University of Northern Colorado  
School of Applied Psychology and Counselor Education  
Clinical Mental Health Counseling  
APCE 624: Substance Abuse  
10/08–10/10 and 10/23–10/25 2015 Lowry  
Course Syllabus

**Instructor:** J. Michael Faragher, Psy.D.,  
CACIII, NCGC/BACC  
Licensed Psychologist

**Class Times:**  
October 9, 10, 11 & October 23, 24, 25 2015  
F 4:00-10:00, S 8-5pm, U 8-4pm

**Office:** Appointments at Lowry  
**Phone:** 303 434-6981  
**Email:** mike.faragher8@gmail.com  
**Office Hours:** By Appointment

**Prerequisite:** None

**Course Description:**  
This course is an examination of major treatment approaches to substance abuse and theories of etiology. It also provides an investigation of pharmacological and medical aspects of commonly used substances and explores addiction and abuse related to compulsive behaviors.

**Required Text(s):**  
Reading Packet – Reading packet provided by Dr. Faragher

**Other Recommended Readings:**  
Additional in-class and emailed handouts that may be distributed

**Knowledge & Skill Outcomes (Objectives):**  
Upon successful completion of this course students will:

1. Know theories and etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment (CACREP II.G.3.g).
2. Recognize the potential for substance use disorders to mimic and coexist with a variety of medical and psychological disorders (CACREP CMHC.A.6).
3. Know the disease concept and etiology of addiction and co-occurring disorders (CACREP CMHC.C.4).
4. Understand how to apply appropriate counseling strategies when working with clients with addiction and co-occurring disorders (CACREP CMHC.D.8).
5. Identify standard screening and assessment instruments for substance use disorders and process addictions (CACREP CMHC.G.4).
6. Understand ways of screening for addiction, aggression, and danger to self and/or others, as well as co-occurring mental disorders (CACREP CMHC.H.3).

7. Apply the assessment of a client’s stage of dependence, change, or recovery to determine the appropriate treatment modality and placement criteria within the continuum of care (CACREP CMHC.H.4).

8. Know the impact of co-occurring substance use disorders on medical and psychological disorders (CACREP CMHC.K.3).

9. Recognize specific problems (e.g., addictive behaviors) and interventions that can enhance family functioning (CACREP MCFC.C.2).

10. Understand the impact of addiction, trauma, psychopharmacology, physical and mental health, wellness, and illness on marriage, couple, and family functioning (CACREP MCFC.G.3).

11. Know the signs and symptoms of substance abuse in children and adolescents, as well as the signs and symptoms of living in a home where substance abuse occurs (CACREP SC.G.2).

Course Content:
This course is intended to provide students with information regarding addictions, substance abuse, and co-occurring disorders. Information regarding the etiology, recognition, assessment, diagnosis, treatment, and impact of addictions will be addressed. The influence of addictions throughout the lifespan will also be examined.

Methods of Instruction:
This course will utilize lecture, class discussion, PowerPoint presentations, demonstration videos, small group tasks, and experiential training.

Course Requirements/Assignments:
Requirements:

- Annotated Bibliography: This is a literature review of some aspect of addiction based on a critique of five state-of-the-art references. The annotations are your personal critical commentaries or explanatory notes, not simply copies of the journal abstracts or summaries. Resources must be refereed journals and photocopies of the journal articles must be submitted with the annotated bibliographies. See required readings packet pp. 2-4 for sample and description.

- Report and Brief Informal Presentation on visit to a licensed treatment facility. Prepare a copy of the one page report (pg. 358) to be distributed to all members of the class at the time of the presentation.

- In-Class Practice of Skill and Techniques of Psychotherapy

- Midterm Exam covering the selected readings, videos and class discussion
• Final Exam covering the selected readings, videos and class discussion. The final exam will be objective, i.e., multiple choice and true-false, covering material from midterm forward.

• Attendance and Participation – must be constructive and professional. Essential for participation to contribute to class learning and not simply meet personal needs.

  o Grades:
  o Final grades will be determined by the above four requirements.
  o Midterm Exam – 40%
  o Final Exam – 40%
  o Bibliography – 10%
  o Agency Visit – 10%

Grading: Final letter grades will be assigned based on the following distribution:

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Course Schedule:

**Date**  | **Topic and Page in Packet**  | **Reading Packet and Handouts**

**Day 1**

Introduction. Discuss syllabus.

HANDOUTS:

- **Syllabus**

VIDEOS:

- **John Stossel: Help Me: I Can’t Help Myself**
- **Ecstasy Rising** (optional)

READINGS:

- **Addiction Counselor Competencies – TAP21** (reference) pg. 347
  TAP 21 [http://www.nattc.org/resPubs/tap21/accksa.html](http://www.nattc.org/resPubs/tap21/accksa.html)
- **Annotated Bibliography** 1-3
• **CAC Materials** - handout
• **Conflicts in Meta Analysis** - handout
• **Scientists Urge Journal Policy on Disclosures** 22
• **NIH Needs “Drastic Changes”** ........ 23
• **Report of Ecstasy Drug’s Great Risks**..... 25
• **Is There a Dangerous Epidemic of Crystal Meth??** 27
• **Addiction as a Brain Disease** -- handout
• **What is addiction: Discussion with overheads** 38
• **What’s in a Word? Addiction vs Dependence in DSM-V** 4
• **The Origins of Addiction: Evidence from the ACE Study** 6

**VIDEOS:**

• **Primetime: Critical learning periods** (transcript in packet)
• **I Am Your Child**

**READINGS:**

• **Addiction: A Brain Ailment, Not a Moral Lapse** 32
• **“Hijacking” the Brain** 34
• **Unconscious Signals Can Trigger Drug Craving** 41
• **Decision Making May Be Surprisingly Unconscious Activity** 42
• **Cause & Affect: Emotions .. Unconsciously & Subliminally Evoked** 44
• **Primetime: Critical learning periods** – transcript from video 47
• **Your Child’s Brain** – Newsweek 49
• **The Brain: Our Universe Within - Evolution** - notes from video 46
• **Twins’ Distress differs……………** 68
• **Anxiety in Pregnancy Linked to Child’s Behavior Problems** 69
• **Co-Alcoholic, Para-Alcoholic: …..(overheads – p 81) – Greenleaf 82

**ALCOHOL ADDICTION**

**VIDEOS:**

• **Are You in Control** – ABC 20/20
• **Under the Influence**

**READINGS:**

• **Survivor Roles** 100
• **Adolescent Drug Use and Psychological Health** - Shedler & Block 103
  [http://www.druglibrary.org/schaffer/kids/Adolescent_Drug_Use_ALL.htm](http://www.druglibrary.org/schaffer/kids/Adolescent_Drug_Use_ALL.htm)
  (Overheads at end of article)

• **The "Monkey Model" of Addiction: A Dangerous Myth** – Wilbanks 133
• **Allelic Association of Human Dopamine D2 Receptor Gene .... – JAMA 137**
• **Finding the Gene(s) for Alcoholism** – JAMA 143
• **The A1 Allele at the D2 Dopamine Receptor Gene .... – JAMA 145**
• **Broadening the Base of Treatment** - Institute of Medicine Report 154
  600+ page report – www.nap.edu/catalog/1341.html
Midterm Exam

**TREATMENT**

**VIDEOS:**  Methodonia (optional)

**READINGS:**

- NIDA-13 Principles of Effective Treatment 158
- Influences on Help-Seeking for Drinking Problems ..... - Tucker & Sobell 165
- Antabuse 171
- Buprenorphine 172
- Methadone Maintenance 173
- Naltrexone 174

**VIDEOS:** Motivational Interviewing for Addictions – William Miller

Cognitive Therapy for Addictions – Bruce Liese

**Meth** (optional)

**READINGS:**

- 12 Steps of Alcoholics Anonymous 175
- Sobriety Spreadsheet (Rational Recovery) 178
- AVRT in a Nutshell – Jack Trimpey 180
- SMART Recovery (Self Management and Recovery Training) 182
- A Toast to Moderation - Audrey Kishline 184
- Stages of Change - Prochaska & DiClemente 205
- Motivational Interviewing (overheads – 198)- Miller & Rollnick 189
- Motivational Interviewing 200
- What is Cognitive Behavior Therapy 215
- CBT in the Scientific Era 217
- 12 Irrational Ideas 220
- Checklist of Cognitive Distortions 221
- Thought Record 222
- Assumptions and Core Beliefs 223
- Socratic Questioning 224
- Identifying Problem Behavior & Conducting Functional Assessment 225
- Finding Evidence that Doesn't Support Hot Thought 227
- Socratic Questioning Cheat Sheet 228

**SMOKING**

**VIDEO:** Showdown on Tobacco Road (optional)

**READINGS:**

- Smoking Tied to Unhappy Childhood 232
• Publication of Surgeon General’s Report on Smoking & Health 234
• Treating Tobacco Use and Dependence 235

SEX ADDICTION

VIDEO: Sex Mania

READINGS:
• Levels of Sexual Addiction .......Carnes 240

LOVE ADDICTION

• Addicted to Love 244

RELATIONSHIP ADDICTION

VIDEO: Obsessive Love

READINGS:
• Addictive Relationships 245
• Characteristics of Relationship Addiction 247
• The Three Faces of Love (skim & look at diagrams) 248

EATING DISORDERS

VIDEO: The Secret Life of Mary Margaret

READINGS:
• Characteristics Common to Females .....Kerr, Skok & McLaughlin 251
• Eating Disorders 253
• Dopamine Deficiencies Linked to Obesity 257
• Sufferers Often Socialize with Others Having Same Problem 261

GAMBLING ADDICTION

VIDEO: Kids, Cards, & Dice - Al Roker Gambling Special – (optional)

January 2011 60 Minutes special on slot machines

READINGS: Draft of DSM-IV
DSM 5 - Handout 262
CULT ADDICTION (Optional)

VIDEOS: In the Name of God; Scientology

READINGS:

- Are You Curious About Yourself 270
- Differences Between a Cult and a Religion 271

Final Exam - covers videos, readings and class discussion from midterm forward.

Annotated Bibliography with copies of articles due.

Agency Visit Presentations / Agency Visit Reports due.

Academic Conduct: Cheating on examination, submitting work of other students as your own, or plagiarism in any form will result in penalties ranging from an “F” on an assignment to expulsion from the University.


Professional Conduct: Students are expected to adhere to the appropriate code of ethics for their particular program. Any behavior deemed unethical will be grounds for dismissal from the program.

Disability Statement: Any student requesting disability accommodation for this class must inform the instructor giving appropriate notice. Students are encouraged to contact Disability Support Services at (970) 351-2289 to certify documentation of disability and to ensure appropriate accommodations are implemented in a timely manner.

Other Resources in Reading Packet

- Brain Facts: A Primer on the Brain and Nervous System – www.sfn.org
- Youth Drug Statistics
- List of Psychoactive Drugs
- DSM IV
- DSM Criteria of Substance Dependence
- VA’s Rule on Alcoholics
- Blum Patent
- Talbot Conviction
- Scientific Revolution Paradigm (Kuhn)
- Most Alcoholics Die of….; AA Found to be Religious by Courts
- Stages of Change – Therapeutic Goals & Interventions
• Link to article on Scientology in Time Magazine
  http://www.crackpots.org/time-con.htm

• Description of Life in a Cult – Steve Hassan
• Exercise, Work and On-Line Stock Trading Addictions
• Assessment and Assessment Instruments
• Alcohol and Drug Web Sites
• Colorado Treatment Centers
• Addiction Counseling Competencies
• The Change Book - ATTC (Addiction Technology Transfer Center)