CO 709 Counseling in Addictive Behaviors
January 21-25, 2013 9am-4pm
Instructor: Karen Mason, Ph.D.
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Office Hours: lunch or after class

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

Course Description
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.

Instructional Methods:
Instructional methods will include lecture, guided discussion, small group discussion, case discussion, video, guest lecture, demonstration, and student presentation.

Required Texts:

Suggested Resource:

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
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
Legal, medical & mental health (history and current) 2 points
History of substance use/abuse/dependence 5 points
Current use/abuse/dependence 4 points
Objective screening assessment 1 point
Stage of change (including instrument) 1 point
Diagnostic Impressions 1 point
Treatment recommendation(s) 5 points
Omit specific scores. Interpret what the scores mean.

Required Reading:
• Project Match Research (1998). Matching patients with alcohol disorders to treatments: Clinical implications from Project MATCH. *Journal of Mental Health, 7*(6)
• 500 pages from the Additional Reading List
• All assigned websites below

**Course Outline with Assignments**

- Bring a copy of the DSM-IV-TR
- 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
- (Optional) Visit www.brainvoyager.com for additional information on the brain.

January 22 Objective screening instruments and making recommendations. Stages of Change.
- Read Miller and Rollnick
- Read Prochaska, Norcross, & DiClemente
- 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/
- Watch http://www.glumbert.com/media/stopit or “Stop It” on YouTube

January 23 Motivational Interviewing.

- Go to SAMHSA’s resources for individuals seeking treatment http://www.samhsa.gov/treatment/treatment_public_i.aspx
- Visit the Substance Abuse Mental Health Services Administration website and view the Treatment Intervention Protocols at http://www.kap.samhsa.gov/products/manuals/tips/
- Visit the Drinker’s Checkup website at http://www.drinkerscheckup.com/
- Visit the National Registry of Evidence-Based Programs and Practices at http://www.nrepp.samhsa.gov/help-start.htm
- Visit the Quitline at http://www.quitline.com/
- View the website for Overeaters Anonymous at https://www.oa.org/
- View the website for Co-dependents Anonymous at http://www.codependents.org/
- View the National Coalition against Legalized Gambling at http://www.ncalg.org/ and Gamblers Anonymous at http://www.gamblersanonymous.org/
- View the website for Shoplifters Anonymous at http://www.shopliftersanonymous.com/
- View the website for Shopaholics Anonymous at www.shopaholicsanonymous.org
- View the website for Workaholics Anonymous at http://www.workaholics-anonymous.org/

January 25 Student presentations on a non-substance addiction. Prevention and Special populations.

- View the website for Overeaters Anonymous at https://www.oa.org/
- View the website for Co-dependents Anonymous at http://www.codependents.org/
- View the National Coalition against Legalized Gambling at http://www.ncalg.org/ and Gamblers Anonymous at http://www.gamblersanonymous.org/
- View the website for Shoplifters Anonymous at http://www.shopliftersanonymous.com/
- View the website for Shopaholics Anonymous at www.shopaholicsanonymous.org
- View the website for Workaholics Anonymous at http://www.workaholics-anonymous.org/

February 25 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. Turn in:

- Reading Statement
- 12-step Group Visit
- 2 Substance Abuse assessments
12-step Group Visit

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

How did the group spend its time?

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

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

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

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—482 pages
- Prochaska, Norcross, & DiClemente--304 pages
- From the Additional Reading List—500 pages
- Project Match Research (1998). Matching patients with alcohol disorders to treatments: Clinical implications from Project MATCH. *Journal of Mental Health, 7*(6)
- Multiple websites

______________________   ____________________________
Signature         Date

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

______________________   ____________________________
Signature         Date