

**Lewis & Clark College**  
**Professional Mental Health Counseling Program**  
**MHC 536**  
**Introduction to Addiction Counseling and Psychopharmacology**  
**Syllabus Cover Sheet**

Required Objectives:

Professional Counseling Identity (CACREP 2016 Standards)

3d. theories and etiology of addictions and addictive behaviors

Entry-Level Specialty: Clinical Mental Health Counseling (CACREP 2016 Standards)

C1d. neurobiological and medical foundation and etiology of addiction and co-occurring disorders

C2e. potential for substance use disorders to mimic and/or co-occur with a variety of neurological, medical, and psychological disorders

C2g. impact of biological and neurological mechanisms on mental health

C2h. classifications, indications, and contraindications of commonly prescribed psychopharmacological medications for appropriate medical referral and consultation

C2l. legal and ethical considerations specific to clinical mental health counseling

**Key Required Assignments/Student Learning Outcomes**

These assignments are required for the course, but **will not be the only requirements/expectations**. The chart below lists the assignment, method of submission, and benchmark score/grade. These assignments are set up for upload to Taskstream and/or instructor provides rating for assignment. See syllabus for details.

| Clinical skill  |                | Proficient (A)           | Benchmark (B)           | Emerging (C)                | Inadequate/Fail            | As evidenced by:               | Evaluation and Remediation                     |
|---|----------------|--------------------------|-------------------------|-----------------------------|----------------------------|--------------------------------|--|
| Goal 4 of 5   |                |                          |                         |                             |                            |                                |  |
| Students develop an understanding of addiction and co-occurring disorders and counseling skills with clients with addiction and co-occurring disorders. | Practicum Year | Final exam grade 90-100% | Final exam grade 80-89% | Final exam grade 70-79% and | Final exam grade below 70% | MHC 536 final exam B or better | Assessment Chair Review/Referral to BRC or ARC |

Methods of Instruction for this Course

| <b>Instruction Method</b>      | <b>Mark All That Apply</b> |
|--------------------------------|----------------------------|
| Lecture                        | X                          |
| Small Group Discussion         | X                          |
| Large Group Discussion         | X                          |
| Course Readings                | X                          |
| Group Presentation             | X                          |
| Individual Presentation        |                            |
| DVD/Video Presentation         | X                          |
| Supervised Small Group Work    |                            |
| Individual/Triadic Supervision |                            |
| Group Supervision              |                            |
| Case Study                     | X                          |
| Debate                         |                            |
| Class Visitor / Guest Lecturer | X                          |
| Off-Campus / Field Visit       |                            |
| Other:                         |                            |
|                                |                            |
|                                |                            |

**COURSE INSTRUCTOR**

Wendy Esther, LPC, NCC, CADCI, CGACI

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Office Phone: (503) 828-9265

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Office Hours: By Appointment

**COURSE INSTRUCTOR BIO**

After gaining extensive experience in outpatient and inpatient agencies serving for-profit and non-profit sectors, in the last year my focus has been to expand my expertise with teaching and empowering others in their journey of being a helping professional. This includes conferences, guest appearances, agency trainings, and the classroom. I currently maintain a private therapy practice; focused on co-occurring treatment, providing individual and group therapy, crisis intervention, and coping skills for those who have difficulty with emotional health. I'm an EMDR trained provider and the current administrator on social media for EMDR Specialists of Northwest Oregon. Also, I serve as a board approved Clinical Supervisor with experience as an individual and team lead for both agency and private practice settings.

**COURSE INFORMATION**

Tuesdays from 9 am to 12 pm; 1/7/2020 to 3/10/2020

Location: Lewis & Clark College, Graduate Campus

Credits: 2 credit hours

Pre-requisites: MHC 503, CPSY 506, MHC 509, MHC 513, CPSY 522, and CPSY 550

**COURSE DESCRIPTION**

This course provides an overview of the field of addiction counseling and the impact of addiction on child, adolescent, and adult populations. The course will summarize key points drawn from the following areas: the

American experience with addiction and recovery, theoretical explanations for understanding addiction and dual diagnosis, basic pharmacology and neuroscience, and assessment and treatment issues specific to dual diagnosis and addiction counseling. The course will also provide a general overview and introduction to the psychopharmacology of alcohol, and major drugs and classes of abused substances as well as prescription drugs commonly used in treating mental health and addiction issues. Additional areas include prevention, intervention, and treatment strategies and relevant issues pertaining to social justice and diversity.

### **REQUIRED TEXT**

Uppers, Downers, and All Arounders - 8<sup>th</sup> Edition, by Darryl S Inaba, William E Cohen

### **COURSE POLICIES**

*If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (503-768-7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.*

**Email** - I maintain a 48-hour response policy for all email communications not including weekends. If you receive an email from me during the weekend, it is the exception and not the rule. You are free to email me at any time and I will do my best to get back to you as my schedule allows.

**Participation** - You are expected to participate in class activities and discussions. Participation not only adds to the quality of discussions, but also demonstrates understanding of course readings and materials. One Hundred (100) points of the grade are determined through instructor evaluation of class participation, contribution, and participation via Moodle. You will be required to login to Moodle on a regular basis and keep up with class discussion. For more information, please go to <https://moodle.lclark.edu/>. I am glad to provide basic assistance with Moodle but cannot help you troubleshoot issues with your computer or phone. You will be required to post a response to instructor lead topics, generally at the rate of one per class. There may be additional activities or in class requirements, based on project or assignment planning, to facilitate coordination between classes.

**Attendance** - Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 3.0 hours for a 30-hour class (2 credits). In case of extreme hardship and at the discretion of the instructor, a grade of incomplete may be given for an assignment, or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met.

**Confidentiality and Respect:** As with many other courses you have taken, there is an expectation that the classroom will be a safe environment to discuss the topic areas to your comfort level. Whatever you choose to share, please share it only to your comfort level with peers or with myself. My expectation is that you honor each other's privacy around matters that are shared in the classroom and with an appropriate level of respect for individual experiences, personal history or status with addiction or recovery where applicable. If we cannot offer each other courtesy and respect, we tend not to be able to give it to our clients either.

The topic of addiction treatment is something that is not without trigger warnings, for a variety of reasons. I am a firm believer that people need to put their own oxygen mask on first before helping others. By this I mean that it's important for you to take care of yourself and your own needs during this class (and every other class you will take). If you are feeling overwhelmed by anything in class, please let me know and I will do what I can to support you.

### **ASSIGNMENTS (EMAIL PREFERRED)**

**Abstinence Experience (100 points):** You will select one behavior from your life containing some compulsive or excessive engagement and give it up for 4 weeks without causing undue harm to yourself or others. You will develop and implement a wellness plan to be used in your daily life to compensate for the absence of this behavior. This project (in total) will consist of a 4-5 page paper (total, between both parts outlined below) comprised of two separate components, though you may use more pages if deemed necessary. You are free to keep a journal in the course of this project to help you track your day to day experiences but are not required to turn that in.

**Part I: Wellness Plan:** Removing any behavior from your life has positive and negative consequences, even during a limited duration. To better illustrate this, you will write a basic wellness plan that examines how the following components are addressed in your life (can be general or in reference to the project):

- a. Physical Wellness
- b. Emotional/Mental Wellness
- c. Social/Relationship Wellness
- d. Personal Spiritual Growth/Development
- e. Personal/Self-Care

**Part II: Reflection Paper:** Write about your experience; challenges/barriers you encountered and ways you worked to navigate them. It should also address how this experience has affected your perspectives on the process of change. Declared by e-mail no later than 1/14 (class 2). Due on 2/18 (class 7).

**Addiction Diagnosis and Treatment Plan (75 points):** During the term, students will individually diagnose, with justification and create a case conceptualization from one client of several vignettes selected. In addition, students will create a hypothetical treatment plan in an established format obtained from the class's Moodle page. Early drafts of the diagnosis and treatment plan sections can receive feedback prior to due date. Client declared by e-mail no later than 1/28 (class 4). Final Treatment Plan Due 3/3 (class 9).

**Group Project (100 points):** Students will be required to participate in a group presentation reflecting current issues in Addictions. Topics may include, but are not limited to: opiate treatment approaches, family problems related to addictions, effectiveness of treatment programs, legalization and medical issues related to addiction, or other related topics approved by the instructor. Topic, group, and presentation date declared by e-mail no later than 1/21 (class 3). Presented on 2/25 or 3/3.

**Final Exam (100 points):** Final exam will be administered via take-home test at the end of the term, distributed on 3/3 due 3/10 by 11:59 PM.

## Evaluation Methods

| Item   | Value             | Due Date  |
|--|-------------------|---|
| Participation/Moodle Engagement                                  | 100 points        | Calculated throughout term and at end             |
| Abstinence Experience/Wellness Plan (C2I)                        | 100 points        | Declared by 1/14. Due on 2/18                     |
| Addiction Diagnosis and Treatment Plan (CId, C2e, C2g, C2h, C2I) | 75 points         | Declared by 1/28. In class work, Final Due on 3/3 |
| Group Project (3d)   | 100 points        | Declared by 1/21. Presented on 2/25 & 3/3         |
| Final Exam (3d, CId, C2e, C2g, C2h, C2I)                         | 100 points        | Distributed on 3/3. Due by 3/10 at 11:59 pm.      |
| <b>Total</b>   | <b>475 points</b> |   |

This is a proposed schedule; the instructor reserves the right to change the content based on classroom need:

| Week   | Date                      | Content  | Assignment Due   |
|--------|---------------------------|--|--|
| Week 1 | January 7 <sup>th</sup>   | Introductions, Expectations<br><br>Stages of Change<br>Abstinence Experiment                   | None   |
| Week 2 | January 14 <sup>th</sup>  | <b>History of Drugs/Neurochemistry &amp; Addiction</b><br><br>The War on Drugs<br>Small Groups | Chapter 1 & 2<br>Moodle Reading<br><b>Declare Abstinence</b>   |
| Week 3 | January 21 <sup>st</sup>  | <b>Uppers</b><br><br>Smoking Cessation<br>Case Study   | Chapter 3<br>Moodle Reading<br><b>Declare Group/Topic</b>      |
| Week 4 | January 28 <sup>th</sup>  | <b>Downers – Opiates</b><br><br>The Rise of an Epidemic<br>Case Study                          | Chapter 4<br>Moodle Reading<br><b>Declare Tx Plan Client</b>   |
| Week 5 | February 4 <sup>th</sup>  | <b>Downers – Alcohol</b><br><br>Alcoholics Anonymous and 12 steps<br>Case Study                | Chapter 5<br>Moodle Reading                                    |
| Week 6 | February 11 <sup>th</sup> | <b>All Arounders/Drugs and Other Addictions</b><br><br>Gambling<br>Case Study                  | Chapter 6 & 7<br>Moodle Reading                                |
| Week 7 | February 18 <sup>th</sup> | <b>Prevention/Treatment</b><br><br>Treatment Planning Small Groups                             | Chapter 8 & 9<br>Moodle Reading<br><b>Abstinence Paper Due</b> |
| Week 8 | February 25 <sup>th</sup> | <b>Mental Health &amp; Drugs</b><br><br>Treatment Planning Small Groups                        | Chapter 10<br>Moodle Reading                                   |
| Week 9 | March 3 <sup>rd</sup>     | ASAM   | <b>Treatment Plan Due</b>                                      |

|         |                        |   |                       |
|---------|------------------------|---|-----------------------|
|         |                        | SAMHSA  | Distribute Final      |
| Week 10 | March 10 <sup>th</sup> | Impact of Decriminalizing Substances<br>Intersection of AD/MH/Homelessness/Social-Eco<br>Status | <b>Final Exam Due</b> |