# AUBURN UNIVERSITY

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

**Fall Semester 2023**

**Course #: COUN 7370**

# Course Title: Foundations of Substance Abuse Counseling

Credit Hours: 3 Credit Hours

Co/Prerequisites: None

Corequisites: None

Date Syllabus Prepared: Fall 2020; Revised Fall 2023

**Instructor:** Dr. Lindsay Portela, Ph.D., LPC Email: lkp0004@auburn.edu

Office Hours: By appointment

**Teaching Assistant**: Sahana Sen

**Email**: szs0293@auburn.edu

# Texts:

## Required:

Stevens, P. & Smith, R.L. (2013). Substance abuse counseling: Theory and practice (6th ed.). Upper Saddle River, NJ: Merrill Prentice Hall.

## Supplemental:

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.

# 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

Aligned with the 2016 CACREP standards for professional counseling identity, clinical mental health counseling, clinical rehabilitation counseling, and school counseling, students will be able to demonstrate their knowledge of the following upon completion of the course:

* theories and etiology of addictions and addictive behaviors (CACREP 2016, II.F.3.d.)
* neurobiological and medical foundation and etiology of addiction and co-occurring disorders (CACREP 2016, V.C.1.d.; CACREP 2016, V.D.1.e.)
* psychological tests and assessments specific to clinical mental health counseling (CACREP 2016, V.C.1.e.)
* potential for substance use disorders to mimic and/or co-occur with a variety of neurological, medical, and psychological disorders (CACREP 2016, V.C.2.e.; V.D.2.g.)
* techniques and interventions for prevention and treatment of a broad range of mental health issues (CACREP 2016, V.C.3.b.)
* strategies for interfacing with the legal system regarding court-referred clients (CACREP 2016, V.C.3.c.)
* signs and symptoms of substance abuse in children and adolescents as well as the signs and symptoms of living in a home where substance use occurs (CACREP 2016, V.G.2.i.)

**Course Format**

This course is offered via a hybrid synchronous and asynchronous online format. This means that the course will be offered in an online format with lectures being posted to the course Canvas page, there will be live meetings determined ahead of time and included in the syllabus.

# Course Requirements

1.   **Class preparation and participation.** Students are expected to come to class having completed assigned readings (e.g., textbook, articles). Students are also expected to participate in class activities and assignments.

2.   **Course Assignments:** Course assignments are to be completed and turned in to the course instructor via Canvas *by the date and time listed on the syllabus*. Late assignments will be deducted 10% of the total grade of the assignment per day late.

a)   *Exams*: There will be 2 exams given: a midterm and a final. Exams will be conducted through CANVAS and will be worth 35 points a piece.

b)   *Film Critique*: Students will use the movie 28 days. Students are to watch the film and complete a worksheet related to client presentation, symptomology, barriers to treatment, treatment goals, etc. Students will then complete a 1 – 2 page reflection of the film and how it portrays substance use and treatment. Further details to follow.

c)   *Abstinence Project*. (70 Points)

a.   Students will choose a substance to abstain from starting the 3rd week of the semester and lasting until the 10th week of the semester. Examples include: sugar, fried foods, alcohol, caffeine, etc. Students will then create and complete an abstinence contract. (5pts)

b.   Students will be expected to process their experiences related to the Abstinence Project weekly by submitting weekly journal reflections in response to a prompt via Canvas. 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 are learning from the experience (template in Canvas) (40pts total).

c.   Students will write a summary of their experience of abstaining throughout the semester using APA format. Students can reflect on their experience of the abstinence contract by finding a song, poem, or short story that represents their growing understanding of addiction and/or their experience of the abstinence contract. Summary should be 2-3 pages in length. (25pts)

# Grading and Evaluation:

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| --- | --- | --- |
| **Assignment** | **Points** | **CACREP 2016 Standards** |
| Exams  | 70 | II.F.3.d.; V.C.1.d.; V.C.1.e; |
|  |  | V.D.1.e.; V.C.2.e.; V.D.2.g.; |
|  |  | V.C.3.b.; V.C.3.c.; V.G.2.i. |
| Abstinence Project | 70 | II.F.3.d.; V.C.3.b. |
| Film Critique | 50 | V.C.3.b. |
| **Total** | **190** |  |

The following scale will be used: 90-100% = A

80-89.99% = B

70-79.99% = C

60-69.99% = D

Below 60% = F

# Class Policy Statements

1. 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 assignments or exams will be accepted after Friday, 7/29.
2. 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 will](http://www.auburn.edu/studentpolicieswill) 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.
3. 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).
4. 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.
5. 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:

a.   Engage in responsible and ethical professional practices

b.   Contribute to collaborative learning communities

c.   Demonstrate a commitment to diversity

d.   Model and nurture intellectual vitality

# Course Schedule

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| **Course Schedule** | **Topics** | **Readings/Assignments** | **CACREP Standards** |
| 8/16Week 1 |  | **None**ResidencyTraining |  |
| 8/24Week 2 | Introduction and overview of the courseIntroduction to addiction | **Chapters 1 & 2**Abstinence Project Contract Due 8/27 | II.F.3.d. |
| 8/31Week 3 | Models of SUDs Introduction to Psychopharmacology | **Chapter 3** Abstinence Project Weekly Journal Due  | II.F.3.dV.C.1.dV.D.1.e |
| 9/7Week 4 | Etiology of Substance Abuse&Assessment and Diagnosis | **Chapters 4 & 5**Abstinence Project Weekly Journal Due  | II.F.3.dV.C.1.dV.DII.F.3.dV.C.1.dV.D.1.e |
| 9/14Week 5 | Treatment Settings and Treatment Planning | **Chapter 6** Abstinence Project Weekly Journal Due  | V.C.2.eV.D.2.gV.C.1e |
| 9/21Week 6 | Individual Treatment&Group Treatment\* | **Chapters 7 & 8** Abstinence Project Weekly Journal Due  | V.C.3.bV.C.3.bV.C.3.c |
| 9/28Week 7 | Family Treatment  | **Chapter 9** Abstinence Project Weekly Journal Due  | V.C.2.eV.D.2.gV.C.3.c |
| 10/5Week 8 | Midterm Exam due(you will have one week to take the exam)Abstinence Project Weekly Journal Due |
| 10/12Week 9  | No Class – Fall BreakAbstinence Project Weekly Journal Due |
| 10/19Week 10 | Retaining Sobriety: Relapse Prevention | **Chapter 10**Abstinence Project Weekly Journal Due | V.C.2.eV.D.2.gV.C.3.c |
| 10/26Week 11 | Selected Populations | **Chapter 11** | V.G.2.i |
| 11/2Week 12 | Working with Diverse Cultures \* | **Chapter 12**Abstinence Project Summary/Reflection Due | V.G.2.i |
| 11/9Week 13 | 28 Days Showing& Discussion |
| 11/16Week 14 | Prevention | **Chapter 13**Film Critique Due | V.G.2.i |
| 11/23Week 15 | No ClassThanksgiving Break |
| 11/30Week 16 | ***Final Examination due by 12/1/23 by 11:59 PM CST******You will have one week to take the exam*** |
| Classes End December 1st |

**\*The syllabus may be changed or adjusted by the instructor at any point in the semester**

# 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 a Canvas announcement or via email.

# 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.