



**Models and Theories of Addiction and Recovery
CPSY 546, Spring 2012**

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Course Description

This class provides an overview of the major theories and models that account for the etiology of addictive behaviors and recovery from those behaviors. Special emphasis is placed upon the critical evaluation of biological predispositions, psychological factors, socialization processes, and spiritual influences implicated in the development of addictive behaviors and recovery. Additionally, risk and resiliency factors that mediate and moderate the intergenerational transmission of addiction, sociocultural factors, effects on psychosocial development, and the impact of culture and gender differences will be examined. The successful integration, adaptation, and application of a working model of addiction/recovery into the counseling setting are the ultimate goal for each student.

Prerequisite: CPSY 545 or by permission from course instructor.

Course objectives:

1. To gain an understanding of the basic assumptions that underlie the various theoretical models of addiction and recovery.
2. To appreciate the historical and cultural meanings of addiction for the understandings (and misunderstandings) of both counselors as well as clients.
3. To compare and evaluate select models of addiction and treatment through a structured critical analysis using discussion and focused readings.
4. To confront select current key topics in addictions, often controversial, and critically evaluate them.
5. To tease out one's own biases and long-standing assumptions about addictions and the addicted and learn to appreciate how these color one's therapeutic strategies and relationships with clients.
6. To develop a well defined personal theory of addiction and recovery that respects cultural diversities and has meaningful application in the counseling field.

Required Texts:

Thomas, D. L. (2006). *Introduction to addictive Behaviors*. 3rd Edition. Guilford Press: New York.

White, W. L. (1998). *Slaying the dragon: The history of addiction treatment and recovery in America*. Light House Institute Publications: Bloomington, IL

Americans with Disabilities Act

Any student who because of a disability requires some special arrangements in order to meet course requirements should contact the instructor as soon as possible to make necessary accommodations.

Academic integrity

Students are expected to abide by all college rules concerning academic integrity. Any violations of these rules will be reported for appropriate disciplinary review.

Course Assignments:

Theory of Addiction and Recovery Paper (Due April 16)

Each student will write a paper that will reflect their own personal theory of addiction and recovery. Special emphasis should be placed on integrating the personal model of addiction into a personal model of recovery that can further serve as the basis and underlying assumptions guiding your work in addiction counseling. The papers should be drawn from and supported by the theoretical and empirical literature regarding models/theories of addiction and recovery reviewed during the course of the semester. Your paper should be typed, double-spaced and prepared in accordance with the APA publication manual (4th ed.) guidelines. The paper is due at the beginning of class on April 16. The length of the paper should be 6-8 pages. In the last class, you will give an overview of your paper and what you learned. The paper will be worth 25% of your grade.

Exams

There will be a mid-term and final exam for this course. Each will consist of 20-30 multiple-choice questions & two short essay questions based on the class lectures, readings, videos & class discussions. Each will be 25% of your grade.

Attendance

Attendance and active participation in all class sessions is expected and will reflect approximately 25% of the final grade in this class. Each student will be responsible for reading the assigned readings prior to the class sessions and for being prepared to participate appropriately in class discussions. Missing more than 1 class will result in a grade of F.

Grading:

Theory of Addiction/Recovery Paper	25 points
Mid-Term Exam	25 points
Final Exam	25 points
Attendance/Participation	25 points

100-95 points	=	Grade of A	Exemplary
94-90 points	=	Grade of A-	Excellent
89-85 points	=	Grade of B+	Very Good
84-75 points	=	Grade of B	Generally Good
74-70 points	=	Grade B-	Acceptable
69-0 points	=	Grade F	Fail

Class Schedule

Class 1	January 9	Evidence Based Practices: Using What Works
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January 16: MLK Day No Class

Class 2	January 23	Alcohol & Drug Prevention
<u>Readings</u>		
1. Addictive Behaviors: Chapters 1 & 3		
2. Slaying the Dragon: Chapters 15 & 16		

Class 3	January 30	Abstinence Based Treatment
<u>Readings</u>		
1. Addictive Behaviors: Chapter 2		
2. Slaying the Dragon: Chapters 17 & 18		
Class 4	February 6	Harm Reduction
<u>Readings</u>		
1. Addictive Behaviors: Chapter 9		
2. Slaying the Dragon: Chapters 19 & 20		
Class 5	February 13	Dual Diagnosis
<u>Readings</u>		
1. Addictive Behaviors: Chapter 4		
2. Slaying the Dragon: Chapter 21		
Class 6	February 20	Mid-Term
Class 7	February 27	Gambling
<u>Readings</u>		
1. Slaying the Dragon: Chapters 22 & 23		
Class 8	March 5	Counseling Theories
<u>Readings</u>		
1. Addictive Behaviors: Chapter 5		
2. Slaying the Dragon: Chapter 24		
Class 9	March 12	CBT
<u>Readings</u>		
1. Addictive Behaviors: Chapter 6		
2. Slaying the Dragon: Chapter 25		
Class 10	March 19	Stages of Change & Motivational Interviewing
<u>Readings</u>		
1. Addictive Behaviors: #10		
2. Slaying the Dragon: #26		
March 26: Spring Break No Class		
Class 11	April 2	Biopsychosocial
<u>Readings</u>		
1. Carnes: Addiction Interactive Disorder		
2. Slaying the Dragon: Chapter 27		

Class 12	April 9	Relapse Prevention & Recovery Planning
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Readings

1. Slaying the Dragon: Chapter 28

Class 13	April 16	The Importance of Family
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Readings

1. Addictive Behaviors: Chapter 8

Class 14	April 23	Final & Putting It All Together
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