

**Portland State University
Graduate School of Education**

Preparing professionals to meet our diverse community's lifelong educational needs

Foundations of Substance Abuse Counseling

“There is always a well-known solution to every human problem – neat, plausible, and wrong.”
- H.L. Mencken

CRN#: Coun 531
Term: Fall 2009
Time: Thursday 4:00-6:30
Location: ED 414
Credits: 3
Instructor: John Fitzgerald, PhD, LPC, CAS
john@johnfitzgerald.org
www.addictionmanagement.org
503-892-5366
Office Hours: 10 minutes before/after class and by appointment

Accommodation

Students needing an accommodation pursuant to federal, state or institutional education regulations should immediately inform the course instructor. Students with conditions affecting their abilities are referred to The Disability Resource Center (503-725-4150, TTY or Relay 503-725-4178) to document their disability. That office will provide appropriate support and services.

Program Policy Statement

The counseling profession requires a high level of personal integrity, self-awareness, and personal maturity. Demonstrating professionalism in classroom behavior, as well as being present and engaged in classroom activities, is expected at all times as a graduate student in Counselor Education.

Students and faculty are expected to maintain an atmosphere in which controversial issues, germane to the subject matter, can be examined and discussed. In exercising this freedom of expression, faculty and students are expected to exercise appropriate restraint and show respect for the opinion of others. Students are expected to conduct themselves in a manner pursuant to the PSU Student Conduct Code #577-031-0136. Behavior and performance guidelines can also be referenced in the student handbook at:
http://www.pdx.edu/media/g/gse_handbook_student_conduct.pdf

Course Description

This course provides an overview of the biological, psychological, social and spiritual dimensions of substance abuse and dependency. Addictive behaviors are presented as part of a continuum of mental and emotional disorders. The course emphasizes the biological substrate and developmental course of addictions as well as the relationship of addictive behavior to common psychological disorders. Models and theories of addictive behavior that the professional counselor needs to understand when treating clients with addictive and co-occurring disorders are reviewed.

Course Objectives

Upon completion of this course, participants will be able to:

1. Demonstrate a conceptual and theoretical understanding of addictions and related behavior.
2. Understand the varied theories of addiction, including historical concepts as related to current thinking and theories.
3. Understand and identify biological, psychological, social, familial & spiritual impacts of addictions.
4. Integrate concepts and theories related to addictions into the roles and responsibilities of professional counselors.
5. Explain and define the relationship between addictive behavior, addictions, and mental and emotional disorders and functioning.

Teaching Style

Learning is facilitated through readings, teacher lectures, guest lectures, videos, and class discussion. Course content is tested by midterm and final exams. In addition, students contribute comments to an ongoing addiction blog.

Required Reading List

See next page

Grading

Blog feedback	10
Midterm	45
Final	45

Total points possible is 100 and final grade calculated on standard 10% increments (i.e., 70-79% = C, 80 – 89% = B, and 90 – 100% = A)

Absences

Exams will cover reading assignments *and material covered in class*. Missed classes are at your own discretion.

Academic Integrity

The following constitutes conduct as proscribed by Portland State University for which a student or student organization or group is subject to disciplinary action:

- (1) Obstruction or disruption of teaching, research, administration, disciplinary procedures or other University activities, including the University's public service functions or other authorized activities on University-owned or -controlled property, or any other location where teaching, research, administration, disciplinary procedures or other University activities take place.
- (2) All forms of academic dishonesty, cheating, and fraud, including but not limited to: (a) plagiarism, (b) the buying and selling of course assignments and research papers, (c) performing academic assignments (including tests and examinations) for other persons, (d) unauthorized disclosure and receipt of academic information and (e) falsification of research data.

Course Schedule

Week	Topic	Required Readings
1 10/1	Introduction	None
2 10/8	The Problem of Addiction	<ul style="list-style-type: none"> • Toward a syndrome model of addiction (a) – 6 pages • Drug dependence: a chronic medical illness (a) - 6 • Addiction as excessive appetite (b) – 15 • Why relationships fail (b) - 17 • Contemporary addiction treatment (b) – 6 • <i>Total = 50 pages</i>
3 10/15	Evaluation	<ul style="list-style-type: none"> • Screening and brief intervention (b) - 10 • Assessment of the patient (b) – 16 • The ASAM placement criteria (b) - 12 • Addiction interactive disorder (b) - 27 • <i>Total = 65 pages</i>
4 10/22	Managing Chronic Issues I	<ul style="list-style-type: none"> • Managing addiction as a chronic condition (a) - 8 • Comorbid substance use disorders and psychiatric (b) – 17 • Group therapy (b) - 9 • Self-help organizations for alcohol and drug problems (b) – 7 • Computer-assisted delivery of CBT for addiction (b) - 6 • <i>Total = 47</i>
5 10/29	Managing Chronic Issues II	<ul style="list-style-type: none"> • Addiction medications – (a) – 11 • Relapse prevention for alcohol and drug problems (a) - 9 • The community reinforcement approach (a) – 5 • Adolescent substance abuse (b) - 7 • Gender-specific treatment for women with SUD (b) - 11 • <i>Total = 43</i>
6 11/5	Resolving Solvable Problems I <i>Midterm Exam</i> <i>Dennis McCarty</i>	<ul style="list-style-type: none"> • Housing first, consumer choice, and harm reduction... (a) – 5 • Drug courts and the treatment of incarcerated populations (b) – 5 • Damaged development of the human affectional system (b) - 14 • <i>Total = 24</i>
7 11/12	Resolving Solvable Problems II	<ul style="list-style-type: none"> • Principles of developmentally-based psychotherapy: CH 1/2 (a) - 69 • A therapists reflection on what works (a) - 4 • <i>Total = 73</i>
8 11/19	Creating I	<ul style="list-style-type: none"> • The path of least resistance (chapter 3-5) (b) - 45 • Addiction, recovery, and art: My story (b) - 6 • Religion, spirituality, and the troubling use of substances (b) - 16 • www.TED.com (Pick 1 to watch) • <i>Total = 67</i>

9 12/3	Creating II	<ul style="list-style-type: none"> • Me to we: chapters 3, 4, 5, 10 (b) - 83 • Achieving sustainable new happiness (b) - 15 • www.TED.com (Pick 1 to watch) • Total = 98
10 12/10	Final exam	

Note:

- (a) Located at www.addictionmanagement.org (under Resource Center – left side of site, then PSU Class Information)
 (b) Located in MISL (3rd Floor ED building)

Full References

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- Daley, D. C., A. Douaihy, et al. (2009). **Group therapies**. Principles of addiction medicine. R. Ries, D. A. Fiellin, S. C. Miller and R. Saitz. Philadelphia, Lippincott Williams & Wilkins.
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- Firestone, R. W. and J. Catlett (1999). **Why relationships fail**. Fear of Intimacy. Washington DC, American Psychological Association.
- Fitzgerald, J. P. (2005). "**Healing trauma: A therapist's reflection on what works**." Retrieved September 22, 2007, from <http://www.addictionmanagement.org/Healing%20Trauma.pdf>.
- Fritz, R. (1984). **The path of least resistance**. NY, Fawcett Columbine.
- Greenfield, S. F. and G. Hennessy (2004). **Assessment of the patient**. The American Psychiatric Publishing Textbook of Substance Abuse Treatment. M. Galanter and H. D. Kleber. Washington D.C., American Psychiatric Press: 101-119.
- Greenfield, S. F. and S. Pirard (2009). **Gender-specific treatment for women with substance use disorders**. Women and Addiction: A Comprehensive Handbook. K. T. Brady, S. E. Back and S. F. Greenfield. New York, The Guilford Press.
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- Tsemberis, S., L. Gulcur, et al. (2004). "**Housing first, consumer choice, and harm reduction for homeless individuals with a dual diagnosis.**" American Journal of Public Health **94**(4): 651-656.
- Witkiewitz, K. and G. A. Marlatt (2004). "**Relapse prevention for alcohol and drug problems: That was zen, this is tao.**" American Psychologist **59**(4): 224-235.
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