

SYLLABUS

General Outline:

This course will examine the addictive process, specifically as it pertains to alcohol and drug abuse, some discussion on the other addictions currently of interest such as sex addiction, internet addiction and gambling addiction will be part of the package. We will also explore the phenomenon of Adult Children of Dysfunctional Families and the issue of Codependency.

Specific Purpose:

To discuss in detail Addictions, specifically Alcohol Abuse and Alcoholism, Adult Children Of Addicts and Codependency issues and their implications for treatment and prevention, including an historical and etiological view of the pathology of addiction, with a special interest in Di Clemente's Transtheoretical Approach to etiology of addictive behaviors(see assignment #1)

To provide an opportunity for students to assess their own potential for addiction and codependent behaviors and discuss the implications of the biblical mandate to serve, to love one another, to die to self and to be more other centered than self centered. In other words, students will address the question; how does a counsellor maintain a healthy biblical balance between care-giving and caretaking (see assignment # 2)

To provide an opportunity for students to research and write on an area of interest. Students will be required to visit treatment sites off campus and report back on their experience and observations of effectiveness of treatment. Students will be asked to interview addiction specialists with the goal of obtaining information on counselling techniques, skills and strategies that these specialists use to help their clients (see assignment #3). Students will be required to visit a 12-step support group as well and report on the experience (see assignment #4).

Texts:

Required:

1. *Addiction is a choice* Schaler, 2000.
2. *Foundations of Addictions Counselling*, Capuzzi and Stauffer, 2008
3. *Truthful Living: What Christianity Really Teaches about Recovery*, Luter and McReynolds, 1994.
4. *Addiction and Change: How Addictions Develop and Addicted People Recover*, DiClemente, 2003.
5. *In the Realm of Hungry Ghosts*. Mate, 2008

Assignments Due Dates and Grading:

1. **Read *Foundations of Addiction Counselling* and write a 10-12 page 2-part paper.** Part A. to include your reflective response to include personal opinions as well as a professional critique of this work. 5 – 6 pages. In part B, Write an additional short 5-6 page "chapter" that reflects your personal thoughts on how spirituality is involved in both the formation of an addiction and the recovery process. **25 points.**
2. **Compare and Contrast** Luter and McReynold's *Truthful Living* with Schaler's *Addiction is a Choice* in 6-10 pages. Include a paragraph or two of your own responses to each of these books. total of **20 points**
3. **Visit a local addiction treatment facility** for a minimum of 2 hours and interview a minimum of one treatment worker; preferably an addiction specialist or counsellor. Locations should be close to your usual habitat. Students will be responsible to make your own arrangements for these site visits. Some possible sites are, Salvation Army treatment Center, Union Gospel Mission, a local Detox, Addiction Foundation, Chemical Dependency Withdrawal units at a hospital, or other health care facility including Teen Challenge or similar programs. The report should include 1. Logistical and administrative details of the organization, 2. The mandate and mission statement of the organization. 3. Your interview questions and the respondents answer(s), 4. Your personal experience and observations during your visit. 5. Your logistical and administrative data for your visit,

i.e., the date and time, how you got there what “hoops” you had to jump through to get there and anything else that you think is important information for the rest of the class to know about. Reports will be distributed to all class members via e-mail. The idea here is to inform each other. This particular assignment is designed to allow the student to explore the field of addiction treatment in a practical way. It allows for some flexibility in choice of environment that fits with your area of interest. **35 points.**

4. **Support Group Attendance and Report.** 5 page report on your personal experience and reflections of attendance at a twelve step support group meeting. **10 points**
5. **In The Realm of Hungry Ghosts by Gabor Mate’.** Read and give your personal reflections(minimum 5 pages) on this text. Due June 15, 2010. We will use at least one class session to discuss this text. As this text addresses the Canadian context in the world of addictions.**10 points**

Summary of assignments due dates and grades:

- Assignment 1. Capuzzi and Di Clemente paper. Due June 15, 2010
- Assignment 2. **Compare and Contrast** “Choice” and “Truthful Living” paper Due June 15, 2010
- Assignment 3. **Treatment Facility Visit** complete and report submitted by June 30, 2010
- Assignment 4. **Reflections on support group visit** Due June 30, 2010
- Assignment 5 **Reading and Reflections on Ghosts text.** Due June 15, 2010

Grading

Excellent	A+	99-100	Note, late assignments will be penalized 5% per day. Missed classes could result in a grade reduction.
Very Good	B+	87-89	
Satisfactory	C+	77-79	
Adequate	C	73-76	
Marginal	D+	67-69	
Fail	F	0.0-<60	

NOTE: All assignments must be e-mailed to rod.buxton@prov.ca **Assignments will be graded and returned via e-mail. NO HARD COPIES Please.**

Texts are available from the **Providence Bookstore.**

Syllabus available on line, go to www.prov.ca and follow the links to Faculty.

Class schedule will be handed out in class.

A partial list of **texts consulted** for this Course:

Managing Addictions :Cognitive, Emotive, and Behavioral Techniques. F. Michler Bishop
Substance Abuse. Jerry L. Johnson and George Grant,Jr.
Treatment of Alcoholism and other Addictions: A Self Psychology Approach. Jerome D. Levin
Treating Substance Abuse: Theory and Technique. Edited by Frederick Rotgers, Daniel S. Keller and Jon Morgenstern
Dying For A Drink: A Pastor and a Physician Talk about Alcoholism. Alexander Dejong and Martin Doot. 1999

Suggestions for preparation:

- Start Reading before class begins.
- Start thinking about areas of interest for your on- site visit..
- Start making arrangements for your site visit and interview before you come to class if possible.

CP5108 Addiction and Codependency May 2010
Limited Selected Bibliography

The codependent Counsellor, Beebe, 1990.

False Intimacy, Shaumburg, 1997.

We Are Driven: The Compulsive Behaviors America Applauds Minirth, Meiers, and Hemfelt

Alcoholism and Pathological Gambling: Similarities and Differences, Arthur Herscovitch, 1999.

Pathological Gambling: The Making of a Medical Problem, Brian Castellani, 2000.

Assessment of Addictive Behaviors, Edited by Dennis M Donovan and G. Alan Marlatt, 1988.

Managing Addictions: Cognitive, Emotive, and Behavioral Techniques, F.Michler Bishop

Chemical Dependence: A Systems Approach, Second Edition, C. Aaron McNeece and Diana M. DiNitto` 1998.

Adult Children of Alcoholics, Janet Geringer Woititz, 1983

Treating Alcohol Problems: Marital and Family Interventions, Edited by Timothy J. O'Farrell, 1993.

Problem Drinkers: Guided Self-Change Treatment, Mark Sobell and Linda C. Sobell, 1993.

Taking Control: New Hope For Substance Abusers and Their Families, Frank Minirth, Paul Meier, Siegfried Fink, Walter Byrd, and Don Hawkins, 1988

The Alcoholic Family, Peter Steinglass, ET al, 1987

Love is a choice: Recovery for Codependent Relationships, Hemfelt, Minirth and Meiers, 1989.

Addiction and the Vulnerable Self: Modified Dynamic Group Therapy for Substance Abusers, Khantzian, Halliday and McAuliffe.1990

Understanding the Alcoholic's Mind: The Nature of Craving and How to Control it, Arnold M. Ludwig, M.D.1988.

Rx for Addiction: The Dramatic Story of a Doctor's Battle to Save His Practice---, His Marriage---His Life, W. Robert Gehring, M.D.

Heavy Drinking: The Myth of Alcoholism as a Disease, Herbert Fingarette, 1988.

Desires in Conflict: Answering the Struggle for Sexual Identity, Joe Dallas, 1991

The Treatment of Alcoholism, Edgar P. Nace, 1987

The Secret Sin: Healing the Wounds of Sexual Addiction, Mark R. Laaser, 1992

Rational-Emotive Therapy with Alcoholics and Substance Abusers, Albert Ellis ET al, 1988.

Out Of The Shadows: Understanding Sexual Addiction Second Edition Patrick Carnes, 1992.

The Adult Children of Alcoholics Syndrome: From Discovery to Recovery, Wayne Kritsberg, 1985

Forgiving Our Parents Forgiving Ourselves: Healing Adult Children of Dysfunctional Families, David Stoop and James Masteller, 1991.

Substance Abuse Counselling: Theory and Practice. Patricia Stevens and Robert L. Smith,2009.