Syllabus 1Psy590 (3 Semester Hours)
Addiction and Abuse
Reformed Theological Seminary
Spring 2015

Instructor:
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Office Hours: By Appointment

Course Description:
This three hour course is designed to provide the theory and practical information specific to the substance abuse
counseling field which must be integrated with other knowledge of counseling clients. Further, a framework for
providing assessment and treatment for survivors of varied forms of abuse is presented in a co-occurring diagnosis
model and primary diagnosis model. Through lectures, class discussions, examination of developed case studies, class
room experiential processes, assigned reading and written interpretation, and post-lecture review test, students will be
taken through the process of working with alcohol, tobacco, and other drug (ATOD) clients and survivors of abuse, from
client recognition of need for treatment to relapse management planning.

Objectives:
Upon Successful Completion of the course, the student should:

CO1 Understand information specific to the substance abuse field and demonstrate through
discussions and writing ability to integrate with other knowledge of counseling clients.
CO2 Understand different substances that can be abused and the effects these drugs have on the central
nervous system and brain.
CO3 Understand theories related to etiology of substance abuse, factors that perpetuate the abuse, and
CO4 Identify the assessment instruments and techniques used to diagnosis substance misuse, abuse, or
dependence.
CO5 Identify the assessment instruments and techniques used to diagnosis abuse related disorders to include
Post-Traumatic Stress Disorder and Personality Disorders.
CO6 Understand the trauma process, common responses to trauma and stages of recovery from trauma.
CO7 Understand factors/criteria that determine appropriate level of care and demonstrate ability to develop a
treatment plan to include appropriate treatment modalities for both substance related disorders or
trauma/abuse related disorders.
CO8 Understand addiction as a bio-psycho-social disease that requires a spiritual program of recovery for
remission.
CO9 Understand the Twelve Step Approach to Recovery and the theological roots for each step.
CO10 Understand behavioral, psychological, and emotional indicators of relapse and the important component
of relapse prevention with substance disorders and trauma related self-harming behaviors.
CO11 Understand diverse cultures, social, familiar as well as personal characteristics that impact treatment
outcomes.
CO12 Understand ethical codes and legal statutes when working in substance abuse counseling that guide
practice in our litigious society.
Texts Books:


Requirement:

1) Demonstrate a high level of motivation to learn and apply new found knowledge by:
   a) Participating in lecture discussions, meditations, critical thinking exercises and experiential exercises
   b) Reviewing notes between class as evidenced by success on post-lecture review test

2) A1 Demonstrate proficient knowledge and comprehension of material presented in class by achieving a minimum of 90% on weekly post lecture review test.
   **Total: 25% of Grade**

3) A2 Complete weekly in class “Step Ten Daily Inventory” and demonstrate by verbal disclosure evidence of self-awareness and increased sensitivity to need for daily self-evaluation as a fundamental ATOD recovery tool.

4) A3 Complete three written small group assignments for text: Counseling Survivors of Sexual Abuse.
   **Total: 25% of Grade**

5) A4 A comprehensive final exam will be given to include application of treatment concepts to a case study and weekly post-lecture review test material.
   **Total: 50% of Grade**
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<tr>
<th>Date</th>
<th>Lecture</th>
<th>Assignments</th>
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<tr>
<td>1/30/15</td>
<td>L1 Introduction to Substance Abuse Counseling</td>
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<td>- Origin &amp; history of Mood-Altering Drugs</td>
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<td>- Major Psychoactive Substances and the Brain</td>
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<td>Step Ten Daily Inventory</td>
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<td>The Serenity Prayer</td>
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<td>2/13/15</td>
<td>L2 Etiological Theories of Substance Abuse and Trauma</td>
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<td>- Addiction as a Brain Disease</td>
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<td>- Addiction: “A Hopeless Illness”</td>
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<td>Change Process</td>
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<td>2/27/15</td>
<td>L3 Assessment and Diagnosis of Addictive Disorders</td>
<td>Counseling Survivors of Sexual Abuse pg.27-102 Assignment Due</td>
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<td>- Substance Abuse</td>
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<td>- Substance Dependency</td>
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<td>- Co-Occurring Disorders</td>
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<td>Progressive Symptoms of Addiction/Jellinek Phases</td>
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<td>Post-Acute Withdrawal (PAW)</td>
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<td>3/6/15</td>
<td>L4 Assessment and Diagnosis of Post-Traumatic Stress Disorder</td>
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<td>- Disorder, Personality Disorders, Eating Disorder</td>
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<td>Forms of Abuse</td>
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<td>- Spiral of Trauma</td>
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<td>- Stages of Recovery from Trauma</td>
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<td>- Internal Family Systems/EMDR</td>
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<td>3/20/15</td>
<td>L5 Bio-Psychosocial Disease Treatment Model</td>
<td>Counseling Survivors of Sexual Abuse pg.105-211 Assignment</td>
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<td>The Great Obsession/Ego/Denial</td>
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<td>3/27/15</td>
<td>L6 Necessity of Bottom</td>
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<td>Character Defects</td>
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<td>Character Defect to Principle</td>
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<td>Honesty/Story</td>
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<td>4/3/15</td>
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<td>4/10/15</td>
<td>L7 Recovery: Arch to Freedom</td>
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<td>Alcoholic Anonymous Program</td>
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<td>The Twelve Steps and The Big Book</td>
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<td>4/17/15</td>
<td>L8 Twelve Steps: Points to Remember</td>
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<td>Prayers of The Twelve Steps</td>
<td>(Co-Facilitator)</td>
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<td>Twelve Steps Experiential Exercises</td>
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<td>4/24/15</td>
<td>L9 Addiction as a Family Disease</td>
<td>Counseling Survivors of Sexual Abuse pg.215-286 Assignment Due</td>
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<td>- Co-Dependence</td>
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<td>a) Adult Children of Alcoholics</td>
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<td>- Behavioral Couples Contract</td>
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<td>L10 Relapse Syndrome</td>
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<td>L11 Legal and Ethical Consideration</td>
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