reference to the project):

- a. Physical Wellness
- b. Emotional/Mental Wellness
- c. Social/Relationship Wellness
- d. Personal Spiritual Growth/Development
- e. Personal/Self-Care

Part II: Reflection Paper: Write about your experience; challenges/barriers you encountered and ways you worked to navigate them. It should also address how this experience has affected your perspectives on the process of change.

Declared by e-mail no later than 5/15 (class 2). Due on 6/12 (class 5).

Addiction Diagnosis and Treatment Plan (100 points): During the course of the term, students will individually diagnose, with justification and create a case conceptualization from one client of several vignettes selected. In addition, students will create a hypothetical a treatment plan in an established format obtained from the class's Moodle page. Early drafts of the diagnosis and treatment plan sections can receive feedback prior to due date.

Students who submit a treatment plan and diagnosis draft will receive up to 5 points of extra credit. Client declared by e-mail no later than 5/22 (class 3). Optional draft due by 7/17 (class 8). Due 7/24 (class 9).

Group Project (100 points): Students will be required to participate in a group presentation reflecting current issues in Addictions. Topic ideas will be discussed during the first class meeting and groups and topics must be declared by and approved by 6/6 along with chosen presentation date. *Topics may include, but are not limited to: opiate treatment approaches, family problems related to addictions, effectiveness of treatment programs, legalization/decriminalization and medical issues related to addiction, psychedelic treatments, or other related topics approved by the instructor.* **Topic, group, and presentation date declared by e-mail no later than 6/5 (class 4). Presented on 7/17 & 7/24.**

Final Exam (100 points)

Final exam will be administered via take-home test, **distributed on 7/24 due 7/30 by 11:59 PM.**

EVALUATION METHODS

| <u>Item</u> | <u>Value</u> | <u>Due Date</u> |
|--|--------------|--|
| Participation / Moodle Engagement | 100 points | Calculated throughout term and at end |
| Abstinence Experience/Wellness Plan | 100 points | Declared by 5/15. Due 6/12 |
| Addiction Diagnosis and Treatment Plan | 100 points | Declared by 5/22. Optional rough draft due by 6/26. Final draft due on 7/24. |
| Group Project | 100 points | Declared 6/5. Presented on 7/17 and 7/24 |
| Final Exam | 100 points | Distributed 7/24. Due 7/30 by 11:59 PM |
| Total | 500 points | |

ADDITIONAL COURSE POLICIES

Timeliness

As with all courses in Lewis and Clark's graduate program, it is expected that you will turn in your assignments in a timely fashion when they are due. In the event that you cannot complete an assignment on time due to extenuating circumstances, please contact me with as much advance notice as possible. If, on the other hand, an assignment is due in one month's time and you put off working on it until the night before, it is not acceptable to be late if you are sick that evening. The table below specifies the grading penalties to each late assignment:

| <u>Item</u> | <u>Late Penalty</u> |
|--|---|
| Abstinence Experience/Wellness Plan | 10 points, up to one week late. 20 additional points lost after the first week. This assignment will not be accepted after 6/26/2022. |
| Addiction Diagnosis and Treatment Plan | 10 points, up to one week late. This assignment will not be accepted after 7/31/2022. |
| Group Project | Not applicable in most reasonable circumstances. |
| Final Exam | Late final examinations will not be accepted. |

Confidentiality and Respect

As with many other courses you have taken, there is an expectation that the classroom will be a safe environment to discuss the topic areas to your comfort level. Whatever you choose to share, please share it only to your comfort level with peers or with myself. My expectation is that you honor each other's privacy around matters that are shared in the classroom and with a modicum of respect for individual experiences, personal history or status with addiction or recovery where applicable. If we cannot offer each other courtesy and respect, we tend not to be able to give it to our clients either...

Here be Dragons

The topic of addiction treatment is something that is not without trigger warnings, for a variety of reasons. I am a firm believer that people need to put their own oxygen mask on first before helping others. By this I mean that it's important for you to take care of yourself and your own needs during this class (and every other class you will take). If you are feeling overwhelmed by anything in class, please let me know and I will do what I can to support you.



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