Coun-2950-001

**SYLLABUS | Fall 2017**

Wednesday| 5:00 – 5:50 | Haley Center 2226

**Course Information:**

Instructor: Eric C Smith

Office: Suite 1206 AU Student Center

Office Hours: Thursday 9am – 10am and Friday 9am – 10am (always available by request)

Phone: 844-1528

Email: ecs0012@auburn.edu

**Texts and Materials:**

* The Undefeated Mind; On the Science of Constructing an Indestructible Self
  + Alex Lickerman, MD
* Betty Ford Institute Consensus Panel. What is recovery? A working definition from the Betty Ford Institute. Journal of Substance Abuse Treatment. 2007;33(3):221– 228.
* Beattie, M. (1990). Codependents Guide to the Twelve Steps. New York, NY: Simon & Schuster.
* Cleveland, H. Harrington, Kitty S. Harris, Amanda K. Baker, Richard Herbert, and Lukas R. Dean. (2007). Characteristics of a Collegiate Recovery Community: Maintaining Recovery in an Abstinence-Hostile Environment. Journal of Substance Abuse Treatment 33(1):13-23.
* Larimer, M. E., Palmer, R. S., & Marlatt, G. A. (1999). Relapse prevention: An overview of Marlatt's cognitive-behavioral model. Alcohol Research and Health, 23(2): 151-160.
* Laudet, Alexandre, Kitty Harris, Thomas Kimball, Ken C. Winters, and D. Paul Moberg. (2014) Collegiate Recovery Communities Programs: What Do We Know and What Do We Need to Know? Journal of Social Work Practice in the Addictions 14(1):84-100.
* Marlatt, G. A., & Witkiewitz, K. (2005). Relapse prevention for alcohol and drug problems. Relapse prevention: Maintenance strategies in the treatment of addictive behaviors, 2: 1-44.
* Melemis, S. M. (2015). Relapse Prevention and the Five Rules of Recovery. *The Yale Journal of Biology and Medicine*, *88*(3), 325–332.
* Spiegelman, E. (2015). Rewired: A Bold New Approach to Addiction and Recovery. Hatherleigh Press.
* Other readings from our content area will be shared in class

**Course Description:**

A successful recovery from a substance use disorder requires a complete lifestyle change. This course is an intensive study of the issues involved in both addiction and recovery. This course is designed to provide knowledge of essential components of recovery, such as self-care, healthy relationships, time management and relapse prevention. Since recovery is a process unique to the individual, this course is designed to guide each student through a personalized focus on each recovery topic. Students will contribute to the group experience by sharing in discussions and participating in activities and begin to take on leadership roles in the on-campus recovery community. This course explores not only behavioral sobriety, but also mental, emotional and spiritual sobriety.

**Learning Outcomes:**

1. To gain an overarching definition of recovery.
2. Students will become familiar with applying the 4 C’s in their daily lives
3. To demonstrate knowledge of the problem of relapse and generate techniques for preventing its occurrence.
4. To strengthen all areas of recovery focusing on key principles such as self-care, co-dependency, spirituality and time management.
5. To develop a personalized relapse prevention plan and identify triggers unique to each students’ recovery.
6. To demonstrate an awareness of cross addictions and how they impact a successful recovery.

**4 C’s**

1. Clean, Sober, and Healthy
2. Connected in the Community
3. Committed in Academics
4. Civility in Relationships

**Course Requirements:**

* Discussion Questions:
* Service Project
* Strengths Quest
* In Class Projects (ICPs): Students will be expected to attend and participate in class.
* Final Exam: The final exam will be given on the final day of class at the regularly scheduled seminar time and will consist of a personal reflection essay.

**Attendance Policy:**

Attendance is taken at the beginning of each class period. The student is expected to attend all classes, except in the case of a University-approved excused absence (see the Student Policy eHandbook: www.auburn.edu/studentpolicies). In the case of an *expected* absence, advance notice should be provided to the instructor as soon as such absence is known. Except in the case of a University-excused absence, it is the instructor’s prerogative to deem an absence excused or unexcused. In the case of a University-excused absence, all assignments will be due at the beginning of the next class attended. **TWO UNEXCUSED ABSENCES WILL BE ALLOWED. EACH ADDITIONAL ABSENCE MAY RESULT IN A LETTER GRADE REDUCTION (from the final grade) PER ABSENCE. Each instance of tardiness may count as one-half of an unexcused absence.**

**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).

**Academic Honesty:**

Auburn University expects students to pursue their academic work with honesty and integrity. The Academic Honesty Code is available in the Student Policy eHandbook (www.auburn.edu/studentpolicies) and contains a list of those actions that are considered cheating and the possible consequences they carry. Violations of the Academic Honesty Code will NOT be tolerated in this course.

**Grading Policy:**

Activity Points Total Points

Weekly Discussion Questions 12 @ 10pts 120

Service Project 250 250

Strengths Quest 250 250

ICP\*/Engagement 230 (15pts per class) 230

Final Exam 150 150

1,000

ICP stands for In Class Project

Final Grade (of 1000 possible points)

A 900+ points

B 800-899 points

C 700-799 points

D 600-699 points

F 599 or fewer points

**Weekly Discussion Question:**

Weekly Discussion questions are due 24 hours prior to the class period. Each student is required to submit, via Canvas, one discussion question based on the week’s assigned readings or topic. The instructor will use these questions to spark thoughtful classroom discussion. Student submissions will be used in classroom discussion without identifying the student who submitted the question. Each set of weekly discussion questions will be worth 10 points each and are awarded based upon completion. There are 12 opportunities to submit weekly questions, but students only need to submit 10.

When answering the questions please keep in mind these two points:

* Personal reflection on how the topic relates to their own recovery and personal experience
* How they plan on using the information in their own lives to improve this aspect of their recovery

**Service Project:**

Service is an integral part of recovery; students are encouraged to be of service in their home group, in ARC, and in our local community. The seminar class will plan, execute and attend a service project as a group before Thanksgiving Break. The project must be approved before October 11th and will be discussed routinely in class.

**Class Participation Policies:**

Learning cannot take place if the learner is not present. Therefore, the student must come to class on time and be prepared to contribute to the classroom learning experience. It is important to recognize that one should share his/her thoughts and ideas in a thoughtful and respectful way. In order for this to be a positive learning experience for everyone, it is imperative that everyone arrives with an open mind and prepared to engage in classroom discussions and group activities.

Reading assignments may occasionally be made from the course textbook or other ancillary media. If such an assignment is made, it is expected that the student will be prepared to discuss the reading assignment in class.

**Exam:**

One final exam will be given in this class, and it will be administered in class. The exam will cover assigned readings, class discussions, and guest presentations. The exam will require your analysis and reflection on the entire course.

**Late Assignments, Make-Up Assignments and Exams:**

Late work will be evaluated according to the policies established in this syllabus for the particular assignment. Arrangements for make-up assignments and exams must be made in advance unless due to emergency, and will be subject to the policies as outlined in the Student Policy eHandbook (www.auburn.edu/studentpolicies) and this syllabus. No make-up work will be accepted for unexcused absences.

**Professionalism:**

As faculty, staff and students interact in professional settings, they are expected to demonstrate professional behaviors as defined the in the College’s conceptual framework. These professional commitments or dispositions are listed below:

* Engage in responsible and ethical professional capacities
* Contribute to collaborative learning communities
* Demonstrate a commitment to diversity
* Model and nurture intellectual vitality

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Revised 23 August 2017

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| **Week** | **Date** | **Class Topic(s)** | **Due** |
| **1** | Aug 23 | Introductions & Syllabus |  |
| **2** | Aug 30 | Undefeated Mind | Discussion Questions |
| **3** | Sept 6 | Emotional Sobriety | Discussion Questions |
| **4** | Sept 13 | Spiritual Sobriety | Discussion Questions |
| **5** | Sept 20 | Time Management | Discussion Questions |
| **6** | Sept 27 | Self Care  MSU Week(Divisional Tailgate) | Discussion Questions |
| **7** | Oct 4 | Healthy Relationships | Discussion Questions |
| **8** | Oct 11 \**mid-semester* | Strengths Quest  Fall Break Starts the 12th. | Discussion Questions |
| **9** | Oct 25 | Six Essentials of Long Lasting Recovery | Discussion Questions |
| **10** | Nov 1 | Six Essentials of Long Lasting Recovery | Discussion Questions |
| **11** | Nov 8 | Relapse Prevention | Discussion Questions |
| **12** | Nov 15 | Relapse Prevention | Discussion Questions |
| **13** | Nov 22 | Thanksgiving Break |  |
| **14** | Nov 29 | Undefeated Mind | Discussion Questions |
| **15** | Dec 6 | Last Class Final Exam (In class) |  |

*The Instructor reserves the right to make any necessary changes to this schedule.*