**AUBURN UNIVERSITY**

**DEPARTMENT OF SPECIAL EDUCATION, REHABILITATION, AND COUNSELING**

**SYLLABUS**

**Fall Semester 2012**

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| **Course #:** | **COUN 7970-001** |
| **Course Title:** | **Special Topics: Clinical Mental Health Addictions Counseling** |
| Credit Hours: | 3 credit hours |
| Co/Prerequisites: | None |
| Corequisites: | None |
| Date Syllabus Prepared: | August 2012 |

**Instructor:** Melanie M. Scherer Iarussi, Ph.D., LPC

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Office Hours: Tuesday and Thursday 2-4pm

**Doctoral Student Teaching Assistant:** Stephanie Carroll, M.S.

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**Texts:**

***Required:***

Doweiko, H. E. (2012). *Concepts of chemical dependency* (8th ed.). Belmont, CA: Brooks/Cole.

American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders* (4th ed., text rev.). Washington, DC: Author.

American Psychiatric Association. (2010). *Publication manual* (6th ed.). Washington DC: Author.

***Recommended:***

Connors, G. J., Donovan, D. M., & DiClemente. (2001). *Substance abuse treatment and the stages of change: Selecting and planning interventions.* New York: Guilford.

DiClemente, C. C. (2003). *Addiction and change: How addictions develop and addicted people recover.* New York: Guilford.

Miller, W. R., Forcehimes, A. A., & Zweben, A. (2011). *Treating addiction: A guide for professionals.* New York: Guilford.

Walters, S. T., & Rotgers, F. (2012). *Treating substance abuse: Theory and technique* (3rd ed.). New York: Guildford.

**Articles:**

***Required:***

Karim, R., & Chaudhri, P. (2012). Behavioral addictions: An overview. *Journal of Psychoactive Drugs, 44*(1), 5-17.

Sharma, M., & Branscum, P. (2010). Is Alcoholics Anonymous effective?, Editorial, *Journal of Alcohol & Drug Education,* 3-6.

Wechsler, H., & Nelson, T. F. (2008). What we have learned from the Harvard School of Public Health College Alcohol Study: Focusing attention on college student alcohol consumption and the environmental conditions that promote it. *Journal of Studies on Alcohol & Drugs, 69*(4), 481-490.

***Recommended:***

Branscum, P., & Sharma, M. (2010). A review of motivational interviewing-based interventions targeting problematic drinking among college students. *Alcoholism Treatment Quarterly, 28*(1), 63-77.

**Course Description**

This course provides information for the understanding of biological and psychological effects of various classifications of drugs of abuse on humans, and provides basic skills in assessment, diagnosis, and determination of appropriate level of care, intervention strategies, and treatment approaches of substance use disorders. Additionally, information regarding how substance abuse, dependency, and addiction may affect individuals, families, and diverse populations is discussed.

**Course Objectives**

In response to the 2009 CACREP core, school counseling, and clinical mental health counseling standards, upon completion of this course, students will be able to:

1. Know the theories and etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment *(CACREP II.G.3.g)*.
2. Recognize the potential for substance use disorders to mimic and coexist with a variety of medical and psychological disorders *(CACREP CMHC A.6)*.
3. Know the disease concept and etiology of addiction and co-occurring disorders *(CACREP CMHC C.4)*.
4. Provide appropriate counseling strategies when working with clients with addiction and co-occurring disorders *(CACREP CMHC D.8)*.
5. Identify standard screening and assessment instruments for substance use disorders and process addictions. *(CACREP CMHC G.4)*.
6. Screen for addiction, aggression, and danger to self and/or others, as well as co-occurring mental disorders *(CACREP CMHC H.3)*.
7. Apply the assessment of a client’s stage of dependence, change, or recovery to determine the appropriate treatment modality and placement criteria within the continuum of care *(CACREP CMHC H.4)*.
8. Know the impact of co-occurring substance use disorders on medical and psychological disorders *(CACREP CMHC K.3)*
9. Know the signs and symptoms of substance abuse in children and adolescents, as well as the signs and symptoms of living in a home where substance abuse occurs *(CACREP SC G.2)*

**Course Requirements:**

1. **Class preparation and participation.** Students are expected to come to class having completed assigned readings (e.g., text, articles) and listened to assigned podcasts. Students are expected to post their reactions and thoughts related to at least five of the seven podcasts posted on Canvas by the start of class on the due date. Students are also expected to participate in in-class activities and assignments.
2. **Class attendance.** Students are allotted one excused absence (i.e., you notify me before you are gone). If you plan to be gone one week, save your absence for that week. Additional absences will result in a 10 pt. deduction.
3. **Course Assignments:** Course assignments are to be completed and turned in to the course instructor in person or via Canvas by the start of class time on the due date. Late assignments will be deducted 10% of the total grade of the assignment per day late.
4. *Midterm Exams*: The exam will take place in-class and be in multiple choice and short-answer format. The test will cover lectures, readings, and discussions from all previous class sessions.
5. *Chapter Summaries*: Students will write summaries of the assigned readings on the days designated in the course schedule. Summaries will be submitted electronically via Canvas, prior to the start of class.
6. *Review of Scholarly Literature Paper*: Students will investigate the scholarly literature on a particular current issue related to substance abuse or addictions counseling. Students will be required to include at least 8 original published scholarly references. The paper should clearly address and be organized according to the following areas: (a) specific issue or topic, (b) why it is an issue (e.g., reference prevalence data, other compelling evidence that demonstrates the problem exists), (c) an affected population (including issues of age, gender, culture), (d) recommended prevention and/or treatment interventions for professional counselors that address the specific needs of a given population, and (e) why you selected this topic and how you see yourself using this information in counseling practice. The paper length, including title and reference pages, should be between 8 and 12 pages. Papers must be in APA 6th edition format (see Grading Rubric in Appendix).
7. *Case Study Analysis Paper*: Students will be given a case study in which they will work individually to conduct a thorough, comprehensive analysis of a client who is experiencing substance use problems. Students will apply their knowledge from class sessions and readings to determine how to best work with this client, including a preliminary treatment plan and interventions. Students will present their analyses via (a) a paper written in APA 6th edition format turned into the instructor and (b) to their classmates in a brief presentation. The paper and presentation will include: (a) Diagnosis and support for the chosen diagnosis including DSM criteria and evidence of meeting criteria from the information provided in the case study; (b) Assessment instruments to be use with this client and support for why such assessment tools were chosen; (c) Level of care chosen for treatment and statements of support for determined level of care in addition to a description of the level of care; (d) Possible long and short-term treatment goals for this client including objectives for how the student plans to reach the stated goals; (e) and interventions appropriate for this client including a description of specific counseling approaches the student might implement with the client (e.g., use of solution focused therapy, motivational interviewing, CBT; see Grading Rubric in Appendix).
8. *Personal Experience Paper*: This assignment contains two sections: (a) Students will be expected to process their experiences related to the Abstinence Contract. Areas to address include whether or not they remained successfully abstinent, difficulties they encountered, components of the experience that stood out for them, and what they learned from the experience (see Grading Rubric in Appendix). (b) Students are expected to attend at least two self-help group meetings (e.g., AA, NA, etc.). At least one of the meetings must be specific to chemically dependent populations while the other may be specific to friends and family of alcoholics/addicts (e.g., Al-Anon). It is the students’ responsibility to make arrangements for attending these meetings. Students are expected to report their personal experiences and observation, as well as ideas and thoughts. Papers should be between 4 and 5 pages and must be in APA 6th edition format (see Grading Rubric in Appendix).

**Grading and Evaluation:**

Attendance and Participation 30 points

Midterm Exam 50 points

Chapter Summaries 50 points

Personal Experience Paper 50 points

Research Paper 70 points

Case Study Analysis Paper 50 points

Total Possible Points 300 points

The following scale will be used:

90-100% = A

80-89.9% = B

70-79.9% = C

60-69.9% = D

Below 60% = F

**Class Policy Statements:**

1. Attendance: Students may miss up to one class without penalty. Additional absences will result in grade reduction, and students will be held responsible for any content covered in the event of an absence. Students are expected to be on time for class.
2. Excused absences: Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have excused absences from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see Student Policy eHandbook [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for more information on excused absences.
3. Make-Up Policy: Arrangement to make up a missed major examination (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absence(s). Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.
4. Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the Student Policy eHandbook [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.
5. Educational Accessibility Accommodations: Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).
6. Course contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials.
7. Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:
   1. Engage in responsible and ethical professional practices
   2. Contribute to collaborative learning communities
   3. Demonstrate a commitment to diversity
   4. Model and nurture intellectual vitality
8. Use of Electronics: Cell phones must be put on silent and stored during class times, unless the instructor is notified of special circumstances (e.g., on-call professional services, family emergencies). Computers and electronic notepads are welcomed, **but may be used for class purposes only and must not be a distraction.**

**Course Schedule:**

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| **Class** | **Date** | **Content** | **Readings/Assignment** |
| 1 | 8/16/12 | Introductions and overview of the course  Introduction to Substance Abuse and Addiction | Ch. 1 & 2 |
| 2 | 8/23/12 | Introduction to Psychopharmacology  Alcohol | Ch. 3 - 5 |
| 3 | 8/30/12 | Barbiturates  Benzodiazepines  Steroids  OTC Analgesics | Ch. 6 - 7, 14 - 15 |
| 4 | 9/6/12 | CNS Stimulants  Cocaine  Marijuana  (Tobacco and Nicotine) | Ch. 8 - 10 (16)  Podcast: *New survey* |
| 5 | 9/13/12 | Opioids  Hallucinogens  Inhalants | Ch. 11 - 13  Podcast: *Designer drugs* |
| 6 | 9/20/12 | Gender  Specific populations  College students | Ch. 18, 19, 21  Weschsler & Nelson (2008)  Branscum & Sharma (2010)\* |
| 7 | 9/27/12 | **SACES –** **No class** | Ch. 17  Podcast: *Intelligence and its relation to addiction*  Rolling Stone Article  **Chapter Summaries due** |
| 8 | 10/4/12 | **Midterm Exam** |  |
| 9 | 10/11/12 | Children & Adolescents  Addiction and the Family | Ch. 20, 22, 23  Podcast: *Social media, substance abuse, and suicide*  **Chapter Summaries due** |
| 10 | 10/18/12 | Dual Diagnosis  Models of Substance Use | Ch. 24 – 27  **Chapter Summaries dues**  **Research Paper due** |
| 11 | 10/25/12 | Behavioral Addictions | Karim & Chaudhri (2012)  Podcast: *Behavioral addictions: Is everyone addicted?* |
| 12 | 11/1/12 | Screening and Assessment  Interventions and Treatment | Ch. 28  Ch. 29 – 32  **Chapter Summaries due** |
| 13 | 11/8/12 | Treatment | Ch. 33  Podcast: *New report: Addiction treatment in America* |
| 14 | 11/15/12 | Recovery and Relapse Prevention  Support Groups | Ch. 34 – 35  Sharma & Branscum (2010)  Podcast: *Yoga as part of treatment*  **Chapter Summaries due** |
| 15 | 11/22/12 | **Thanksgiving Break – No class** |  |
| 16 | 11/29/12 | **Case Study Presentations**  Final Class Wrap-up | **Personal Reflection Paper due**  **Case Study Paper due** |

\* Notes optional reading.

**Justification for Graduate Credit:**

This course includes advanced content in addiction counseling. This includes content as specified by the Council for the Accreditation of Counseling and Related Programs (CACREP, 2009). All academic content approved by CACREP is for advanced Masters and/or Doctoral graduate study. This includes rigorous evaluation standards of students completing the student learning outcomes specified in this syllabus.

**SYLLABUS DISCLAIMER:**

Due to the nature of this course, the instructor reserves the right to make changes to the syllabus as needed due to the developmental needs of the students.  In the event that changes are deemed necessary, the instructor will inform students at the earliest date possible in class or via email.