

**PCC 850 – Substance Abuse and Addictions**

**Spring 2024**

**Th 2:30pm-5:30pm, In Person**

Rev. Eddie L. Journey, Ph.D., LMHC

*(syllabus subject to change at instructor’s discretion)*

**COURSE DESCRIPTION:**

This course explores the natures of chemical and process addictions through the lens of the bio-psycho-social-spiritual model. Significant attention will be given to the implications for client education, relapse prevention, treatment, and maintenance/recovery. Students will learn about the diagnostic criteria of substance use and addictive behavior, models of etiology, and evidence-based approaches to treatment. Finally, students will gain both theoretical and practical insight for the provision of individual, family/couple, and group addictions counseling.

**COURSE GOALS:**

1. To provide information on the origins of addictions and the histories of treatment.
2. To enhance the student’s knowledge and skills used in assessment, diagnosing, prevention, treatment, and recovery of addictions.

**COURSE OBJECTIVES:**

1. Students will gain knowledge and skills in theories and etiology of addictions and addictive behaviors.
2. Students will gain knowledge and skills in constructive adaptive theological frameworks leading to competency and compassion in the provision of pastoral care.
3. Students will gain knowledge and skills in recognizing ethical and legal issues related to addictions and substance abuse counseling, as well as multicultural perspectives and considerations.

**CACREP STANDARD COMPLIANCE:**

<b>Section I: Basics of SUDs and Addiction Treatment: Ethics, Etiology, Neuroscience, and Case Management</b>	
1. Introduction to Addiction Counseling	<b>CACREP 2016</b> 5A1.a, 5A1.c, 5A2.a, 5A2.k
2. An Overview of Etiological Models	<b>CACREP 2016</b> 5A1.b, 5A1.c, 5A2.c, 5A2.f, 5A2.i
3. Neuroscience and Addictions	<b>CACREP 2016</b> 5A1.e, 5A2.b
4. Substance Use Disorders and Case Management	<b>CACREP 2016</b> 5A2.a, 5A2.e, 5A.2.h, 5A 3.d
<b>Section II: Assessment and Counseling Approaches</b>	
5. Assessment/Diagnosis and Treatment Planning	<b>CACREP 2016</b> 5A1.d, 5A1.f, 5A2.c, 5A2.e, 5A2.i 5A3.a, 5A3.b, 5A3.c
6. Individual Counseling Techniques	<b>CACREP 2016</b> 5A3.d, 5A3.e, 5A3.f, 5A3.g
7. Group Counseling Techniques	<b>CACREP 2016</b>

	5A3.d, 5A3.e, 5A3.f, 5A3.g
8. Family Counseling Techniques	<b>CACREP 2016</b> 5A3.d, 5A3.e, 5A3.f
9. Motivational Interviewing	<b>CACREP 2016</b> 5A3.d, 5A3.e, 5A3.f, 5A3.g
10. Relapse Prevention	<b>CACREP 2016</b> 5A3.e, 5A3.f, 5A3.g
11. Treating Behavioral Addictions 13. Developmental Issues in Counseling	<b>CACREP 2016</b>  <b>CACREP 2016</b> 5A3.g
<b>Section III: Clinical Issues of Importance and Client Advocacy</b>	
12. Treating Co-Occurring Disorders	<b>CACREP 2016</b> 5A2.b, 5A2.h
14. Multicultural Considerations in Addiction Treatment	<b>CACREP 2016</b> 5A2.j, 5A2.g
15. Advocating for Addicted Populations	<b>CACREP 2016</b> 5A2.d

#### **REQUIRED TEXTS:**

*(Required Supplemental Readings may be made available via Moodle)*

Cavaiola, Alan A., Amanda L Giordano and Nedeljko Golubovic. 2021. *Addiction Counseling : A Practical Approach*. New York NY: Springer Publishing. ISBN: 978-0826135858, Available on Amazon, Purchase (\$90), Rent \$43, Kindle ebook (\$67)

Waters, Sonia E., and John Swinton. 2019. *Addiction and pastoral care*. [Second Edition] ISBN: 9780802875686, Available on Amazon, Print (\$25) & Kindle (\$14.18)

#### **Additional Sources of Skill/Knowledge/Awareness Development**

- Al-Anon: <http://www.al-anon.alateen.org/meetings/meeting.html>
- Alcoholics Anonymous: [http://www.alcoholics-anonymous.org/en\\_find\\_meeting.cfm?PageID=29](http://www.alcoholics-anonymous.org/en_find_meeting.cfm?PageID=29)
- Celebrate Recovery: <http://www.celebraterecovery.com/global.shtml>
- Codependents Anonymous: <http://www.codependents.org/meeting-search-english.php>
- Emotions Anonymous <http://allone.com/12/ea/>
- Gamblers Anonymous: <http://www.gamblersanonymous.org/mtgdirTOP.html>
- Nar-Anon: <http://nar-anon.org/naranongroups.htm>
- Narcotics Anonymous: <http://portaltools.na.org/portaltools/MeetingLoc/>
- Overeaters Anonymous: [http://www.oa.org/all\\_about\\_meetings.htm](http://www.oa.org/all_about_meetings.htm)
- Sexaholics Anonymous: <http://www.sa.org/top/United%20States%20of%20America/>
- SMART Recovery: [http://www.smartrecovery.org/meetings\\_db/view/](http://www.smartrecovery.org/meetings_db/view/)

Note: All meetings are "closed meetings" (for those that are addicted) unless "O" (open) is indicated. Only attend Open meetings unless you meet the necessary criteria.

## **COURSE ASSIGNMENTS:**

Quizzes: There will be at least 4 quizzes throughout the term where students will demonstrate mastery of course readings, lectures, and other materials. These quizzes may or may not be announced ahead of time and will be published to the course page on Moodle. All other mastery-related points will be demonstrated through class participation.

Personal Reflection Paper: In this 3–4-page paper, you will consider the ways in which substance abuse and addictions have informed your own life. Points of reflection should include:

- The effects, if any, of your own person use or use by family members, friends, or strangers
- Your feelings and thoughts about substance ab/use and how you came to hold them
- Your theological sources of understanding (*For example, as a Baptist we have a church covenant that states we commit “to abstain from the sale and use of destructive drugs and intoxicating drinks as a beverage.”*)
- Your feelings and thoughts about support groups like AA/NA/SA/AI-anon/Alateen

Abstinence Assignment: This exercise is designed to help students experience some of the feelings/thoughts that addicted individuals experience when they quit their drug or behavior of choice. This exercise requires that students give up a substance (e.g., nicotine, caffeine, or alcohol) or a behavior (e.g., eating sweets, playing video and computer games, watching television) for a period of 6 weeks. During this assignment, they will write a goodbye letter to their substance or behavior detailing why they are choosing to give up the substance or behavior and what the substance or behavior means to them, and they will keep an abstinence log of their experiences. This log will describe their feelings and reactions, especially focusing on times they “lapse” or experience cravings (minimum one page log of two entries per week). Finally, they will write a 4–5-page summary paper, which will serve as the conclusion to the 6-week exercise.

Addictions Group Presentation: Students will prepare a 15–20-minute presentation where they will present a session topic from the chart below. Students will provide an overview of the purpose and composition of the group, provide an agenda for the 1-hour gathering, explore a selected learning aid (handout, electronic presentation), and provide critical reflection on the theoretical and theological origins of their approach.

Final Paper: Students will identify a character from film<sup>1</sup>, television<sup>2</sup>, or literature<sup>3</sup> who is living with an addiction. Students will address how they would work with their client using the knowledge obtained from the course. Papers will address models of addiction, information on addictive substances, co-occurring disorders, a theoretical approach and treatment plan, theological implications, level of treatment, stage of change, and the counselor’s work with the client, the family, or group/12-step treatment modalities. (8-10 pages)

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<sup>1</sup> Examples: Flight, Rocketman, The United States vs. Billie Holiday, Ray, Hillbilly Elegy, Beautiful Boy, Thanks for Sharing

<sup>2</sup> Examples: Breaking Bad, Nurse Jackie, Euphoria, Shameless, Mom

<sup>3</sup> Examples: Trainspotting, The Absolutely True Diary of a Part-Time Indian, Junky, Requiem for a Dream

<b>Class Number</b>	<b>Date</b>	<b>Focus</b>	<b>Reading Due</b>		<b>Assignment Due</b>
1	2/8	Course Overview/Orientation Introduction to Addictions Counseling	ACAPA, Chapter 1	Chapter 1 & 2	
2	2/15	Origins and Models of Addictions	Chapter 2		<ul style="list-style-type: none"> <li>• Personal Reflections Due</li> <li>• Abstinence Begins</li> </ul>
3	2/16	Addiction and the Brain	Chapter 3		
4	2/22	SUD and Case Management	Chapter 4		
5	2/29	Treatment Planning Assessment and Diagnosis	Chapter 5	Chapters 3 & 4	
6	3/7	Individual Counseling	Chapter 6		
7	3/14	Group Counseling	Chapter 7		
8	3/21	Family Counseling Motivational Issues	Chapter 8 Chapter 9	Chapter 5	<ul style="list-style-type: none"> <li>• Abstinence Ends (write paper before break)</li> </ul>
<b>3/28 Spring Break, No Class</b>					
9	4/4	Relapse Prevention	Chapter 10		<ul style="list-style-type: none"> <li>• Abstinence Paper Due</li> </ul>
10	4/11	Process Addictions	Chapter 11		
11	4/18	Co-occurring Disorders	Chapter 12	Chapter 6 & 7	
12	4/25	Developmental Issues	Chapter 13		<ul style="list-style-type: none"> <li>• Addictions Group Presentations</li> </ul>
13	5/2	Multicultural Issues	Chapter 14		
14	5/9	Advocacy Issues	Chapter 15		<ul style="list-style-type: none"> <li>• Final Paper Due</li> </ul>