

# PSY592 Addictions and Substance Abuse Reformed Theological Seminary

Winter 2019  
3 Credit Hours



## Instructor

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**Class meeting time:**  
January 7 – 11, 2019  
8:00 a.m. – 5:00 p.m.  
**Office Hours**  
Available Upon Request

## Course Description

This course provides an introduction to basic concepts and methodologies of addiction and addiction treatment. Students will be taught current treatment protocols based on the latest understanding and research. This course is designed to help students be more effective in treating and referring their future addicted clients. The course will focus on understanding theories of addiction and addiction treatment as well as developing an integrated, compassionate approach to the addict and recovery that includes biological, psychological, and spiritual categories. Students will expand their understanding through reading about addiction and recovery, participating in groups both in class and outside of class, and writing papers to help build a working framework for addiction and its treatment.

## Course Objectives (Knowledge and Skill Outcomes)

Students will demonstrate comprehension of the following (applicable CACREP standard in parenthesis):

### FOUNDATIONS OF ADDICTIONS

- CO1. History and development of addiction counseling, including a foundation for understanding addiction and recovery while uncovering personal assumptions and biases in treatment. (5.A.1.A)
- CO2. Theories, models, and etiology of addiction related to substance use as well as behavioral and process addictions. (5.A.1.B; 5.A.2.N, 5.C.1.D)
- CO3. Principles and philosophies of addiction related to self-help, including the limitations of this model. (5.A.1.C)
- CO4. Principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning. (5.A.1.D)
- CO5. Neurological, behavioral, psychological, physical, and social effects of psychoactive substances and addictive disorders on the user and significant others. (5.A.1.E)
- CO6. Psychological tests and assessments specific to addiction counseling. (5.A.1.F)

CO7. Approaches for conceptualizing the connection of individual work to God's work.

### **CONTEXTUAL DIMENSIONS OF ADDICTION TREATMENT**

CO8. Integration of Biblical passages with theories, models, and etiology of addiction and recovery.

CO9 Roles and settings of addiction counselors. (5.A.2.A)

CO10. Potential for addictive and substance use disorders to mimic and/or co-occur with a variety of medical and psychological disorders. (5.A.2.B)

CO11. Factors that increase the likelihood for a person, community, or group to be at risk for or resilient to psychoactive substance use disorders as well as behavioral and process addictions. (5.A.2.C)

CO12. Importance of vocation, family, social networks, and community systems in the addiction treatment and recovery process. (5.A.2.E)

CO13. Role of wellness and spirituality in the addiction recovery process. (5.A.2.F)

CO14. Culturally and developmentally relevant education programs that raise awareness and support addiction and substance abuse prevention and the recovery process. (5.A.2.G)

CO15. Classifications, indications, and contraindications of commonly prescribed psychopharmacological medications for appropriate medical referral and consultation. (5.A.2.H)

CO16. Diagnostic process, including differential diagnosis addressing the potential for substance use disorders to mimic and/or co-occur with a variety of neurological, and the use of current diagnostic classification systems, including the Diagnostic and Statistical Manual of Mental Disorders (DSM) and the International Classification of Diseases (ICD). (5.A.2.I, 5.C.2.e)

CO17. Cultural factors relevant to addiction and addictive behavior. (5.A.2.J)

CO18. Legal and ethical considerations specific to addiction counseling. (5.A.2.L)

### **Methods of Instruction**

This course will be taught in the following format:

*Instructional:* Classes will be in seminar format and will include lectures, readings, film, and class discussion.

*Experiential:* Students will be required to participate in a recovery group outside of the classroom and share their experience with the class sometime during the week.

*Individual:* Readings have been tailored to help students assimilate information into current understanding, as well as to begin to practically apply that understanding into work with current and future clients.

*Group:* Several tasks of learning will be done in group settings, both large and small. This will be a time to utilize the experience, understanding and curiosity of peers in order to further knowledge.

### **Assignments (Student Performance Evaluation Criteria)**

#### **A.1. Experiential Tasks: (10%)**

Students will participate in one 12-step meeting during the week of the class. Do not attend this meeting before discussion of the parameters in class. Students will share their response to attending the meeting sometime during the week of the class.

**DUE DATE:** During the week of class.

#### **A.2 Assigned Readings: (30%)**

### **Book Assignments:**

*Chapter Summaries:* With each of the two required texts (see below), students will write a one-paragraph reflection of each chapter which includes what is learned, as well as one application that could be made to student's own life and/or to current and future work with clients.

*Book Essays:* After reading each book (2 required, 1 student chosen from list below), students will write a one-page essay on the following:

1. How this book has impacted understanding of addiction.
2. How this book has impacted understanding of treating addiction.
3. Areas in which student needs to further understanding of addiction.
4. How this books fits or differs from student's personal theology.
5. Any personal applications to student's life or practice as a counselor.

The goal in this assignment is to digest and assimilate the information from each article/book into current understanding of addiction and addiction treatment, so that student will have a broad working knowledge to better serve clients.

**DUE DATE: January 7, 2019**

### **Article:**

*ACE Study Journal Article: Health Risk Behaviors* (choose any one article under the 'health risk behaviors' tab and read/review the entire article) Find the list of these articles here under the Health Risk Behaviors tab:

<https://www.cdc.gov/violenceprevention/acestudy/journal.html>

Once you choose an article, follow the links to find the full text.

### **Books:**

Maté, Gabor, M.D. – *In the Realm of Hungry Ghosts: Close Encounters With Addiction*, ISBN: 155643880X.

Marc Lewis, Ph.D., *The Biology of Desire: Why Addiction is Not A Disease*, ISBN: 1610394372.

### **Choose one of the following:**

***Addiction and Grace***, Gerald May, ISBN: 0060655372

This book is written by a medical doctor who discovered, while treating drug addicts, that the obsession and compulsion of those addictions is something that we all experience in more subtle ways. The highlights of this book are a biological and emotional understanding of the attachment of addiction as well as what is required for healing.

***The Last Addiction: Why Self-Help is Not Enough***, Sharon Hersh, M.A., LPC. ISBN: 00877882037 Much of the material in this book will be included in class lectures. This book looks at all of the possibilities we can turn into idols of our hearts, and focuses on a spiritual solution that includes acknowledging the last addiction - that idea that we can save ourselves with the selves that led us to addiction in the first place.

***Drinking: A Love Story***, Caroline Knapp, ISBN: 0385315546

This is an eloquently written book about one woman's struggle with alcoholism and relational addictions.

***Broken***, William Cope Moyers, ISBN: 014311247

The son of television journalist, Bill Moyers, tells his agonizing story of addiction to alcohol and crack-cocaine. This page-turner tells the story of one man's fall from the top of the media world to the shame of hiding in a crack house.

***Recovery: Freedom From Our Addictions***, Russell Brand, ISBN: 1250141923

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery. Warning: This book contains excessive profanity. It is on this list because there is uniquely valuable content, especially for those unfamiliar with Christian values. Brand uses his sense of humor and experience to ultimately point to a spiritual solution.

***Holy Hunger***, Margaret Bullitt-Jonas, ISBN: 0375700870

This is a beautifully written book about eating addictions. The author tells the truth about the battle in the mind, that often destroys the body, with unflinching truth, and with an understanding of the importance of self-compassion as well as the care of a Power greater than ourselves.

***Beautiful Boy***, David Sheff, ISBN-13: 978-0-618-68335-2

This is another beautifully written book by the father of a drug addict. The author is honest about his co-dependency and his desperate search to help his son. He takes the reader on a rollercoaster ride of emotions in his personal journey to accept the power of addiction - that it is more powerful than human love.

***Pornland: How Porn Has Hijacked Our Sexuality***, Gail Dines, ISBN: 978-0807001547

The author describes radical objectification and often brutal denigration of human beings in porn, and brilliantly links it to how this leaks into other aspects of our lives. Dines' argument rests on a compelling, close reading of the imagery and narrative content of magazines, videos, and marketing materials.

***Stop Sex Addiction: Real Hope, True Freedom: For Sex Addicts and Partners***, Milton Magness, ISBN: 1937612238.

This book confronts sexual addictions, the consequences of sexual addiction as well as Biblical foundations for treatment of both the addict and family members.

***Cyberjunkie: Escaping the Gaming and Internet Trap***, Kevin Roberts, ISBN: 1592859481.

In Roberts' sober personal account of addiction, he reveals a modern society completely inundated with electronics. He contends that we are embroiled in stimuli from texting, chatting, social networking, casual gaming, and massive multi-user role playing games that allow us to trade real life for highly stimulating virtual realities. The book describes some of the realities of cyber addiction and possibilities for recovery.

***Chasing the Scream: The First and Last Days of the War on Drugs***, Johann Hari, ISBN: 1620408902

This book tells many stories about a variety of addictions that have impacted people across the world who have been affected by drug addiction. (This is the only resources I have on addiction in other countries, as well as in the U.S.). These stories lay bare what we have really been chasing in our century of drug war – in

our hunger for drugs and in our attempt to destroy them. This book also begins the discussion of what really causes addiction.

***Between Breaths: A Memoir of Panic and Addiction***, Elizabeth Vargas, ISBN: 9781455559633

This book tells the story of ABC news anchor Elizabeth Vargas' lifelong battle with alcoholism. She describes her descent into alcohol dependence and deception, and gives important details about the impact of anxiety on addiction and the impact of addiction on biology.

### **A.3. Recommended Book Assignment and Presentation: (15%)**

From the list of recommended books, students will give a short 5-10 minute presentation/discussion in class on the book of their choice. Students will be able to sign up for presentation time at the beginning of the week.

**DUE DATE: January 9-11, 2019**

### **A.4. Reflection Paper (10%)**

The goal of this paper is to establish current thinking around addiction, in order that students might best challenge their thinking throughout this course. This is an opinion paper, meaning that students need not refer to outside resources, and that the grade is for completion, not accuracy. This should be no longer than 1-2 pages and may answer the following questions, as well as address any other categories that are important student's individual thinking about addiction:

In one to three sentences, define addiction based on your current understanding.

What do you believe are the major causes or factors that lead a person towards addiction?

What is the best method or model for treatment for an addict?

What is your theological understanding of addiction? Is drug use a sin, why or why not?

What could make a person vulnerable to addiction?

**DUE DATE: January 8, 2019**

### **A.5. Personal Thesis: (35%)**

Write an 8-10 page paper including personal understanding of addiction, its etymology, what sustains it, best avenues for treatment, personal limitations in treating it, and its spiritual components. The paper will cite at least five current sources and draw from personal experience, reading for class, and class discussions. It will include consideration of biological, psychological, relational, and spiritual categories.

**DUE DATE: 2/01/19**

### **Required Course Materials (Texts, Readings, Videos, etc.):**

M1. Mate, Gabor (2010). *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. North Atlantic Books, ISBN: 155643880X.

M2. Lewis, Marc (2016). *The Biology of Desire*, Public Affairs Press, ISBN: 978-1610397124.

M3. Adverse Childhood Experiences Journal Articles: Health Risk Behaviors.

<https://www.cdc.gov/violenceprevention/acestudy/journal.html>.

## Course Process and Schedule

Lecture ID	Date	Topic	Group Work	Assignments Due	CACREP 2016 Standards
L1	Day 1 a.m.	Introduction: Syllabus Foundation for Understanding Addictions & Recovery (using alcoholism as a context) Integration of Biblical	Class Discussion	Reading of Required Texts and Written Book Assignment Due (A2)	5.A.1.A,C,F 5.A.2.F,G,I,J 5.2.1.N
L2	Day 1 p.m.	Models of Addiction Treatment and Best Practices	Class Discussion		5.A.1.B,C,F 5.A.2.G,H,I
L3	Day 2 a.m.	Biology of Addiction The Addicted Brain Considerations for Treatment		Be prepared to process 12-Step Meeting (A1)	5.A.1.D,E,F 5.A.2.B,C,F,H,I,J,L 5.C.1.d 5.C.2.e
L4	Day 2 p.m.	Men, Women, Adolescents, the Family Etiology Addictive Behaviors Considerations for Treatment	Process ACE Questionnaire, Reflection Paper	Reflection Paper (Assignment A4)	5.A.1.B,D,E,F 5.A.2.E,F,I,J
L5	Day 3 a.m.	Sexual Addiction Etiology Addictive Behaviors Considerations for Treatment	12-Step Meeting, Recommended Reading	Be prepared to lead class discussion re: recommended reading. (A3)	5.A.1.B,D,E,F 5.A.2.C,F,I,J
L6	Day 3 p.m.	Eating Addictions Etiology Addictive Behaviors Considerations for Treatment	12-Step Meeting, Recommended Reading		5.A.1.B,D,E,F 5.A.2.C,F,I,J
L7	Day 4 a.m.	Drug Addictions Etiology Addictive Behaviors Considerations for Treatment	12-Step Meeting, Recommended Reading		5.A.1.B,D,E,F 5.A.2.C,F,I,J
L8	Day 4 p.m.	Technology Addictions Etiology Addictive Behaviors Considerations for Treatment	Mindfulness Activity		5.A.1.B,D,E,F 5.A.2.C,F,I,J

L9	Day 5 a.m.	The Practice of Treating Addiction The Addiction Counselor			5.A.2.A,G,L
L10	Day 5 p.m.	Conclusion			5.A.2.A,G,L
				After Class: Personal Thesis DUE: 2/01/2019	

## Policies and Important Information

All written work must conform to American Psychological Association (APA) style. If a student does not have a copy of the APA manual, one should be purchased, or students may use one of the many APA style websites available online (e.g. <https://owl.english.purdue.edu/owl/resource/560/01/>). Assessment will include how well students represent their thoughts on paper, craftsmanship in writing, and organization of all written work.

**Disability Accommodation Policy.** If you require a special adaptation or accommodation to participate fully in this course, please contact the instructor as soon as possible to discuss your request. You must provide a letter from the Dean of Students that verifies your disabled status. Last minute special requests will be subject to the same late assignment policy as other students.

**Access to Research Database.** RTS provides MAC students with access to the Ebscohost Psychology & Behavioral Science Collection of full text journal articles. You can access this collection from computers in the library, or from your home computer by following the link below and logging in with a username and password to be provided in class.

<http://search.ebscohost.com/>

**Submission of work.** (Site-specific instructions)

**Late work.** All assignments are due as scheduled regardless of attendance, unless prior arrangements are made with the instructor. Assignments turned in late will be deducted 1/3 letter grade for each late day.

**Anonymity.** All written assignments and exams should be identified by the last six digits of your Self-Service id number and NOT by your name. Anonymity permits more objectivity in grading.

**Return of work.** All work returned to students will be available in the MAC Office. Any work not collected by the first full week of the next semester or term will be shredded.

### Grading Scale:

A (97-100)  
A- (94-96)  
B+ (91-93)  
B (88-90)

B- (86-87)  
C+ (83-85)  
C (80-82)  
C- (78-79)

D+ (75-77)  
D (72-74)  
D- (70-71)  
F (Below 70)

### Attendance Policy:

Due to the nature of this class as a one-week modular format, regular attendance is expected and required. Excessive absences (more than ½ a class meeting) will result in the loss of points equal to one letter grade per absence. If serious illness or an emergency prevents a student from attending any class, please notify the instructor before the class begins. It is the responsibility of the student to obtain any materials handed out or presented during the missed class from a classmate.

### Class Participation:

Students are expected to participate in all components of the class and will be evaluated on the quality and quantity of discussion. Each student is expected to read all of the assigned materials in advance for each class and have prepared written comments and questions for class discussion. Contributions should reflect knowledge of the reading assignments or other sources.

### Student Learning Outcome Table

The table below shows how the objectives of this course will be met, and how they relate to CACREP Standards. Details about specific course objectives, assignments, and evaluation methods can be found in later sections of this syllabus.

CACREP Standard(s)	Course Objective	Material	Lecture	Assignment / Evaluation
5.A.1.A	CO1: History, development, foundations of Addiction Counseling.	M1 (Chapters 1-16) M2 (Chapter 1)	L1	A.2 Book Assignments; A.4 Reflection Paper; A.5 Personal Thesis
5.A.1.B 5.B.2.N 5.C.1.d	CO2: Theories, Models, Etiology of Addiction	M1 (Chapter 2 17-22) M2 (Chapters 2-3)	L2,4,5,6,7,8	A.1 12-Step Meeting; A.2 Book Assignments; A.3 Recommended Reading/Discussion A.4 Reflection Paper; A.5 Personal Thesis
5.A.1.C	CO3: Self-help and its limitations	M1 (Chapters 17-22) M2 (Chapter 7)	L1,2	A.1 12-Step Meeting; A.2 Book Assignments; A.4 Reflection Paper; A.5 Personal Thesis
5.A.1.D	CO4: Biopsychosocial concepts and treatment	M1 (Chapter 17-34) M2 (Chapter 8)	L3,4,5,6,7,8	A.2 Book Assignments; A.5 Personal Thesis
5.A.1.E	CO5: Neurological, behavioral, psychological, physical, and social effects of addiction	M1 (Chapter 11-28) M2 (Chapter 2-18) M3 (ACE Journal Article)	L3,4,5,6,7,8	A.1 12-Step Meeting; A.2 Book Assignments; A.3 Recommended Reading/Discussion; A.5 Personal Thesis
5.A.1.F	CO6: Psychological Tests & Assessments	M1 (Appendices I, II, III, IV) M2 (Chapters 1,8) M3 (ACE Journal Article)	L1-8	A.2 Book Assignments; A.5 Personal Thesis

<b>CACREP Standard(s)</b>	<b>Course Objective</b>	<b>Material</b>	<b>Lecture</b>	<b>Assignment / Evaluation</b>
		Article)		
	CO7: God's Work	M1 (Chapters 9,10,21-23) Recommended Reading	L1,2,9,10	A.1 12-Step Group; A.2 Book Assignments; A.3 Recommended Reading/Discussion; A.4 Reflection Paper; A.5 Personal Thesis
	CO8: Biblical Passages	Recommended Reading	L1, 9, 10	A.3 Recommended Reading/Discussion; A.4 Reflection Paper; A.5 Personal Thesis
5.A.2.A	CO9: Roles & Settings For Counselor	M1 (Chapters 9,10,21-34)	L9,10	A.2 Book Assignments; A.4 Reflection Paper; A.5 Personal Thesis
5.A.2.B	CO10: Co-occurring disorders	M1 (Appendice II) M3 (ACE Journal Article)	L3	A.2 Book Assignments
5.A.2.C	CO11: Factors for resilience	M1 (Chapters 29-34) M2 (Chapters 2-9) M3 (ACE Journal Article)	L3-8	A.1 12-Step Meeting; A.2 Book Assignments; A.3 Recommended Reading/Discussion
5.A.2.E	CO12: Importance of family & community support	M1 (Chapters 23-34) M2 (Chapters 8,9)	L4	A.1 12-Step Meeting
5.A.2.F	CO13: Role of wellness & spirituality	M1 (Chapters 29-34) M2 (Chapters 8.9)	L1-8	A.1 12-Step Meeting; A.2 Book Assignments; A.3 Recommended Reading/Discussion A.4 Reflection Paper; A.5 Personal Thesis
5.A.2.G	CO14: Cultural & educational awareness	M1 (Chapters 23-34) M3 (ACE Journal Article) Recommended Reading	L1,2,9,10	A.2 Book Assignments; A.3 Recommended Reading/Discussion
5.A.2.H	CO15: Pharmacological Medications	M2 (Chapter 2)	L3	A.2 Book Assignments
5.A.2.I 5.C.2.e	CO16: Diagnosis	M1 (Chapter 1) M2 (Chapter 1)	L1-8	A.2 Book Assignments; A.5 Personal Thesis
5.A.2.J	CO17: Cultural Factors	M1 (Chapters 11-16; 23-34) M2 (Chapter 8)	L1,3-8	A.1 12-Step Meeting; A.2 Book Assignments; A.3 Recommended Reading/Discussion; A.4 Reflection Paper;

<b>CACREP Standard(s)</b>	<b>Course Objective</b>	<b>Material</b>	<b>Lecture</b>	<b>Assignment / Evaluation</b>
				A.5 Personal Thesis
5.A.2.L	CO18: Legal/Ethical considerations	M1 (Chapters 9,10,23-28)	L3,9,10	A.2 Book Assignments; A.5 Personal Thesis