

ADDICTION COUNSELING

*Department of Counseling Psychology
Lewis & Clark College*

CPSY 536

Fall, 2013

Delishia M. Pittman, Ph.D.

Assistant Professor of Counseling Psychology
Professional Mental Health Counseling Faculty
Office: Rogers 335
Office: 503-768-6071
Email: dmpittman@lclark.edu
Office Hours: By Appointment Only

COURSE INFORMATION

Time: Monday, 5:30 – 8:45pm

Location: Corbett Annex 100

Credits: 2 credit hours

Pre-requisites: CPSY 503, CPSY 506, CPSY 509, CPSY 510, CPSY 513, CPSY 514 or CPSY 515, CPSY 522, CPSY 523, CPSY 524, CPSY 530 or CPSY 535, CPSY 534, 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 OBJECTIVES:

1. To gain an understanding of the basic philosophical/scientific assumptions that underlie the various theoretical models of addiction and recovery
2. To think critically about the key issues in the field of addiction, including consideration of multiple models that account for addiction and recovery, alternative courses of action, and the potential outcomes and impacts for the individuals, families, and communities.

3. The application and integration of various models of addiction and recovery into the counseling setting.
4. To gain an understanding and sensitivity to the needs of differing groups impacted by addiction and the relevance of adopting a social justice and multicultural perspective.
5. Gain a basic working knowledge of 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.
6. Gain an understanding of the principles and application of prevention, intervention, and treatment strategies

LEARNING OUTCOMES:

The following objectives are based on the Council for Accreditation of Counseling and Related Educational Programs (CACREP) 2009 Standards. The following objectives are taken from Section II.G.1. Students will complete studies and assignments that provide an understanding of the following aspects of professional functioning:

II.3.g: Theories and etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment.

III.CMHC.A.6: Recognizes the potential for substance use disorders to mimic and coexist with a variety of medical and psychological disorders.

II.CMHC.C.4: Knows the disease concept and etiology of addiction and co-occurring disorders.

III.CMHC.D.8: Provides appropriate counseling strategies when working with clients with addiction and co-occurring disorders.

III.CMHC.G.4: Identifies standard screening and assessment tools for substance use disorders and process addictions.

III. CMHC.H.3: Screens for addiction, aggression, and danger to self and/or others, as well as co-occurring mental disorders.

III.CMHC.H.4: Applies the assessment of a client's stage of dependence, change, or recovery to determine the appropriate treatment modality and placement criteria within the continuum of care.

III. CMHC.K.3: Knows the impact of co-occurring substance use disorders on medical and psychological disorders.

COURSE POLICIES

Email Policy

I maintain a 48-hour response policy for all email communications not including weekends. If you do not receive an email response within 48 hours of your email being sent, assume that I did not receive your email unless I respond noting otherwise. **In very rare circumstances (i.e., emergencies) will an email receive a response between 5pm Friday and 8am Monday.** Note: Questions regarding exam content or assignments are not considered emergencies.

Attendance and Participation

Attendance: You are expected to attend every class. Because this course only meets once a week, missing one class can be detrimental to your overall success in the course as a whole. **More than two absences (excused or not) will result in a grade of F being awarded.** Additionally, it is important that you be on time for class.

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. When you do not participate, other students are forced to pick up your slack. Thirty (30) points of the grade is determined through instructor evaluation of class participation, contribution, and attendance. **You can't participate if you are not present.**

Excellent - Proactive participation through leading, originating, informing, challenging contributions that reflect in-depth study, thought, and analysis of the topic under consideration. This does not mean dominating the discussion or using a lot of words to say little.

Satisfactory - Reactive participation with supportive, follow-up contributions that are relevant and of value, but rely on the leadership and study of others, or reflect opinion rather than study, thought, and contemplation.

Minimal acceptability - Passive participation including being present, awake, alert, attentive, but not actively involved.

Unsatisfactory - Uninvolved including being absent, late, present but not attentive, sleeping, reading the newspaper, making irrelevant contributions that inhibit the progress of the discussion.

ASSIGNMENTS

Abstinence Experience/Wellness Plan

You will develop and implement a wellness plan or 12-step plan to be used in their daily lives around any behavior that you could identify some compulsive or excessive

engagement around (e.g., smoking, shopping, drinking, caffeine, etc). This should be a behavior that you can “give up” for 4 weeks without causing undue harm to self or others.

Part I: Plan should be a 4-5 page paper developing a personal wellness plan addressing the following components:

- a. **Physical wellness**.... physical activity, weight loss goals
- b. **Emotional/mental wellness**... addressing unresolved emotional issues from childhood or victimization, methods of identifying areas of insecurity and high-risk behaviors.
- c. **Social/relationship wellness**...methods of improving social relationships with significant others, siblings, parents or friends
- d. **Personal Spiritual growth/development**... developing a sense of spirituality to create purpose in life.
- e. **Personal/self care**... putting it all together with specific goals and objectives including methods to achieve each component.

Part II: Three page reflection about your abstinence experience; challenges/barriers you encountered and ways you worked to navigate them.

Group Project

Students will be required to participate in a group presentation reflecting current issues in Addictions. Topics will be discussed during the first class meeting. *Topics may include, but are not limited to: Opiate treatment approaches, Methamphetamine use, family problems related to addictions, Intervention programs that work, legalization and medical issues related to addiction, or other related topic approved by the instructor.* 100 points

Addiction Diagnosis and Treatment Plan: During the course of the term, students will watch two movies, and create a multiaxial diagnosis of one of the characters in the movie (one chemical addiction and one process addiction). In addition, students provide a treatment plan. 100 points (50 each)

Final Exam

Final exam will be administered at the end of the term. Format to be decided.

EVALUATION METHODS

Participation	30 points (3 points per class)
Abstinence Experience/Wellness Plan	100 points
Group Project	100 points
Addiction Diagnosis and Treatment Plans	50 points
Final Exam	100 points
Total	430 points