# AUBURN UNIVERSITY

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

**Summer Semester 2024**

**Course #: COUN 7370-001**

# Course Title: Foundations of Substance Abuse Counseling

Credit Hours: 3 Credit Hours

Co/Prerequisites: None

Corequisites: None

Date Syllabus Prepared: Fall 2020; Revised Summer 2022, Summer 2024

**Instructor:** Dr. John McCall, Ph.D.

Email: jrm0204@auburn.edu

Office Hours: By appointment

# Texts:

## Required:

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

## Recommended:

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 an 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 no live meetings unless scheduled between student and instructor.

# 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 posted on Canvas on their assigned opening date. Each exam will be worth 35 points. The exams **must** be completed and submitted into Canvas by their due date for credit.

 b) *Case Studies:* Students will review two case studies throughout the semester and create a Treatment Plan for each to outline potential treatment goals for the client described in each case study. This assignment will help students practice applying conceptualization skills that include tenants from their theory of practice, as well as consideration of how substance use plays a part in treatment goals and planning. Each case study is worth 10 points. Submission of the case study assignments should include:

1. Outlined presenting issues (this will include the substance use but also all other key presenting issues such as symptomology, family discourse, criminal history, etc.)

2. Treatment plan (1-3 long-term goals; 1-3 short-term goals PER long-term goal; one possible intervention per goal)

b)   *Film Critique*: Students will select a movie or TV series (with prior approval a book may be used as well) that reflects substance use and/or abuse (50 pts total). Students are to watch the film and discuss the following in an APA-formatted, 3-4 page paper that addresses the following:

1. Brief synopsis of the film

2. Key demographic information related to the character portraying substance use/abuse

3. Presenting issues (this will include the substance use but also all other key presenting issues such as family discourse, criminal history, etc)

4. Assessment and Diagnosis (identify specific assessment measures you may use)

5. Treatment plan (1-3 long-term goals; 1-3 short-term goals PER long-term goal; one possible intervention per goal)

6. Legal and/or ethical issues

c)   *Abstinence Project*.

a.   Students will choose a substance to abstain from starting the 2nd week of the semester and lasting until the 7th 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 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; 35pts 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. The summary should be 2-3 pages in length. (20pts)

# 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 ProjectCase Studies | 8020 | II.F.3.d.; V.C.3.b.V.C.3.b. |
|  |  |  |
| Film Critique | 50 | V.C.3.b. |
| **Total** | **230** |  |

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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| --- | --- | --- | --- | --- | --- |
| Week | Date  | Content | Readings | Assignments Due | CACREP |
| 1 | 5/19 | Introduction and overview of the courseIntroduction to addiction | Stevens & Smith: Chapters 1 & 2 |  | II.F.3.d. |
| 2 | 5/26 | Models of SUDs Introduction to Psychopharmacology&Etiology of Substance Abuse | Stevens & Smith: Chapters 3 & 4 | Abstinence Project Contract **Due 5/29 by 4:00 PM CST**  | II.F.3.dV.C.1.dV.D.1.eII.F.3.dV.C.1.dV.D |
| 3 | 6/2 | Assessment and Diagnosis&Treatment Settings and Treatment Planning | Stevens & Smith: Chapters 5 & 6 | Abstinence Project Weekly Journal 1 **Due 6/5 by 4:00 PM CST**  | II.F.3.dV.C.1.dV.D.1.eV.C.2.eV.D.2.gV.C.1e |
| 4 | 6/9 | Individual Treatment&Group Treatment12-Step & Harm Reduction Interview Videos Midterm Exam Review | Stevens & Smith: Chapters 7 & 8 | Abstinence Project Weekly Journal 2 **Due 6/12 by 4:00 PM CST** | V.C.3.bV.C.3.bV.C.3.c |
| 5 | 6/16 | Midterm Exam |  | Abstinence Project Weekly Journal 3 **Due 6/19 by 4:00 PM CST** Case Study Treatment Plan Practice 1 **Due 6/19 by 4:00 PM CST**Exam will Open on 6/16 and close 6/23 \* **Must be completed by 11:59 PM CST on 6/23** |  |
| 6 | 6/23 | Family Treatment&Retaining Sobriety: Relapse Prevention | Stevens & Smith: Chapters 9 & 10 | Abstinence Project Weekly Journal 4 **Due 6/26 by 11:59 PM CST** | V.C.2.eV.D.2.gV.C.3.c |
| 7 | 6/30 | Selected Populations | Stevens & Smith: Chapter 11 | Abstinence Project Weekly Journal 5 **Due 7/3 by 11:59 PM CST**Case Study Treatment Plan Practice 2 **Due 7/3 by 11:59 PM CST** | V.G.2.i |
| 8 | 7/7 | Working with Diverse Cultures | Stevens & Smith: Chapter 12\*Branscum & Sharma (2010)\*Weschsler & Nelson | Abstinence Project Weekly Journal 6 **Due 7/10 by 11:59 PM CST** |  |
| 9 | 7/14 | PreventionFinal Exam Review | Stevens & Smith: Chapters 13 | Abstinence Project Weekly Journal 7 **Due 7/17 by 11:59 PM CST****Film critique Due 7/14 by 11:59 PM CST**\*Can be submitted at any time before due date | V.G.2.i |
| 10 | 7/21 | Final Exam \* Will open on 7/20 and remail open until 7/26 **Must be submitted by or on 7/26 by 11:59 PM CST for any credit** |  | **Abstinence Project Summary Due by 7/26 at 11:59 PM CST** | V.C.3.c |

\* Notes optional reading.

# 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.