

THE UNIVERSITY OF TEXAS AT AUSTIN

SCHOOL OF SOCIAL WORK

Course Number: SW360K / SW393R23

Unique Number: 61219 / 61460

Semester: FALL 2016

Meeting Time: M 5:30-8:15pm

Meeting Place: SSW 1.212

Office Number: SSW1.218G

Office Phone: 471-0520

Office Hours: By appointment

Instructor's name: Clay Shorkey,
LCSW, PhD



Josleen and
Frances Lockhart
Professor of
Direct Practice in
Social Work

TREATMENT OF SUBSTANCE USE DISORDERS

I. Standardized Course Description

The course is designed to provide a basic understanding of contemporary treatment methods used in work with a diverse range of clients recovering from alcohol and/or drug addiction. Emphasis will be placed on integrating the use of Mindfulness-Based Therapy, Rational Emotive Therapy, and Behavior Therapy with the 12 Step Program of Recovery/ Minnesota Model, Faith-based, Pharmacological, the Therapeutic Community Model and the Drug Court Model.

II. Pre and/or Co-Requisites

Students who plan to specialize in chemical dependence and wish to obtain state licensing as a chemical dependence counselor (LCDC), should take a minimum of three (3) courses in this area. It is suggested that the sequence include: “Dynamics of Substance Use Disorders,” “Treatment of Substance Use Disorders” and one or more from “Co-existing Psychiatric and Substance Use Disorders,” “Relapse and Recovery” or “Women and Substance Use Disorders.”

III. Standardized Course Objectives

By the end of the semester,

1. The student should be able to work with a broad range of clients with understanding, affirmation, and respect for the positive value of diversity.
2. The student should be familiar with basic theoretical concepts and treatment techniques of selected contemporary counseling theories, adjunctive methods and medically supervised programs for treatment of clients with substance use disorders.
3. The student should be able to describe the concepts, procedures and preliminary outcome

data related to six major models for treatment of substance use disorders: Pharmacological, 12 Step, Minnesota, Faith-based, Therapeutic Community and Drug Court.

4. The student should be able to describe basic concepts, propositions, treatment techniques, and procedures derived from major psychosocial theories including: Mindfulness, Rational Emotive, and Behavioral.
5. The student should be able to integrate counseling techniques derived from psychosocial theories covered in the course with the Pharmacological, 12 Step, Minnesota, the Faith-based, Therapeutic Community, and Drug Court models.

IV. Teaching Methods

Teaching methods will include lecture, group discussion, group exercises, audio-visual materials, field trips, and guest lecturers.

V. Required Texts, and Materials

Required:

- Reading package University Copy Center in the School of Social Work (471-8281)
- The Anonymous Press Mini Edition of Alcoholics Anonymous (2010) The Anonymous Press: Malo, WA (this little book can be purchased in class for 1\$)
- Levine, N. (2014). Refuge Recovery: Buddhist Path to Recovery from Addiction
- Small, J. (2005) The Sacred Purpose of Being Human: A Journey Through the 12 Principles of Wholeness, Health Communications Inc.: Deerfield Beach, FL

Recommended:

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| <ul style="list-style-type: none"> ▪ APA Resources | <p>Learning Resource Center (LRC) Reference Book
APA Style Guide</p> |
| <ul style="list-style-type: none"> ▪ Living Sober: Some methods A.A. Members have used for not drinking | <p>Alcoholics Anonymous. (2005). <i>Living sober</i>. (3 ed.). New York, NY: Alcoholics Anonymous World Services, Inc.</p> |

AA & other related website resources:

Alcoholics Anonymous	www.austinaa.org/	Lamda (LGBT Friendly Group)	http://lambdaaustin.org
Al-Anon/Alateen	www.austinalanon.org/	Women for Sobriety	www.womenforsobriety.org/
Narcotics Anonymous	www.ctana.org/	Smart Recovery	www.smartrecovery.org/
Secular Organizations for Sobriety	http://www.cfiwest.org/sos/index.htm	Celebrate Recovery	www.celebraterecovery.org
		Secular Austin	www.soberaustin.com

VI. Field Trips

Field trips are scheduled during the regular class times unless community agencies schedule does not fit the class time. Students will be made aware of these changes at the first class session. In the event that the alternate time of the field trip conflicts with another class or commitment, please make an appointment with professor to discuss an alternate assignment.

VII. Class Policies

Attendance & Class Participation

Class attendance is required to complete all of the assignments. *Students may miss no more than two (2) class sessions.* Students who fail to attend class on a regular basis (*missing more than 2 classes without a valid excuse, medical documentation*) will receive one course grade lower than their final grade when points are totaled. Students who miss more than three unexcused classes may receive two grades lower than their final grade. Students who leave at the mid-point break of the class will be counted as attending ½ of the only class. Students who are one or two points below the cut-off for a letter grade may receive the higher grade at the end of the semester based on class participation. The instructor reserves the right to modify the final grade based on student’s participation.

Late Assignments

Assignments are due on the dates indicated in the course syllabus. Late assignments will not be accepted without penalty. One point will be deducted from the assignment for each day past the due date.

Student Concerns

Students who would like to discuss a concern with either the professor or the teaching assistant related to the class should make an appointment at a time mutually convenient.

Grading:

<u>Assignment</u>	<u>Undergrad</u>	<u>Graduate</u>
Attendance	15	15
Journals	50	50
Midterm	50	50
12-Step Reflection Paper	45	45
Graduate Assignment	--	25
Final	40	40
Total possible points	200	225

<i>Grading Scale</i>	
<i>Undergraduate</i>	<i>Graduate</i>
188-200 (94%-100%) = A	211-225 (94%-100%) = A
180-187.999 (90%- 93%) = A-	202-210 (90%-93%) = A-
174-179.999 (87%- 89%) = B+	195-201 (87%-89%) = B+
168-173.999 (84%- 86%) = B	189-194.999 (84%-85%) = B
160-167.999 (80%- 83%) = B-	180-188.999 (80%-83%) = B-
154-159.999 (77%-79%) = C+	173-179.999 (77%-79%) = C+
148-153.999 (74%-76%) = C	166-172.999 (74%-76%) = C
140-147.999 (70%-73%) = C-	157-165.999 (70%-73%) = C-
134-139.999 (67%-69%) = D+	150-156.999 (67%-69%) = D+
128-133.999 (64%-66%) = D	144-149.999 (64%-66%) = D
120-127.999 (60%-63%) = D-	135-143.999 (60%-63%) = D-
119 & below (59% & below) = F	134 & below (59%&below) = F

Grading Scale: (Grades are rounded up to the next number at .5). Grading of all written assignments will take into account the quality of the writing as well as the content. The current APA format should be followed. Written material should be carefully proofread corrected for errors in punctuation, typographical errors, and spelling errors. Good writing requires a reiterative process that must be followed if quality is to improve. It is a good idea to read your paper several times and if possible have someone else read it.

Students requesting an incomplete for medical problems or family emergencies must fill out the required form available in the Student Service office and discuss their request with the instructor.

University Policies

SCHOOL OF SOCIAL WORK POLICY. Read the School of Social Work Safety statement: As part of professional social work education, students may have assignments that involve being in agency settings and/or the community. As such, these assignments may present some risks. Sound choices and caution may lower risks inherent to the profession. It is the student's responsibility to be aware of and adhere to policies and practices related to agency and/or community safety.

Students should notify instructors regarding any safety concerns. Information shared in class about agencies and clients is considered to be covered by the NASW Code of Ethics regarding the sharing of information for supervisory purposes. Agencies are aware that information is shared in class for this purpose. However, discussion outside of class with individuals not in this class or with other class members in settings where you cannot assure that no one else may overhear the conversation is considered a breach of confidentiality and will result in recommendation against admission to the BSW program.

THE UNIVERSITY OF TEXAS HONOR CODE. The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the university is expected to uphold these values through integrity, honesty, trust, fairness, and respect toward peers and community.

PROFESSIONAL CONDUCT AND CIVILITY IN THE CLASSROOM. The professor expects students to act as professionals in class. This means students should arrive on time for class, be prepared to participate in the class discussion, and show respect for one another's opinions. A course brings together a group of diverse individuals with various backgrounds. Students are influenced and shaped by such factors as ethnicity, gender, sex, physical abilities, religious and political beliefs, national origins, and sexual orientations, among others. We expect to learn from each other in an atmosphere of positive engagement and mutual respect. Social Work also deals with complex and controversial issues. These issues may be challenging and uncomfortable, and it would be impossible to offer a substantive classroom experience that did not include potentially difficult conversations relating to challenging issues. In this environment we will be exposed to diverse ideas and opinions, and sometimes we will not agree with the ideas expressed by others. Nevertheless, the professor requires that students engage one another with civility, respect, and professionalism.

UNANTICIPATED DISTRESS. Students may experience unexpected and/or distressing reactions to course readings, videos, conversations, and assignments. If so, students are encouraged to inform the professor. The professor can be responsive and supportive regarding students' participation in course assignments and activities, but students are responsible for communicating clearly what kind of support is desired. If counseling is needed, students may contact a service provider of their choosing, including the UT Counseling Center at 512-471-3515 or online at www.utexas.edu/student/cmhc/.

POLICY ON SOCIAL MEDIA AND PROFESSIONAL COMMUNICATION. Public social networks are not private. Even when open only to approved or invited members, users cannot be certain that privacy will exist among the general membership of sites. If social work students choose to participate in such forums, please assume that anything posted can be seen, read, and critiqued. What is said, posted, linked to, commented on, uploaded, subscribed to, etc., can be accessed and archived, posing potential harm to professional reputations and prospective careers. Social work students who use social media (i.e. Facebook, Twitter, etc.) and other forms of electronic communication (i.e. blogs, etc.) must be mindful of how their communication may be perceived by clients, colleagues, faculty, and others. Social work students are expected to make every effort to minimize material which could be considered inappropriate for a professional social worker in training. Because of this, social work students are advised to manage security settings at their most private levels and avoid posting information/photos or using any language that could jeopardize their professional image.

Students are asked to consider the amount of personal information posted on these sites and are obliged to block any client access to involvement in the students' social networks. Client material should not be referred to in any form of electronic media, including *any* information that might lead to the identification of a client or compromise client confidentiality in *any* way. Additionally, students must critically evaluate any material that is posted regarding community agencies and professional relationships, as certain material could violate the standards set by the School of Social Work, the Texas Code of Conduct for Social Workers, and/or the NASW Code of Ethics.

Social work students should consider that they will be representing professional social work practice as well as The University of Texas at Austin School of Social Work program while in the classroom, the university community, and the broader area communities.

POLICY ON SCHOLASTIC DISHONESTY. Students who violate University rules on scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and/or dismissal from the University. Since such dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. For further information, the student may refer to the Web Site of the Student Judicial Services, Office of the Dean of Students (<http://deanofstudents.utexas.edu/sjs/>).

USE OF COURSE MATERIALS. The materials used in this course, including, but not limited to exams, quizzes, and homework assignments, are copyright protected works. Any unauthorized duplication of the course materials is a violation of federal law and may result in disciplinary action being taken against the student. Additionally, the sharing of course materials without the specific, express approval of the professor may be a violation of the University's Student Honor Code and an act of academic dishonesty, which could result in further disciplinary action. This

sharing includes, among other things, uploading class materials to websites for the purpose of distributing those materials to other current or future students.

DOCUMENTED DISABILITY STATEMENT. Any student who requires special accommodations must obtain a letter that documents the disability from the Services for Students with Disabilities area of the Division of Diversity and Community Engagement (471- 6259 voice or 471-4641 TTY for users who are deaf or hard of hearing). A student should present the letter to the professor at the beginning of the semester so that needed accommodations can be discussed and followed. The student should remind the professor of any testing accommodations no later than five business days before an exam. For more information, visit <http://www.utexas.edu/diversity/ddce/ssd/>.

RELIGIOUS HOLIDAYS. By UT Austin policy, students must notify the professor of a pending absence at least fourteen days prior to the date of observance of a religious holy day. If the student must miss a class, examination, work assignment, or project in order to observe a religious holy day, the professor will give the student an opportunity to complete the missed work within a reasonable time after the absence.

TITLE IX REPORTING. In accordance with Title IX of the Education Amendments of 1972, the University of Texas at Austin is committed to maintaining a learning environment that is free from discriminatory conduct based on gender. Students who report incidents of sex discrimination, sexual harassment, sexual violence, or sexual misconduct to faculty, instructors, and/or staff who supervise students, will be provided a list of University resources. If the incident is impacting the academic environment, a report will be provided to the University's Title IX Coordinator. Further information, including student resources related to Title IX, may be found at <https://www.utexas.edu/student-affairs/policies/title-ix>.

CLASSROOM CONFIDENTIALITY. Information shared in class about agencies, clients, and personal matters is considered confidential per the NASW Code of Ethics on educational supervision and is protected by regulations of the Family Educational Rights and Privacy Act (FERPA) as well. As such, sharing this information with individuals outside of the educational context is not permitted. Violations of confidentiality could result in actions taken according to the policies and procedure for review of academic performance located in sections 3.0, 3.1, and 3.2 of the Standards for Social Work Education.

USE OF E-MAIL FOR OFFICIAL CORRESPONDENCE TO STUDENTS. Email is recognized as an official mode of university correspondence; therefore, students are responsible for reading their email for university and course-related information and announcements. Students are responsible for keeping the university informed about a change of e-mail address. Students should check their e-mail regularly and frequently—daily, but at minimum twice a week—to stay current with university-related communications, some of which may be time-sensitive. Students can find UT Austin's policies and instructions for updating their e-mail address at <http://www.utexas.edu/its/policies/emailnotify.php>.

SAFETY. As part of professional social work education, students may have assignments that involve working in agency settings and/or the community. As such, these assignments may present some risks. Sound choices and caution may lower risks inherent to the profession. It is the student's responsibility to be aware of and adhere to policies and practices related to agency and/or community safety. Students should notify the professor regarding any safety concerns.

BEHAVIOR CONCERNS ADVICE LINE (BCAL). If students are worried about someone who is acting differently, they may use the Behavior Concerns Advice Line to discuss by phone their concerns about another individual's behavior. This service is provided through a partnership between the Office of the Dean of Students, the Counseling and Mental Health Center (CMHC), the Employee Assistance Program (EAP), and The University of Texas Police Department (UTPD). Call 512-232-5050 or visit <http://www.utexas.edu/safety/bcal>.

EMERGENCY EVACUATION POLICY. Occupants of buildings on the UT Austin campus are required to evacuate and assemble outside when a fire alarm is activated or an announcement is made. Please be aware of the following policies regarding evacuation:

- Familiarize yourself with all exit doors in the classroom and the building. Remember that the nearest exit door may not be the one you used when entering the building.
- If you require assistance to evacuate, inform the professor in writing during the first week of class.
- In the event of an evacuation, follow the professor's instructions.
- Do not re-enter a building unless you are given instructions by the Austin Fire Department, the UT Austin Police Department, or the Fire Prevention Services office.

Course Specific Information:

Assignments

<u>Assignment</u>	<u>Due Date</u>	<u>Undergrad</u>	<u>Graduate</u>
Attendance	Ongoing	15	15
Journals	Ongoing	50	50
12-Step Reflection Paper	Nov 7	45	45
Midterm	Nov 21	50	50
Graduate Assignment	Nov 28	--	25
Final	Dec 5	40	40
Total possible points		200	225

How grades are determined:

- **Readings**
Reading assignments should be completed prior to class and will provide the basis for discussion. Students are encouraged to ask questions and make comments during lectures. Student's questions and comments provide the instructor an important assessment tool for whether or not readings are being completed outside of class. The readings are also a component of the weekly journals.
- **Mid-Semester and Final Exam**
The quizzes will test students' knowledge of the therapeutic approaches covered in the course and students ability to critically analyze and compare these models. The test formats will include short answer questions and essay questions. The mid-semester quiz will be a take-home quiz whereas the second quiz will be an open book quiz that takes place in the classroom. Quizzes are scheduled at the times indicated on the course outline.

Mid-Term Quiz: (50 pts) You will be given a take home mid-term exam on **SEPT 26**, it is due **NOV 21**. Please answer questions in list form or 2-3 sentences. You do not need to retype the questions, as long as your answer numbers correctly correspond to the questions on the quiz.

Final: (40pts) There will be written final exam given in class on **DEC 5**. Be sure to bring your handouts you have been given in class throughout the semester.

▪ **ATTENDANCE**

0-1 Missed class = 15 points

1 ½ - 2 missed classes = 10 points

****MORE THAN 2 MISSED CLASSES:** 0 points and possible grade reduction
(See Attendance & Class Participation Policy for more details)

▪ **Journals**

(5 journals x 10 pts each = 50 pts total) Related to field visits/ guest speakers)

You have the opportunity to write a journal entry for every class **except** for the last day of class on **DEC 5**.

Each Journal entry should be typed within the provided Journal Template below and posted to Canvas weekly on Mondays by 5:30pm to be given full credit. Please use the following template when writing your journal (also located on Canvas in FILES). [10 points total]

Use the following template (located in FILES ON CANVAS) and simply type your responses after each prompt. For #3) you must provide 2 citations from the week's assigned Text/Readings:

- 1) Briefly describe the event – where did you go/ who did you hear, key components of the event. This is to show your attentiveness and attendance to the field visit/ lecture.
- 2) Briefly describe the treatment modality being discussed/experienced for the week.
- 3) Discuss how **this week's readings** support, disagree with, and match with the treatment modality for this week. Be specific, provide examples, and **you must use 2 of this week's reading citations for full credit.**
- 4) What specific aspects of the treatment modality/program discussed would be most beneficial in your opinion? Are there people you think would not benefit from this modality/program?
- 5) What was the experience like for you? Did you agree or disagree with any element of the field visit/guest speaker's presentation? Please provide thorough rationale for points of agreement or disagreement. Feel free to express their personal opinion (may include readings or discussion, personal history/experiences, or practice wisdom)

12-Step Reflection Paper Rubric (Total 45 Points) – DUE NOVEMBER 7

(AA, NA, CA, ACOA, Al Anon, Women for Sobriety, etc.)

Write a 4-5 page (not including the title or works cited page) reflection paper about a 12 step meeting you attended in the community. Papers should be double spaced, 12pt Times New Roman Font, and should include APA formatted in-text citations, works cited page and title page. Please include the AA book and a minimum of any 4 articles from your course pack. This paper is due **July 11** however you are strongly encouraged to complete this assignment before its due date. Papers should be formatted as follows and **include section headings**:

1. Observation (*approximately 1 page, 5 points*)

In this section the student will briefly describe the proceedings of the meeting in which they attended. This includes the components of the meeting and the order in which they occurred. This section is to show student's attentiveness in the meeting and attendance to the meeting.

2. Analysis and Interaction of Readings (*approximately 2-3 pages, 15 points*)

The student will also identify 12-step model in which the meeting is classified and explain specifically how the meeting was an example of the model (AA, NA, CA, Celebrate Recovery, Al-Anon, etc). What elements of the specific meeting that you attended concur with the characteristics a 12 step meeting/ treatment modality? Discuss your reactions to the meeting. Did the meeting deviate from the twelve step practice model? How did it differ and why? How did attending the meeting differ or concur with your expectations? Incorporate the AA book and 4 readings from the course pack and discuss how they align or do not align with the meeting you attended. This section is to show student's comprehension of weekly assigned readings and ability to apply readings to class lecture.

**** Please ensure you are referencing and citing all readings related to your reflection paper in this section. Be sure you are citing sources you reference in your paper according to APA. ****

3. Brief Personal Reaction (*Approximately 1-2 pages, 10 points*)

What was it like for you to attend the meeting? How did you feel before, during and after the meeting? Did you agree or disagree with certain elements of the meeting? Why? Would you recommend it to a client faced with chemical dependence? Why or why not? The student is expected to provide thorough rationale for points of agreement and disagreement. In this process, the students are free to use their personal opinion and are encouraged to cite in-class readings as well. Personal opinions can use life experiences or practice wisdom. However, multiple sides of the issue must be examined. Why would some individuals/clients find this treatment beneficial if you do not? The student is also expected to conclude their assignment with a 1-2 paragraph summary of the main things they learned from attending the meeting.

4. Correct APA Format and Citations (*5 points*)

Date	Description	Text/Readings
<i>Introduction & Course Outline - Commonly Abused Drugs – Pharmacotherapy</i>		
Monday Aug 29 Class 1	Course Introduction & Assignments Commonly Abused Drugs - Pharmacotherapy Guest Lecturer: Reid Minot, Nurse Practitioner with Prescription Authority Concepts: <ul style="list-style-type: none"> • Commonly Abused Drugs: Alcohol, Opioids, Stimulants, Depressants, Cannabinoids, Nicotine. • Pharmacotherapy: Methadone, Disulfiram/Antabuse, Buprenorphine, Suboxone, Naltrexone, & Clonidine • Co-occurring Substance Use Disorders • Spontaneous Recovery Handouts: <ul style="list-style-type: none"> • Commonly Abused Drugs • Journal Template Video: <ul style="list-style-type: none"> • Craig Ferguson 	<ul style="list-style-type: none"> • Anton, O'Malley, Ciraulo, Cisler, et al: Combined pharmacotherapies and behavioral interventions for alcohol dependence: The COMBINE study, p. 2003-2017 • Alpert, Connolly, & Biener: A prospective cohort study challenging the effectiveness of population-based medical intervention for smoking cessation, p. 32-37 • Mariani, & Levin: Pharmacotherapy for Alcohol-Related Disorders: What Clinicians Should Know, p. 351-366 • Roman, Abraham & Knudsen: Using medication-assisted treatment for substance use disorders, p. 584-589
<i>Diagnosis & Paths to Treatment</i>		
Monday Sept 12 Class 2	Paths to Addiction: <ul style="list-style-type: none"> • Genetic Predisposition • Experimentation/Peer Pressure • Social/Family Environment • Emotional Disorders • Existential Vacuum Paths to Treatment: <ul style="list-style-type: none"> • Self Referral • Family Referral • Court-Mandated Treatment • Motivational Interviewing • Intervention Diagnosis Handouts: <ul style="list-style-type: none"> • American Association of Addiction Professionals – New Definitions • DSM 5 Diagnostic Criteria • DSM 5 Screening Questions • Motivational Interviewing/Stages of Change Class Exercise: <ul style="list-style-type: none"> • Alcohol Use Disorder Diagnostic Screening Videos: <ul style="list-style-type: none"> • Motivational Interviewing • The Party's Over Intervention 	<ul style="list-style-type: none"> • DSM 5 Substance Use Disorders p. 483-485 • Whitten: Court-mandated treatment works as well as voluntary, p. 1 & 6 • Field, Baird, Saitz, Caetano, & Monti: The mixed evidence for brief intervention in emergency departments, trauma care centers and inpatient hospital settings: what should we do? p. 2004-2010. • Loneck, Garrett & Banks: A Comparison of Johnson intervention with four other methods of referral to outpatient treatment, p. 233-246 • Miller, Meyers, & Tonigan: Engaging the unmotivated in treatment for alcohol problems: A comparison of three strategies for intervention through family members, p. 688-697 <p style="text-align: center;">**Discuss 12-Step Paper**</p>

12-Step and Mutual Support Recovery Groups

<p>Monday Sept 19 Class 3</p>	<p>Guest Lecturer: Rev. Bill Wigmore</p> <p>Handouts:</p> <ul style="list-style-type: none"> • The Ego Factors in Surrender in Alcoholism – Harry M. Tiebout, MD • Transformation • 12-Steps • Hopelessness • Four Absolutes (Honesty, Purity, Unselfishness, Love) • How to Listen to God • Celebrate Recovery • Focus of 12 Steps: Connection 1-3 Correction 4-9 Direction 10-12 • Higher Power = Internal Wisdom/Goodness 	<p>12 Step Groups <i>Alcohol Anonymous</i></p> <ul style="list-style-type: none"> • Foreword • Doctor’s Opinion • Bill’s Story • There is a Solution – Ch. 2 • How it Works – Ch. 5 <ul style="list-style-type: none"> • Krentzman, Evidence base for effectiveness of Alcoholics Anonymous, p. 27-48 • Miller & Wilbourne: Mesa Grande – A methodological analysis of clinical trials of treatments for alcohol use disorders, p. 266-277 • Shorkey & Ubel: Secular Organizations for Sobriety, p. 815-816 • Shorkey & Ubel: Women for Sobriety, p. 1007-1008 • Reardon: Alternatives to 12-Step Addiction Recovery
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Family Systems

<p>Monday Sept 26 Class 4</p>	<p>Guest Lecturer: Mary Boone, LCSW, LCDC **RECEIVE MIDTERM**</p> <p>Handouts:</p> <ul style="list-style-type: none"> • Needs in Recovery • Codependency: The Survival Roles Grown Up • Enabling Behaviors • The Disease of Substance Use Disorder: An Overview • Family Dynamics and Family Recovery 	<ul style="list-style-type: none"> • Liepman, Nirenberg & Begin: Evaluation of a program designed to help family and significant others to motivate resistant alcoholics into recovery, p. 209-221 • Wegscheider: The family trap: No one escapes from a chemically dependent family
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Phoenix Academy: Mixed Model & Therapeutic Community

<p>Monday Oct 3 Class 5</p>	<p>Field Visit: Phoenix Academy 400 W Live Oak Street</p> <p>Handout:</p> <ul style="list-style-type: none"> • Article: Using experiential approaches to increase engagement in adolescents. <p>**Business Casual Dress**</p>	<ul style="list-style-type: none"> • Gudyish, Werdegar, Sorensen, Clark & Acampora: Six month outcomes-the Walden House day treatment program, p. 441-447 • Waters, Fazio, Hernandez & Segarra: The story of CURA, a Hispanic/Latino drug therapeutic community, p. 113-134 • Winters, Stinchfield, Latimer, & Lee: Long-term outcome of substance-dependent youth following 12-step treatment. p. 61-69 • Laing, Golick, & Sowle, Using experiential approaches to increase engagement in adolescents, pp. 40-45 (handout)
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Kyle Correctional Facility: Therapeutic Communities

<p>Monday Oct 10 Class 6</p>	<p>Field Visit: <div style="text-align: center;"> Kyle Correctional Facility 2300 I-35, Kyle, Texas </div> <i>**Professional Dress and Bring Photo ID**</i></p>	<ul style="list-style-type: none"> • Brown: Drug court effectiveness: A matched cohort study in the Dane County drug treatment court, p. 191-201 • Knight, Simpson & Hiller: Three- year re-incarceration outcomes for an in-prison therapeutic community treatment in Texas, p. 337-351 • De Leon: The Therapeutic Community and Behavioral Science
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Salvation Army: Faith-Based Programs

<p>Monday Oct 17 Class 7</p>	<p>Field Visit: <div style="text-align: center;"> Salvation Army 4216 S. Congress Ave </div> Handout: <ul style="list-style-type: none"> • Salvation Army Circle of Endeavor: Elements in the Rehabilitation of a Total Person </p>	<ul style="list-style-type: none"> • Shorkey, Ubel, & Windsor: Measuring dimensions of spirituality in chemical dependence treatment and recovery, p. 286-305 • Neff, Shorkey, & Windsor: Contrasting faith-based and traditional substance abuse treatment programs, p. 49-61 • Wolf-Branigin: The emergence of formalized salvation army addictions treatment, p. 328-338 • Shorkey & Windsor: Inventory of Spirituality in alcohol/other drug research: Psychometric dimensions, p. 17-37
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Experiential Therapy

<p>Monday Oct. 24 Class 8</p>	<p>In-Class Experience: <div style="text-align: center;"> Musical Journey </div> Guest Lecturer: <div style="text-align: center;"> Maryse Saffle, LCDC </div> Concepts: <ul style="list-style-type: none"> • Integrative art, music, and breath work • Musical Journey <i>**12 Step Paper Due Next Class**</i></p>	<ul style="list-style-type: none"> • Dingle, Gleadhill, & Baker: Can music therapy engage patients in group cognitive behavior therapy for substance abuse treatment? p. 190-196 • Shorkey: Summary of research using music to facilitate recovery from chemical dependence • Rhinewine & Williams: Holotropic breathwork, p. 771-776 • Small: Methods of Transformation, p. 25-35
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Recovery Systems, Center for Students in Recovery & Recovery Speakers

<p>Monday Nov 7 Class 9</p>	<p align="center">**12-Step Paper Due**</p> <p>Guest Lectures: Center for Students in Recovery Recovery Speakers</p> <p>Watch “The Anonymous People” Trailer</p> <p>Concepts:</p> <ul style="list-style-type: none"> • 12-Step (AA, NA, CA, Al-Anon) • Secular Organizations for Sobriety • Women for Sobriety • Smart Recovery • Celebrate Recovery <p>Handouts:</p> <ul style="list-style-type: none"> • SAMHA’s Working Definitions • Living Sober: Methods AA members have used for not drinking • The Future of Addiction Treatment in America • Utilizing Smartphone Technologies in Recovery Services • Celebrate Recovery 	<ul style="list-style-type: none"> • Emmons & McCullough: Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. p. 370 -389 • Walsh: Lifestyle and mental health. p. 1-14 • Laudet, Harris, Kimball, Winters, Moberg: Collegiate Recovery Communities Programs: What do we know and what do we need to know? p. 84-93 • The NSDUH Report: Alcohol Treatment-Need, Utilization, and Barriers • +Shorkey & Ubel: Secular Organizations for Sobriety, p. 815-816 • +Shorkey & Ubel: Women for Sobriety, p. 1007-1008 • +Reardon: Alternatives to 12-Step Addiction Recovery <p>Available in the LRC:</p> <ul style="list-style-type: none"> • “The Anonymous People” Documentary • <i>Refuge Recovery: A Buddhist Path to Recovering from Addiction</i> by Noah Levine
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Buddhist Philosophy/Psychology, and Mindful Meditation

<p>Wed. Nov 14 Class 10</p>	<p>Handouts:</p> <ul style="list-style-type: none"> • Buddhism & Psychology (Venerable Master Hsing Yun) • Sutra of the Eight Great Realizations of Great Beings • Buddhism & the Psychotherapy of Addictions • Coping with Cravings and Urges to Drink <p>Video: Marlatt Mindfulness: Urge Surfing</p> <p>Available in the LRC:</p> <ul style="list-style-type: none"> • “The Dhamma Brothers” <p align="center">**Midterm Due Next Class**</p>	<ul style="list-style-type: none"> • Bowen, et al: Mindfulness meditation and substance use in an incarcerated population, p. 343-347 • Groves, Paramabandhu & Farmer: Buddhism and addictions, p. 183-194 • Kabat-Zinn: Mindfulness-Based Interventions in Context: Past, Present, & Future, p. 144-156 <p>Recommended/Optional:</p> <ul style="list-style-type: none"> • Kevin Griffin: One Breath at a Time: Buddhism and the Twelve Steps • Kevin Griffin: A Burning Desire: Dharma God & the Path of Recovery • Noah Levine: Refuge Recovery: Buddhist Path to Recovery from Addiction • Darren Littlejohn: The Twelve Step Buddhist: Enhance Recovery from Any Addiction
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Rational Emotive & Cognitive Behavioral Therapies

<p>Monday Nov 21 Class 11</p>	<p>**MIDTERM DUE**</p> <p>Concepts:</p> <ul style="list-style-type: none"> • Rational Emotive/Cognitive Therapy • Incentives <p>Handouts:</p> <ul style="list-style-type: none"> • Iceberg Theory • RET Presentation • Salvation Army Incentives • Drug Court Incentives 	<p>Evidence Based Practice</p> <ul style="list-style-type: none"> • SAMHSA: Reducing wait time improves treatment access, retention, p. 1-5 • Sindelar & Ball: Cost Evaluation of Evidence-Based Treatments, p. 44-51 <p>Behavioral Couples Therapy</p> <ul style="list-style-type: none"> • O’Farrell & Fals-Stewart: Behavioral couples therapy for alcoholism and drug abuse, p. 49-58 • Powers, Vedel & Emmelkamp: Behavioral Couples Therapy: A Meta-Analysis, p. 952-962 <p>Incentives</p> <ul style="list-style-type: none"> • Higgins et al.: Contingent reinforcement, p. 64-72 • Rawson et. al.: A comparison of contingency management and cognitive behavioral approach, p. 267-274 <p>Rational Emotive Cognitive Therapy</p> <ul style="list-style-type: none"> • Ellis, McInerney, DiGiuseppe & Yeager: Rational emotive therapy with alcoholics and substance abusers, p. 22-37 • McHugh et. al., Cognitive behavioral therapy for substance use disorders, p. 511-525
<p><i>Third Stage Recovery</i></p>		
<p>Monday Nov 28 Class 12</p>	<p>Third Stage Recovery: A Journey Through The 12 Principles of Wholeness</p> <p>Graduate Student Presentations</p>	<ul style="list-style-type: none"> • Small, J. (2005) <u>The Sacred Purpose of Being Human: A Journey Through the 12 Principles of Wholeness</u>, Health Communications Inc.: Deerfield Beach, FL
<p>Monday Dec 5 Class 13</p>	<p>** IN CLASS FINAL **</p> <p>Bring Class Binder w/ Class Handouts</p>	

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