CO 709 Counseling in Addictive Behaviors
Fall 2009
September 11-December 4, 2006
10:45am-12:15pm Wednesdays and Fridays
Instructor: Karen Mason, Ph.D.
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Office Hours
Monday 9am-12 pm
Friday 9:30am-10:30 am
Friday 12:30-2:30pm

“Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism.” Carl Jung

This course will cover prevention and intervention with addictions, both neurobiological and behavioral. This course will address etiology, assessment and models of treatment, with an emphasis on Stages of Change and Motivational Interviewing.

Course Objectives:
At the end of this course you should be able to:
- Conceptualize the problem of addictions from a variety of theoretical models
- Assess addictive behaviors
- Articulate the transtheoretical model and motivational enhancement interventions
- Report increased confidence in working with people with addictive behaviors.

Required Text:

Requirements
Students are expected to attend all classes and to participate actively. Students will discuss all absences with the instructor. Absences of more than 2 hours will result in additional assignments or a grade penalty depending on the number of absences. Students will complete all reading and other assignments. Discuss all late assignments with the instructor. One point will be deducted from all late assignments per day late (including the weekend) and will not be accepted more than 1 week late.

Assignments
Attend a 12-step group 10 points
Presentation 30 points
Assessment of substance use 25 points
Assessment of substance use 25 points
Reading/Websites 10 points
**12 Step Group Visit:** Attend a 12-step group and write up your experience using the form at the end of the syllabus. 12-step groups include: Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, Overeaters Anonymous, Pills Anonymous, Al-Anon, Alateen, etc.

**45-minute class presentation:** You will present a 45-minute teaching session to the class on any non-substance addiction. You may present by yourself or with classmate(s). The information you share should include not only a description of the addiction but suggested interventions as well. Be prepared to give each member of the class handout(s) at the time you make the presentation which includes resources. Choose from: gambling, shopping, shoplifting, sex, pornography, work, overeating, self-mutilation, relationships, internet, video gaming, vandalism, etc.

Grading Rubric for class presentation
- Clear definition of the addiction 5 points
- Extent of the addiction 5 points
- Negative outcomes of this addiction 5 points
- Suggested interventions 10 points
- Handout(s) with resources 5 points

**Two Substance use Assessments:** You will complete two comprehensive substance use assessments. Each assessment will include an interview, an *objective screening instrument* (e.g., CAGE) and *stage of change assessment*. You will need to make a diagnosis, determine stage of change and suggest treatment recommendation(s). Your two volunteers should not be family and should be adults. Include your written notes. Your single-spaced report should not be longer than 5 pages and should include the following:

Grading Rubric for Substance Use Assessment
- Consent form 1 point
- Demographics (age, gender, race/ethnicity) 1 point
- Family history of substance use/abuse/dependence 4 points
- Medical & mental health (history and current) 2 points
- History of substance use/abuse/dependence 5 points
- Current use/abuse/dependence + a *diagnosis* 5 points
- Objective screening assessment 1 point
- Stage of change (including instrument) 1 point
- Treatment recommendation(s) 5 points

**Required Reading:**
- All assigned websites below and one article
- 500 pages from the Additional Reading List
Course Outline with Assignments

Readings are due on the day listed. Assignments are due by 4pm on the day listed.

September 11 Review of syllabus; theoretical models of substance abuse

September 16 Theoretical models of substance addictions (cont’d)
   1. Visit the National Institute of Drug Abuse website and view the resources for Medical and Health Professionals at http://www.nida.nih.gov/medstaff.html

September 18 Assessment and Diagnosis
   1. Bring a copy of the DSM-IV-TR

September 23 Objective screening instruments and making recommendations
   2. Visit SAMHSA’s resources for providers to view Screening/Brief Intervention/Referral/and Treatment (SBIRT) which is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders, at http://sbirt.samhsa.gov/

September 25 Stages of Change
   1. Read Miller and Rollnick chapters 1-8
   3. Watch http://www.glumbert.com/media/stopit or “Stop It” on UTube

September 30 Motivational Interviewing
   1. Read Miller and Rollnick chapters 9-17

October 2 Motivational Interviewing (cont’d)
   1. Read Miller and Rollnick chapters 18-25
   2. Turn in Substance Use Assessment #1

October 7 Overview of Treatments
   1. Go to SAMHSA’s resources for individuals seeking treatment http://www.samhsa.gov/treatment/treatment_public_i.aspx
   2. Visit the Substance Abuse Mental Health Services Administration website and view the Treatment Intervention Protocols at http://www.kap.samhsa.gov/products/manuals/tips/

October 10 Overview of Treatments (cont’d)
1. Visit the National Registry of Evidence-Based Programs and Practices at http://www.nrepp.samhsa.gov/help-start.htm


October 12-16 1st Reading Week

October 21 Treatment of Nicotine
   1. Visit the Quitline at http://www.quitline.com/
   2. **Turn in 12-step group visit**

October 23 Treatment of Alcohol
   1. Visit the Quitline at http://www.quitline.com/
   2. View the AA website at http://www.alcoholics-anonymous.org/?Media=PlayFlash
   3. View the Big Book online at http://www.aa.org/bigbookonline/
   4. View the websites for AlAnon and Al Ateen at http://www.al-anon.alateen.org/

October 28 Detoxification and family involvement

October 30 Opioid addiction and treatment

November 4 Treatment of other substances

November 6 World’s Most Dangerous Drug (National Geographic, 2006)
   1. **Turn in Substance Use Assessment #2**

November 9-13 2nd Reading Week

November 18 Presentations
   1. **Present on a non-substance addiction**
   2. View the website for Overeaters Anonymous at https://www.oa.org/
   3. View the website for Co-dependents Anonymous at http://www.codependents.org/

November 20 Presentations
   4. **Present on a non-substance addiction**

November 25 Presentations
   1. **Present on a non-substance addiction**
   2. View the website for Shopaholics Anonymous at www.shopaholicsanonymous.org
3. View the website for Workaholics Anonymous at http://www.workaholics-anonymous.org/

November 27 No class: Thanksgiving

December 2 Prevention

December 4 Special populations

December 22 4pm
Last day to submit written assignments or apply to Registrar (not to instructor) for extension if needed. Let the instructor know if you are applying for an extension.

1. **Turn in the Reading Statement**
12-step Group Visit

Student:
Box #:
Group attended:
Location:
Date and Time:

1. How did the group spend its time?

2. How closely did the group follow the Big Book’s format?

3. How many were in attendance and how many spoke/shared?

4. Describe the level of coercion to speak or participate in some way.

5. Would you recommend attendance at this group? Why or why not?
Reading/Website Statement for CO 709 Counseling in Addictive Behaviors

NAME: _____________________________  Box #: _____________

I have done all the required reading and visited all required websites.

- Miller & Rollnick—428 pages
- From the Additional Reading List—500 pages
- Multiple websites

______________________   ____________________________
Signature         Date

I have completed _______ % of the required reading and website visits.

______________________   ____________________________
Signature         Date