



LEWIS & CLARK COLLEGE

**GRADUATE SCHOOL OF EDUCATION AND COUNSELING
CPSY 563: Treatment Issues in Family Therapy: Alcohol Abuse & the Family
SUMMER 2007**

Time & Day: Friday, May 18th
Instructor: Teresa McDowell, Ed.D.
Contact Information: teresamc@lclark.edu

CATALOG DESCRIPTION: TREATMENT ISSUES IN FAMILY THERAPY

Applications of family systems approach to treatment of families in crisis and transition. Topics include issues such as substance abuse, domestic violence, sexual abuse, trauma and loss, poverty, and chronic illnesses. A portion of this course emphasizes clinical case conceptualization and treatment planning.

COURSE DESCRIPTION: SUBSTANCE ABUSE & THE FAMILY

Family therapists and counselors are regularly faced with the complexities of helping individuals, couples, and families struggling with substance abuse. It is imperative that practitioners are able to assess for addiction, help determine the correct course of treatment, and support the recovery of all of those involved. This course introduces students to the research, theory and practice of family work with substance abuse.

COURSE OBJECTIVES

This course will help participants develop a working knowledge of assessing and treating families suffering from substance abuse including intervention for inpatient treatment, understanding and working along-side other recovery-oriented services (e.g., 12-step programs, self-help groups) and encouraging family interactions that lead to recovery for all members.

ASSIGNMENTS

Students are expected to complete the assigned readings and to synthesize and apply them in class. Classroom discussions are an opportunity to bring up questions about the assigned readings, deepen one's understanding of the issues under study, and integrate course material with one's own personal and professional experience. Demonstration that reading assignments have been completed is worth 10 points.

Reaction paper

Students will complete one 2-3 page reaction paper in response to the readings which must be completed before the day of the course. This paper can be in your own words.

Unlike the final paper, it does not require APA 5 formatting, but should be a thoughtful reflection that includes reference to the required readings. This assignment is designed to help you think about readings and be ready to discuss them in class. It will be turned in but it is up to you to decide how much to share with colleagues in the class. The paper might address a number of the following topics using reference to the readings:

- ◆ *Thoughts about how information in the readings might apply to your own family experience or that of families you know or have worked with*
- ◆ *Biases about what does and doesn't work in treatment of substance abuse*
- ◆ *Personal strengths that might contribute to working effectively with substance abuse*
- ◆ *Personal areas of growth regarding work with substance abuse*
- ◆ *Other areas that arose for you as you were reading the course materials*

The paper is worth 20 points and will be graded based on the level to which it demonstrates you have read and thought about the literature assigned.

Final paper

Students will complete a 4-6 page final paper. A case example will be provided and students will be asked to discuss case conceptualization, treatment options, and relevant self-of-the-therapist issues. Students are expected to use theoretical literature and research in support of their ideas and opinions. At least 5 peer-reviewed articles or book chapters should be cited beyond what was assigned for class. Instructions for completing the final paper will be provided in class.

The final paper should be double spaced, 12 pt font, and in APA 5 format. The paper should be submitted via e-mail (sebp02@yahoo.com) by **May 28, 2007**. Late papers will receive lower grades.

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| Content | 30 points |
| Clarity and organization of ideas | 10 points |
| Use of pertinent literature | 20 points |
| Writing and referencing according to APA 5 style | 10 points |
| Total = 70 points | |

GRADING

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|------------|------------|------------|
| A = 93-100 | B = 83-87 | C = 73-77 |
| A- = 90-92 | B- = 80-82 | C- = 70-72 |
| B+ = 88-89 | C+ = 78-79 | |

NON-DISCRIMINATION POLICY/SPECIAL ASSISTANCE

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual

orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

SPECIAL ASSISTANCE

If you need course adaptations or accommodations because of a disability and/or you have emergency medical information to share please make an appointment with the instructor as soon as possible.

COURSE SCHEDULE & READINGS

Morning Session (10 a.m. – 1 p.m.)

Topics:

- Introductions and overview
- Self-of-the-therapist and substance abuse
- Assessing for substance use, abuse, and addiction
- Understanding family dynamics and substance abuse
- Family progression model of substance abuse

Lunch Break (1 p.m. – 2 p.m.)

Afternoon Session (2 p.m. – 6 p.m.)

Topics:

- Roles of family therapists/counselors in addiction treatment
- Intervention options: existing evidence based family treatment models
- Models of alcohol abuse and the family
- Supporting ongoing recovery
- New trends in treating addiction and ongoing research

Readings:

Copello, A., Velleman, R. & Templeton L. (2005). Family interventions in the treatment of alcohol and drug problems. *Drug & Alcohol Review* (24), 369-385.

Liddle, H. (2004). Family based therapies for adolescent alcohol and drug abuse: Research contributions and future research needs. *Addiction*, 99 (2), 76-92.

O'Farrell, T. & Fals-Stewart, W. (2003). Alcohol abuse. *Journal of Marital and Family Therapy*:
http://findarticles.com/p/articles/mi_qa3658/is_200301/ai_n9235476/print

Rotunda, R. & Dolan, K. (2001). Partner enabling of substance use disorders: Critical

review and future directions. *The American Journal of Family Therapy* (29), 257-270.

Read information about multi-systemic family therapy and treatment for adolescent substance abuse at: <http://www.mstservices.com/text/treatment.html>

Veter, A. & Henley, M. (2001). Integrating couples and family therapy into a community alcohol service: A pantheoretical approach. *Journal of Family Therapy* (23), 85-101.