Course Description: This course provides students with a comprehensive overview of the role of addiction in the counseling field. Chemical addiction, as well as non-substance related addictions will be explored. Special emphasis will be placed on understanding and treating the dual diagnosis client. The course will survey a variety of approaches to treating addiction, including both abstinence and non-abstinence based models of treatment.

Credit: Three (3) semester hours graduate

Required Texts:


Additional Readings:


Web Resources:

http://www.nhn.nih.gov/medlineplus/dualdiagnosis.html

http://www.nami.org/Content/NavigationMenu/Inform_Yourself/About_Mental_Illness/By_Illness/Dual_Diagnosis_Substance_Abuse_and_Mental_Illness.htm


http://www.emedicinehealth.com/addiction/article_em.htm

http://www.medicalnewstoday.com/info/addiction/

http://www.samhsa.gov/

http://archives.drugabuse.gov/ADAC/ADAC4.html

http://alcohol.addictionblog.org/abstinence-vs-harm-reduction/

Recommended Texts:

Course goals and objectives:
Upon successful completion of this course, students will be able to:

- Define the standards for substance abuse and addiction, learning to distinguish between use, abuse, and addiction.
- Explore historical perspectives on treating clients struggling with addiction, and synthesize varying perspectives to create their personal approach to treating the addicted client.
- Learn to detect clients struggling with co-morbid issues of addiction and mental health issues, and develop treatment strategies for working with this population.
- Determine the psychological and physical impact of chemical abuse and addiction on the client, and identify most the most effective counseling strategies to utilize with this population.
- Explore addiction within the context of the social justice model and assess the broad repercussions of the disease of addiction.

**Course objectives:**

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<thead>
<tr>
<th>Course Objectives</th>
<th>CACREP</th>
<th>Eval</th>
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<tbody>
<tr>
<td><strong>KNOWLEDGE:</strong></td>
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<tr>
<td>Gain knowledge to recognize the potential for substance use disorders to mimic and coexist with a variety of medical and psychological disorders.</td>
<td>CMHC-A.6</td>
<td>1, 2, 4, 5</td>
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<tr>
<td>Knows the principles of addiction education, prevention, intervention, and consultation.</td>
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<td>1, 2, 3, 5</td>
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<tr>
<td>Gain knowledge of the etiology, the diagnostic process and nomenclature, treatment, referral, and prevention of mental and emotional disorders.</td>
<td>CMHC-C.2</td>
<td>1, 2, 5</td>
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<td>Recognizes the importance of family, social networks, and community systems in the treatment and recovery process.</td>
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<td>3, 4</td>
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<td>Gain knowledge of the disease concept and etiology of addiction and co-occurring disorders.</td>
<td>CMHC-C.4</td>
<td>1, 2</td>
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<td>Understands the principles and philosophies of addiction-related self-help programs.</td>
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<td>1, 4</td>
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<tr>
<td>Gain knowledge of the principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning.</td>
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<tr>
<td>Gain knowledge of the impact of co-occurring substance use disorders on medical and psychological disorders.</td>
<td>CMHC-K.3</td>
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<tr>
<td><strong>SKILL and PRACTICE:</strong></td>
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<tr>
<td>Individualizes helping strategies and treatment modalities to each client's stage of dependence change or recovery</td>
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<td>1, 2, 4</td>
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<td>Provides appropriate counseling strategies when working with clients with addiction and co-occurring disorders.</td>
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<td>2, 3, 5</td>
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<td>Demonstrates ability to provide counseling and education about addictive disorders to families and others who are affected by clients with addictions.</td>
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<td>1, 3</td>
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<tr>
<td>Demonstrates ability to provide referral to self-help and other support groups when appropriate.</td>
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<td>1, 2, 4, 5</td>
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<tr>
<td>Demonstrates ability to provide appropriate counseling strategies when working with clients with addiction and co-occurring disorders.</td>
<td>CMHC-D.8</td>
<td>2, 4</td>
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<td>Demonstrates the ability to recognize his or her own limitations as an addiction counselor and to seek supervision or refer clients when appropriate.</td>
<td>CMHC-D.9</td>
<td>1, 2, 4</td>
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</table>
Course Requirements and Grading Criteria:

Evaluation methods: The Instructor will use the following criteria to evaluate each student's progress in meeting course objectives.

- Examinations
- Class Participation/written weekly assignments
- Survey of Harm Reduction and Abstinence Based Models
- Development of protocol for therapy with client/family (include diagnosis, treatment, outside resources such as AA, etc.)

Grading Scale: Grades will be assigned on the following percentages:

- 90%-100% A
- 80%-89% B
- 70%-79% C
- Below 70% F

Course Assignments. Assignments are to be turned in on the assigned due date. Late assignments will be accepted with the understanding that 5 points will be deducted for each day late, including the weekends.

- Assignment One (Support Group Experience) 100 points
  For the first assignment, you will attend two open meetings of AA, NA, ALANON, or any other support group, which meets to address issues of addiction. A one or two page reflection paper on your experience will be due on October 16. For information regarding open meetings, go to: http://etiaa.org/ This website has schedules, locations, etc. for all AA meetings in East Tennessee. For further information regarding meetings, call the central office in Knoxville, 865-974-9888.

- Assignment Two: (Compare Abstinence and Harm Reduction Models) 100 points
  For this assignment you will compare at least 3 programs to address addictions, you must integrate both abstinence based and harm reduction models. You will develop a brief summary of each, identified populations which each modality might be most effective. You will complete the assignment by identifying which modality you think you may integrate into your practice substantiated by research and personal experience.

- Assignment Three: (Book Review) 100 points
Prior to November 20, submit a review and evaluation of the text, Gerald G. May, MD, *Addiction and Grace: Love and Spirituality in the Healing of Addictions*. G. May was a psychiatrist who specialized in the treatment of chemical addiction. He presents a holistic approach to understanding, diagnosing, and treating various types of addictions. Your paper will include: (1) A bulleted list of the major points in each chapter; (2) what you consider his major strengths in each chapter; and (3) your response regarding how this information might be helpful in the treatment of addiction.

- **Class Participation, 100 points**
  In order to receive full class participation credit, you must demonstrate knowledge (through readings and weekly assignments, etc.) of how addictions impact a variety of clients with diverse backgrounds, as well as actively interacting with group activities.

- **Written Assignments, 500 points**
  Assignments will be given each week for the following week. These will be based upon materials (texts, recommended readings, websites) listed in this syllabus and will be calibrated to our progress in processing the information regarding the course learning objectives. These assignments will be due the following class period (either in-class or online).

- **Final Exam, 100 points**
  The final exam will encompass the details of all components of addiction explored throughout the course. There will be a special focus upon case studies (involving diagnosis, treatment planning, and extra-therapy session activities). It will include the submission of a notebook containing all of your information regarding course objectives for both knowledge and skills.

  *Your final grade will be based on this 1000 point possibility.*

**Course Policies**

**Code of Ethics:** The standards of ethical behavior established in the American Counseling Association (ACA) code of ethics will be adhered to by each student, within the context of the course. All participants in this course will be held accountable for knowing and following the Ethical Guidelines of ASCA and ACA.

**Attendance:** Attendance at all class meetings is necessary in a class of this nature. Active participation in all discussions and activities is expected and necessary for successful completion of the course. Preparation for class includes regular and timely submission of assigned material.
Late/Incomplete Assignments: All assignments are due within the time frame mentioned in the syllabus. Failure to complete these assignments within the period allotted will result in loss of credit. If you foresee an inability to complete an assignment within the given time, discuss this situation with the professor.

**Schedule of Course Topics**

August 21: Course organization, process, assignments, parameters of addiction

August 28: Discussion of website resources and DSM S

September 4-11: Nature and models of addiction

September 18-25: Theories of Counseling regarding addiction treatment

October 2-9: Assessment and diagnosis of addiction

October 16-23: Addiction and dual diagnosis in treatment planning

October 30-November 6: Treatment interventions for addictions

November 18-20: Self-Help and social groups in addiction treatment

December 4: Final examination

- Additional written reports/assignments will accompany these major topics

Suggestions for further readings and professional activities:

- Use materials and resources found in ACA and APA publications.
- Consider student membership in area (SMCA), state (TCA), and national (ACA), (AAMFT) professional counseling organizations representing your area of emphasis and attend meetings when possible.
- Participate in professional development activities for counselors.