

COUN 535 Syllabus Addictions Counseling

Course Description

Etiology and treatment of addictive behaviors (e.g. substance abuse, gambling). Biological, psychological and systemic factors. Current approaches to assessment, intervention, prevention programs and relapse prevention, including Motivational Interviewing. Role of co-occurring disorders. Using community resources to help client and client's family.

Course Objectives

1. To gain empathy and develop a more nuanced understanding of what a person with substance use or process disorders, abuse, misuse, etc., experiences when faced with the cessation of an addictive behavior and what you, as a treatment professional, can do to coach a client through this early recovery process.
2. Experience the emotions/dis-ease/emptiness that you may be self-medicating with an avoidant/addictive/dependent behavioral pattern.
3. To develop experiential wisdom regarding how to counsel and support a client through the initial stages of abstinence/recovery and the possible issues that may activate a cravings response leading to relapse.
4. Discover/develop sustainable coping skills to fill the void left by removing the addictive behavior.

Pre-Requisites

COUN 500, COUN 511; or PSYC 501, PSYC 545

Student Learning Outcome Language

The Counseling Department tracks aspects of student learning (known as Student Learning Objectives or SLOs) and Dispositions (Professionalism and Fitness for the Profession) in numerous classes as part of the CACREP accreditation requirements. This helps as a source of feedback on our teaching and lets us know how students are doing on average and individually. In some classes, the SLO's are assessed in the form of a rubric and in other classes it is simply a score from a paper or exam. There is nothing you need to do, but be aware that the information will be used to track and evaluate your progress in the program and will be part of your student record. Please see detailed information in your Student Handbook, as well as the form for Dispositions (which can be assessed at any time, but is always assessed in Coun 511, 530, and 584). There are at least three times when a student's individual progress is formally examined by the faculty: (1) after they have completed their first semester; (2) at advancement to practicum (the semester prior to starting practicum); and (3) at advancement to research project (the semester prior to Final Project). At these points in time, all the assessment information (including any of the SLO assessments conducted, as well as information from advisement, course grades, and professor input) will be examined. The spirit of this is to make sure that you are on track, and if you are not, then our goal is to offer support and guidance so that you can get back on track. If there are serious concerns, this may involve a remediation process or, in rare cases, dismissal from the program. All of this information is outlined in your Student Handbook.

Calendar is only an example and may be quite different 2

Calendar

Class Week	Class Topic
Week 1	Overview of the Course Defining addiction – disease, self-medication, choice.
Week 2 Due: HG pgs. 185-220 Due: Layne et al. (2014) <i>Check Canvas for additional readings or podcasts.</i>	Adverse childhood experiences.
Week 3 Due: BD chapters 1-2	Labor Day – No Class
Week 4 Due: HG pgs. 261-300 Due: Matzuka & Knapp (2019) Due: BCP Section 1 <i>Check Canvas for additional readings or podcasts.</i>	The war on drugs; systemic racism, oppression, and minority stress.
Week 5 Due: HG pgs. 133-184 Due: Quiz 1 <i>Check Canvas for additional readings or podcasts.</i>	Neurobiology of addiction.
Week 6 Due: MI chapters 1-5 Due: BD chapter 3 <i>Check Canvas for additional readings or podcasts.</i>	Overview of motivational interviewing.
Week 7 Due: MI chapters 6-9 BD: Chapter 4 <i>Check Canvas for additional readings or podcasts.</i>	Motivational interviewing in clinical settings.
Week 8 Due: HG pgs. 347-399 Due: Quiz 2 Due: BCP begins tonight at 11:59p <i>Check Canvas for additional readings or podcasts.</i>	Assessment, pharma, and treatment planning – ASAM Criteria.
Week 9 Due: BD Chapter 5 <i>Check Canvas for additional readings or podcasts.</i>	Counseling lab – motivational interviewing.
Week 10 Due: BD Chapter 6 <i>Check Canvas for additional readings or podcasts.</i>	Independent study – prepare for group presentations.

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Week 11 Due: BD Chapter 7 <i>Check Canvas for additional readings or podcasts.</i>	Counseling lab – motivational interviewing.
Week 12 <i>Check Canvas for additional readings or podcasts.</i>	Group presentations.
Week 13 <i>Check Canvas for additional readings or podcasts.</i>	Group presentations.
Week 14 Due: BCP Ends at 11:59pm <i>Check Canvas for additional readings or podcasts.</i>	Fall Break – No Class
Week 15 Due: BD Chapter 8-9	Treatment planning lab.
Week 16 Due: HG pgs. 420-429 Due: Scott (2000) Due: Treatment plan by 11:59pm on 12/7. Due: Student Opinion Questionnaire <i>Check Canvas for additional readings or podcasts.</i>	Ethics and the reimagining of the recovery model.
Week 17 Due: BCP oral final submission by 11:59pm	Finals Week