



LEWIS & CLARK COLLEGE

GRADUATE SCHOOL OF EDUCATION AND COUNSELING
CPSY 563: Treatment Issues in Family Therapy: Substance Abuse & the Family
SUMMER 2008

Time: 9:00 AM – 5:00 PM

Day: Tuesday, May 27th

Instructor: Sebastian Perumbilly, M.A., MA-MFT

Contact Information: Sebpmft@yahoo.com

CATALOG DESCRIPTION: TREATMENT ISSUES IN FAMILY THERAPY

Applications of family systems approach to treatment of families in crisis and transition. Topics include issues such as substance abuse, domestic violence, sexual abuse, trauma and loss, poverty, and chronic illnesses. A portion of this course emphasizes clinical case conceptualization and treatment planning.

COURSE DESCRIPTION: SUBSTANCE ABUSE & THE FAMILY

Family therapists and counselors are regularly faced with the complexities of helping individuals, couples, and families struggling with substance abuse. It is imperative that practitioners are able to assess for addiction, help determine the correct course of treatment, and support the recovery of all of those involved. This course introduces students to the research, theory and practice of family work with substance abuse.

COURSE OBJECTIVES

This course will help participants develop a working knowledge of understanding, assessing and treating families suffering from substance abuse including intervention for inpatient treatment, understanding and working along-side other recovery-oriented services (e.g., 12-step programs, self-help groups) and encouraging family interactions that lead to recovery for all members.

ASSIGNMENTS

Reaction paper (1) - Total: 50 points

Students will complete a 5-6 double spaced page reaction/ reflection papers in response to the following:

Write a reaction and reflection on what you learned in class and in the readings. The reaction paper can be in your own words. Unlike the final paper, it does not require APA 5 formatting, but should be a thoughtful reflection that includes some references to the substance addiction treatment literature. The paper might address a number of the following topics using reference to the readings:

- ◆ *Thoughts about how the information covered in the class and the readings might apply to your own family experience or that of families you know or have worked with*
- ◆ *Biases about what does and doesn't work in treatment of substance abuse*
- ◆ *Personal strengths that might contribute to working effectively with substance abuse*
- ◆ *Personal areas of growth regarding work with substance abuse and treatment issues*
- ◆ *Other areas that arose for you as you were participating in the course and while reading the course materials*

The reaction/ reflection paper is worth 50 points and will be graded based on the level to which it demonstrates that you have read and thought about the materials covered in class and the readings (assigned and what you cited from your research on the topic).

Final paper (50 points)

Students will complete a 5-6 page final paper on the following:

In light of your knowledge of family systems, substance addiction and existing treatment programs (based on what is covered in this course and readings), write your approach and rationale for assessing and treating families with addiction. Include in your answer why we should include families in the treatment process. Use at least one (or more) model of Family Therapy (Structural, Experiential, Solution-Focused, etc) in the paper.

Students are expected to use theoretical literature and research in support of their ideas and opinions. At least 5 peer-reviewed articles or book chapters should be cited and can include course required readings.

The final paper should be double spaced, 12 pt font, and in APA 5 format. The paper should be submitted via e-mail (sebpmt@yahoo.com) by **June 28, 2008**. Late papers will receive lower grades.

Content	25 points
Clarity and organization of ideas	10 points
Use of pertinent literature	10 points
Writing and referencing according to APA 5 style	5 points

Total = 50 points

GRADING

A = 93-100
A- = 90-92
B+ = 88-89

B = 83-87
B- = 80-82
C+ = 78-79

C = 73-77
C- = 70-72

NON-DISCRIMINATION POLICY/SPECIAL ASSISTANCE

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

COURSE SCHEDULE & READINGS

Morning Session (9 a.m. – 12 noon)

Topics:

Introductions and overview
Understanding Family Systems & Processes
Addiction as a disruption in Family Systems
Understanding Addiction
Theories of Substance Addiction

Lunch Break (12 p.m. – 1 p.m.)

Afternoon Session (1 p.m. – 5 p.m.)

Topics:

Assessing & Treating Addiction in Family Systems
 o *Clinical interventions*
 o *Relapse prevention*
 o *Importance of Self-Help/ Support Groups as a treatment modality*
Evidence-based Models of Treating Addiction
Recovery, aftercare and maintaining sobriety
Special issues and special populations in Addiction Treatment
 o *Adolescent substance abuse*
 o *Assessment and intervention with women addicts*
 o *Substance abuse problems among older adults*
Roles of family therapists/counselors in addiction treatment
Self-of-the therapist and substance abuse treatment

Readings:

Required Reading:

Copello, A., Velleman, R. & Templeton L. (2005). Family interventions in the treatment of alcohol and drug problems. *Drug & Alcohol Review* (24), 369-385.
<http://web.ebscohost.com/ehost/pdf?vid=3&hid=105&sid=cf1fa620-f61e-41ca-90d5-4fa593ee18c7%40sessionmgr103>

Liddle, H. (2004). Family based therapies for adolescent alcohol and drug abuse: Research contributions and future research needs. *Addiction*, 99 (2), 76-92.
<http://web.ebscohost.com/ehost/pdf?vid=4&hid=105&sid=cf1fa620-f61e-41ca-90d5-4fa593ee18c7%40sessionmgr103>

O'Farrell, T. & Fals-Stewart, W. (2003). Alcohol abuse. *Journal of Marital and Family Therapy*:
http://findarticles.com/p/articles/mi_qa3658/is_200301/ai_n9235476/print

Rotunda, R. & Dolan, K. (2001). Partner enabling of substance use disorders: Critical review and future directions. *The American Journal of Family Therapy* (29), 257-270.
<http://web.ebscohost.com/ehost/pdf?vid=4&hid=105&sid=cf1fa620-f61e-41ca-90d5-4fa593ee18c7%40sessionmgr103>

Read information about multi-systemic family therapy and treatment for adolescent substance abuse at: <http://www.mstservices.com/text/treatment.html>

Veter, A. & Henley, M. (2001). Integrating couples and family therapy into a community alcohol service: A pantheoretical approach. *Journal of Family Therapy* (23), 85-101.
<http://web.ebscohost.com/ehost/pdf?vid=10&hid=105&sid=cf1fa620-f61e-41ca-90d5-4fa593ee18c7%40sessionmgr103>

Suggested Additional Readings:

Wegscheider-Cruse, S. (1989). Another chance: hope and health for the alcoholic family (second edition). Palo Alto, California: Science and Behavior Books, Inc.