

Course Syllabus

1. **Course Title and Number: Substance Abuse Interventions Psy 683-80/81**
Online
2. **Department Secretary's Telephone Number and Email Address:**
720-2148 oerteld@wpun.edu
3. **Semester offered:** Winter 2020-2021
4. **Faculty: Dr. Torsney**
Phone: 720-3395
Email: torsneyk@wpunj.edu
Office: S2032 email me for a Zoom appointment
5. **Required Texts:**

Concepts of Chemical Dependency, 10th Edition

Harold E. Doweiko Viterbo University

<https://www.cengage.com/c/concepts-of-chemical-dependency-10e-doweiko/9781337563451/>

I will provide the class with readings during the semester as well.

Recommended Books:

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*. Arlington, VA: American Psychiatric Publishing.

American Psychological Association. (2020). *Publication Manual of the American Psychological Association (7th Edition)*. Washington, D.C.: APA Publications.

Buelow, G. D & Buelow, S.A. (1998). *Psychotherapy in Chemical Dependence Treatment*. Pacific Grove, CA: Brooks/Cole.

Miller, W.R., & Rollnick, S. (2012). *Motivational Interviewing: Helping People Change, 3rd Ed.* New York: Guilford

Rotgers F, Morgenstern J, Walters ST. (2006). *Treating Substance Abuse: Theory and Technique*, 2nd Edition. The Guilford Press.

Washton, A. (Ed.). (1996). *Psychotherapy and Substance Abuse: A Practitioner's Handbook*. New York: Guilford Press.

Relevant Journals:

Journal of Addictive Diseases
Alcoholism Treatment Quarterly
The International Journal of the Addictions
Journal of Substance Abuse Treatment
Quarterly Journal of Studies on Alcohol

Helpful Websites:

<http://www.samhsa.gov/>
<https://www.drugabuse.gov/>
<https://www.niaaa.nih.gov/>
<http://www.nj.gov/humanservices/clients/addiction/>
<http://www.state.nj.us/humanservices/dmhas/home/>

Some References:

- American Psychological Association. (2017). Marijuana research: Overcoming the Barriers. Advocacy.apascience.org.
- Bowen, S., Witkiewitz, K., Clifasefi, S.L., Grow, J., Chawla, N., Hsu, S.H., Carroll, H.A., Harrop, E., Collins, S.E., Lustyk, M. K., & Larimer, M.E. (2014). Relative efficacy of mindfulness-based relapse prevention, standard relapse prevention, and treatment as usual for substance use disorders: A randomized clinical trial. *JAMA Psychiatry, Vol 71(5)*, 547-556.
- Daetwyler, C., Schindler, B. & Parran, T. (2012). The clinical assessment of substance use disorders: Lab tests MedEdPortal. www.mededportal.org/publication/9110
- Delva, J. (2000). *Substance abuse issues among families in diverse populations*. Haworth Press.
- Diamond, J. (2000). *Narrative Means To Sober Ends*. New York: Guilford.
- Freimuth, M. (2009). *Hidden Addictions: Assessment practices for psychotherapists, counselors, and health care providers*. Lanham, MD: Jason Aronson
- Hart, C. (2013). *High price: A neuroscientists' journey of self-discovery that challenges everything you know about drugs and society*. New York: HarperCollins.
- Marlatt, G.A. & Gordon, J.R. (Eds.). (1985). *Relapse prevention*. New York: Guilford.
- Miller, W. & Rollnick, S. (2002). *Motivational Interviewing; Preparing People For Change*, 2nd ed. New York: Guilford.

Miller WR & Carroll KM. (2006). *Rethinking Substance Abuse*. The Guilford Press.

Monti, P., Kadden, R., Rohsenow, D., Cooney, N, & Abrams, D. (2002). *Treating Alcohol Dependence; A Coping Skills Training Guide*, 2nd Ed. New York: Guilford.

Rotgers F, Morgenstern J, Walters ST. (2006). *Treating Substance Abuse: Theory and Technique*, 2nd Edition. The Guilford Press.

Substance Abuse and Mental Health Services Administration. (2014). *Screening, Brief Intervention and Referral to Treatment (SBIRT) in Behavioral Health Care*. www.samhsa.gov/sites/default/files/sbirtwhitepaper_0.pdf.

Substance Abuse and Mental Health Services Administration. (2013). *Systems-Level Implementation of Screening, Brief Intervention and Referral to Treatment*. Technical Assistance Publication Series (TAP) 33, Rockville, MD.

Substance Abuse and Mental Health Services Administration.
<https://www.integration.samhsa.gov/clinical-practice/sbirt>.

Washton, A. & Boundy, D. (1989). *Willpower's Not Enough*. New York: HarperPerennial

Washton, A. (1996). *Psychotherapy and substance abuse: A practitioner's guide*. New York: Guilford Press

6. Course Objectives

The aim of this course is to provide students with basic knowledge about the pharmacology and toxicities of substance abuse and about other addictive/compulsive behaviors with gambling, food, sex, Internet use, codependency, and work. The students will learn therapeutic resources and community resources that are most useful in interventions for these disorders. Students will learn how to evaluate individuals for addictive/compulsive disorders, how to work with the identified patient and the family system, and how to access community resources for clients. Students will understand the relapse chain and how to intervene with the client and his/her family to prevent relapse. In addition, students will be able to conceptualize a case from an addiction systems perspective and to present treatment recommendations for individuals with a variety of addictive/compulsive disorders.

7. Student Learning Outcomes:

Students will be able to:

- a. Effectively express themselves in written form.
- b. Demonstrate the ability to think critically.
- c. Locate and use relevant information.
- d. Comprehend the implication of experimental research, including limitations in interpreting research results.

- e. Demonstrate the ability to integrate knowledge and ideas in a coherent and meaningful manner.
- f. Appreciate different theoretical perspectives.

8. Topical outline of course content:

Date	Topic	Reading
Week of Dec 7 th	Introduction to course Pharmacology/Neuropsychology of addictions Characteristics of addictive personalities Addictive elements in society Alcohol abuse/addiction Barbiturate abuse/addiction Week 1 Discussion Board posts	Doweiko Ch1-6
Week of Dec 14 th	Abuse/Addiction to Benzodiazepines, CNS Stimulants, Cocaine, Marijuana, Opioids And Hallucinogens Sex Addiction Compulsive spending Hoarding Quiz 1 (Ch 1-12) Available from 9AM 7/17 to 11:59PM 7/19 Week 2 Discussion Board posts	Doweiko Ch 13-25
Week of Dec 21 st	Abuse/Addiction to Inhalants, Steroids, and Tobacco/Nicotine. Over the counter drug abuse, Chemicals and the Neonate, Gender and addiction The hidden faces of substance use disorders Internet addiction Week 3 Discussion Board posts	Doweiko Ch 13-19
Week of Dec 28 th	Substance use/abuse among children, adolescents, and college students Codependency/Enabling Addiction and the family Dual Diagnosis/MICA Medical and psychosocial models Eating Disorders/Gambling/Workaholism Quiz 2 (Ch 13-26) Available from 9AM 7/31 to 11:59PM 8/2 Week 4 Discussion Board posts	Doweiko Ch 20-26
Week of Jan 4 th	Addiction as a disease of the human spirit Assessment Intervention Treatment settings Treatment	Doweiko 27-32

Week 5 Discussion Board posts

Week of Jan 11 th	Pharmacological Interventions Relapse Support Groups Infectious Diseases Drugs and Crime Legalization Quiz 3 (Ch 27-38) Available from 9AM 8/14 to 11:59PM 8/16 Essay Exam Due 11:59PM Sun Aug 16th	Doweiko 33-38
Jan 17 th	2 Essays due 11:59PM Meichenbaum 3-5 page paper due 11:59PM	

9. Teaching Methods:

The course includes lectures, discussions, presentations, and a critical evaluation of substance abuse literature. The teaching method will be structured to allow for a good deal of class discussion, critical thinking and exchange of ideas.

10. Course Expectations:

You are expected to:

- a. Read the Announcement each Monday morning.
- b. Read your emails regularly.
- c. Read the syllabus
- d. Have read the assigned material for every class.
- e. Be responsible for all the information in class, and in the assigned readings.
- f. Hand in your assignments on time.
- g. Take the courses exams at the assigned time.

Read the chapters to be discussed in class before each class, so that you may share your opinions and experience during discussion board posts

Examinations are given on the dates in the course outlines. There are no make-up exams given unless you have a previously excused absence which is supported by documentation such as a doctor's note or police report. If you do not notify me before the scheduled exam and do not present documentation about the situation, you will receive a failing grade. Makeup exams will only be permitted in the event of a grave emergent situation.

11. Grading and other methods for assessing student academic performance:

The final grade will be calculated as follows:

2 Essays	10 points (5 points per essay)
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	*pick 2 Essays out of the 5 Essays to complete by Aug 17th	
3 Quizzes		15 points (5 points each quiz)
5 Discussion Board Posts	25 points	
Meichenbaum Paper	25 points	
Essay Exam	25 points	

The essays are based on information from the text and other source material related to addiction. You will choose 2 of the possible 5 Essays to complete in a 1-2 page Microsoft Word format in Assignments by 11:59PM on Aug 17th.

The discussion board posts should be at least 2 paragraphs of thoughtful, insightful and comprehensive material. Don't skip any discussion board posts because they are 25 points.

You will have 3 quizzes and each quiz will be 5 points. They cover a large number of chapters, but they are designed to assess more basic knowledge.

The essay exam will consist of clinical case examples and the student will outline how to assess and treat the client and identify important issues. There are 6 case examples and you will pick 3 to answer

Finally, the 3-5 page paper is based on Meichenbaum's Voice of Recovery Patient Handbook. Pick one module and talk about the pros and cons of the material in the module. Find 5 articles that relate to the topics in the module and discuss how the articles pertain to the information in the module. Talk about future directions in the use of the module and what information that is not in the module should be included.

12. **Support Services:**

Please feel free to contact me during the semester.

Academic support services include assistance with peer tutoring, workshops, academic counseling, and study groups. 720-3324

The Writing Center will assist you in improving your writing skills. 720-2633.

The Office of Disability Service can provide assistance as well. 720-2218

Career Development Center. 720-2282

The Counseling Center can also help you with managing the stress of daily life and can provide assistance with emotional issues. 720-2506