

# **CPSY 546: Models and Theories of Addiction and Recovery**

## **CPSY 546, Spring 2008**

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### **Course Location/Time**

South Campus Conference Center, Room 107  
1/07/2008-04/21/2008 Lecture Monday 05:30PM - 08:45PM

### **Course Description**

This class provides an overview of the major theories and models that account for the etiology of addictive behaviors and recovery from those behaviors. Special emphasis is placed upon the critical evaluation of biological predispositions, psychological factors, socialization processes, and spiritual influences implicated in the development of addictive behaviors and recovery. Additionally, risk and resiliency factors that mediate and moderate the intergenerational transmission of addiction, sociocultural factors, effects on psychosocial development, and the impact of culture and gender differences will be examined. The successful integration, adaptation, and application of a working model of addiction/recovery into the counseling setting is the ultimate goal for each student.

Prerequisite: CPSY 545 or by permission from course instructor.

### **Course objectives:**

1. To gain an understanding of the basic philosophical/scientific assumptions that underlies the various theoretical models of addiction and recovery.
2. To think critically about the key issues in the field of addiction, including consideration of multiple models that account for addiction and recovery, alternative courses of action, and the potential outcomes and impacts for the individuals, families, and communities.
3. To compare and evaluate selected theories of addiction.
4. The application and integration of various models of addiction and recovery into the counseling setting.
5. Development of a well defined personal theory of addiction and recovery that has a practical and meaningful application in the counseling field.

### **Required Texts:**

Washton, Arnold M., Zweben, Joan E. (2006). Treating Alcohol and Drug Problems in Psychotherapy Practice. New York: Guilford Press.

DiClemente, Carlo C., (2003) Addiction and Change New York: Guilford Press.

### **Suggested Texts/Readings:**

Anonymous. (1976). Alcoholics anonymous. New York: World Services, Inc.

Anonymous. (1981). Twelve steps and twelve traditions. New York: World Services, Inc.

Anonymous. (1988). Narcotics anonymous (5<sup>th</sup> ed). Van Nuys, CA: World Service Office, Inc.

Brown, S. (1995). Treating alcoholism. San Francisco: Jossey-Bass.

Brown, S. Treating the alcoholic family

Capuzzi, D., Stauffer, Mark D. (2008) Foundations of Addictions Counseling Boston: Pearson

Horvath, A. T. (). Sex, drugs, gambling & chocolate: A workbook for overcoming addictions.

Marlatt, G.A. () Harm Reduction

Miller, W.R. & Rollnick, S. (1991). Motivational interviewing: Preparing people to change addictive behavior. New York: Guilford Press.

White, W. L. (1998). Slaying the dragon: The history of addiction treatment and recovery in America. Bloomington, IL: Chestnut Health Systems.

Zucker, R., Boyd, G., & Howard, J. (1994). Research Monograph No. 26: The development of alcohol problems: Exploring the biopsychosocial matrix of risk (NIH Publication No. 94-3495). Washington, DC: U.S. Department of Health and Human Services.

### **Course Assignments:**

#### **12-Step Meeting Review**

During the course of the semester each student will be required to attend five different 12-step oriented recovery meetings and write one page (single-spaced) reaction papers for each individual meeting. Due dates for the five meetings/reaction papers are as follows: **Meeting 1: January 28; Meeting 2: February 11; Meeting 3: March 3; Meeting 4: March 17; Meeting 5: April 7.** The papers should include assessments of the behavioral, cognitive, social, and affective elements/activities observed and the student's own personal reactions and feelings.

#### **Theory of Addiction and Recovery Paper**

Each student will write a paper that will reflect their own personal theory of addiction and recovery. Special emphasis should be placed on integrating the personal model of addiction into a personal model of recovery that can further serve as the basis and underlying assumptions guiding your work in addiction counseling. The papers should be drawn from and supported by the theoretical and empirical literature regarding models/theories of addiction and recovery reviewed during the course of the semester.

Your paper should be typed, double-spaced and prepared in accordance with the APA publication manual (4<sup>th</sup> ed.) guidelines. The paper is due at the beginning of class on **April 14th**. The length of the paper should not be less than 8 or more than 15 pages. In the last class you will give an overview of your paper and what you learned.

#### **Special Topics: Group Research Project/Presentation**

Students will participate in developing and presenting a group project that will review and evaluate the relevant literature regarding a special topic area of related to the field of addiction and counseling. The topics should include an elaboration of the population, addiction, detox issues, and relevant treatment and recovery issues. The presentation should be at least 45 minutes in length and utilize audio/visual aids as appropriate. Each presentation should be a well-researched review covering the complete history of the topic area including the importance of the topic area to the Oregon area. Also, include treatment models that are currently being used in the Portland area by service providers.

You may find theoretical and review articles to be useful in helping you organize your ideas and locate and select research reports. However, the literature review must cover/include empirical research reports: i.e.: reviews of PsychInfo, Internet resources, SAMSHA TIPS and TAPS, etc. A formal outline of the presentation and complete reference list for the project will be due on the date of the presentation (either **April 7<sup>th</sup> or 14th**). The outline should be fully developed and elaborated, double-spaced, and prepared in accordance with the APA publication manual (4<sup>th</sup> ed.) guidelines.

Topic areas:

- Dual Diagnosis Treatment
- Heroin Addiction and Treatment Issues (Including Ultra-Rapid Detox)
- Specific Drug Addictions or Polysubstance Abuse
- Working with Difficult Clients
- Working with Process Addictions
- Working with Adult Children of Alcoholics
- Working with Addictive Culturally Diverse Populations
- Working with Adolescent Substance Abusing/Dependent Populations
- Working with Family Addiction: Models of Family Therapy
- Other topics as approved by instructor

Topics Confirmed: **February 4**. There will be no duplicate topics. Topics will be assigned on first come, first serve basis.

**EcoMap:**

The Ecological Map is a useful tool for keeping track of the information you obtain in the family assessment. On the map, the key units of a family, its environment and the relationships or paths between family and these units of the environment can be identified. The map illustrates how these needs and resources interact in the environment. Needs and resources are both tangible and intangible, formal and informal. The ecomap is a tool to integrate both the information and internal functioning and the information on how the family is situated within the environment. Existing conditions between the family and elements of the environment ---friends, neighbors, and extended family can be illustrated.

You will create an ecomap about yourself and share in a group exercise in class on **March 17**. Instructions will be given on **March 3**.

**Attendance**

Attendance and active participation in all class sessions is expected and will reflect approximately 20% of the final grade in this class. Each student will be responsible for reading the assigned readings prior to the class sessions and for being prepared to participate appropriately in class discussions.

**Grading:**

5 12-Step Meetings/Reaction papers	15%
Theory of Addiction/Recovery Paper	25%
Individual Project & Presentation	25%
EcoMap	15%
Attendance/Participation	20%

## Class Schedule

<b>Class 1</b>	<b>January 7</b>	<b>Introduction to Drugs and the Addictive Process</b>
Introductions/Course Overview		
<u>Discussion:</u>		
<ul style="list-style-type: none"><li>❖ Assessment</li><li>❖ Developmental Process of Addiction</li><li>❖ Views of Addiction</li><li>❖ Diagnosis Criteria</li></ul>		
<b>Class 2</b>	<b>January 14</b>	<b>Developing Counselors &amp; Professional Competencies</b>
<u>Readings</u>		
<ol style="list-style-type: none"><li>1. Treating Alcohol and Drug Problems – Chapters 1, 2</li><li>2. Addiction and Change- Chapters 1, 2</li></ol>		
<u>Discussion:</u>		
<ul style="list-style-type: none"><li>❖ Topics Discussed</li><li>❖ Developmental Process of Becoming a CD Counselor</li><li>❖ Values &amp; Beliefs exercise</li></ul>		
<b>January 21 - MLK Day No Class</b>		
<b>Class 3</b>	<b>January 28</b>	<b>- Pharmacology</b>
<u>Readings</u>		
<ol style="list-style-type: none"><li>1. Treating Alcohol and Drug Problems- Chapter 3, 6</li><li>2. Addiction and Change-</li></ol>		
<u>Discussion:</u>		
<ul style="list-style-type: none"><li>❖ Political and Social Norms</li><li>❖ 12 Step Review</li></ul>		
<b>Class 4</b>	<b>February 4</b>	<b>Prevention and Harm Reduction/Dual Diagnosis</b>
<u>Readings</u>		
<ol style="list-style-type: none"><li>1. Treating Alcohol and Drug Problems- Chapter 4,5</li><li>2. Addiction and Change- Chapter 3, 11</li></ol>		
<u>Discussion:</u>		
<ul style="list-style-type: none"><li>❖ Harm Reduction Treatment Philosophy</li><li>❖ Topics Confirmed</li></ul>		

<b>Class 5</b>	<b>February 11</b>	<b>12 Steps, Stages of Change &amp; Motivational Interviewing</b>
<u>Readings</u> <ol style="list-style-type: none"> <li>1. Treating Alcohol and Drug Problems- Chapter 7</li> <li>2. Addiction and Change- Chapter 4, 5</li> </ol>		
<u>Video:</u> Motivational Interviewing Part 1		
<u>Discussion:</u> <ul style="list-style-type: none"> <li>❖ Stages of Change</li> <li>❖ MI Practice Exercises</li> <li>❖ 12 Step Review</li> </ul>		
<b>Class 6</b>	<b>February 18</b>	<b>12, SOC &amp; MI</b>
<u>Readings</u> <ol style="list-style-type: none"> <li>1. Treating Alcohol and Drug Problems- Chapter 8</li> <li>2. Addiction and Change- Chapter 6, 7, 8</li> </ol>		
<u>Video:</u> Motivational Interviewing Part 2		
<u>Discussion:</u> <ul style="list-style-type: none"> <li>❖ Engaging client's into treatment</li> <li>❖ MI Practice Exercises</li> </ul>		
<b>Class 7</b>	<b>February 25</b>	<b>12, SOC &amp; MI</b>
<u>Readings</u> <ol style="list-style-type: none"> <li>1. Treating Alcohol and Drug Problems- Chapter 9</li> <li>2. Addiction and Change- Chapter 9</li> </ol>		
<u>Video:</u> Motivational Interviewing Part 3		
<u>Discussion:</u> <ul style="list-style-type: none"> <li>❖ Ready to do the work</li> <li>❖ MI Practice Exercises</li> </ul>		
<b>Class 8</b>	<b>March 3</b>	<b>12, SOC &amp; MI</b>
<u>Readings</u> <ol style="list-style-type: none"> <li>1. Treating Alcohol and Drug Problems- Chapter 10, 11</li> <li>2. Addiction and Change- Chapter 10</li> </ol>		
<u>Video:</u> Motivational Interviewing Part 4		
<u>Discussion:</u> <ul style="list-style-type: none"> <li>❖ Cementing the change</li> <li>❖ Instructions given for ECOMAP</li> <li>❖ MI Practice Exercises</li> <li>❖ 12 Step Review</li> </ul>		

<b>Class 9</b>	<b>March 10</b>	<b>Assessment, Placement, Continuum of Care</b>
<u>Readings</u> <ol style="list-style-type: none"> <li>1. Treating Alcohol and Drug Problems</li> <li>2. Addiction and Change</li> </ol> <u>Discussion:</u> <ul style="list-style-type: none"> <li>❖ Levels/Continuum of Care</li> <li>❖ ASAM Placement, Continued Stay &amp; Discharge Criteria</li> </ul>		

<b>Class 10</b>	<b>March 17</b>	<b>Individual &amp; Group Therapy. Therapy Modalities</b>
<u>Readings</u> <ol style="list-style-type: none"> <li>1. Treating Alcohol and Drug Problems- Chapter 12</li> <li>2. Addiction and Change- Chapter 12</li> </ol> <u>Assignment:</u> <ul style="list-style-type: none"> <li>❖ EcoMap</li> <li>❖ 12 Step Review</li> </ul> <u>Discussion:</u> <ul style="list-style-type: none"> <li>❖ Various Theoretical Modalities</li> </ul>		

<b>March 22-30</b>		<b>Spring Break</b>
<b>Class 11</b>	<b>March 31</b>	<b>Family Therapy</b>
<u>Readings</u> <ol style="list-style-type: none"> <li>1. Treating Alcohol and Drug Problems</li> <li>2. Addiction and Change</li> </ol> <u>Discussion</u> <ul style="list-style-type: none"> <li>❖ Ecomap review</li> </ul>		

<b>Class 12</b>	<b>April 7</b>	<b>Interventions Based on Theory/Perspectives</b>
<u>Readings</u> <ol style="list-style-type: none"> <li>1. Treating Alcohol and Drug Problems- Chapter 13</li> <li>2. Addiction and Change</li> </ol> <ul style="list-style-type: none"> <li>❖ 12 Step Review</li> <li>❖ Presentations of Group Projects</li> </ul>		

**Class 13      April 14      The Political Rifts: M.H. and Addictions Treatment**

Readings

1. Treating Alcohol and Drug Problems
2. Addiction and Change

Discussion

- ❖ Prevalence of DDx
- ❖ Treatment Issues
- ❖ Presentation of Group Projects
- ❖ Theory Papers Due

**Class 14      April 21      Ethics**

Readings

1. Treating Alcohol and Drug Problems
2. Addiction and Change

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Discussion

- ❖ Rubrics: Review your development
- ❖ Overview of Papers