



Virtual Campus Summer Term - 2009
CNSL 5308.02 - Substance Abuse: Assessment and Treatment

UNIVERSITY MISSION:

Wayland Baptist University exists to educate students in an academically challenging and distinctively Christian environment for professional success, lifelong learning, and service to God and humankind.

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Office Hours:	By Appointment
Class Time and Location	Virtual Campus - Blackboard
Help Desk:	http://www.wbu.edu/academics/online_programs/Help%20Desk/default.html

Catalog Description: Use and abuse of substances; socio-cultural, historical, legal, and clinical issues related to drug use; theories and therapeutic approaches for treatment and prevention.

There is no prerequisite for this course

Textbook: Fisher, G.L., & Harrison, T.C. (2009). *Substance Abuse: Information for school counselors, social workers, therapists, and counselors* (4th ed.). Boston, MA: Pearson/Allyn and Bacon Publishers.

Course Outline: This course is designed to familiarize students with the substance abuse (alcohol and other drugs) field including basic pharmacology, conceptualization and assessment of substance abuse, models of treatment and prevention and the family dynamics that result from substance abuse.

Course Outcome Competencies: By the conclusion of the course, the student will understand and will be able to:

- Recognize all major concepts regarding substance abuse issues, assessment and treatment
- Recognize the major classes of drugs and their effects.
- Use knowledge gained in class to discuss the models of addiction.
- Be familiar with and understand assessment and treatment approaches of substance abuse.
- Become familiar with various resources on the internet related to abuse issues.

Course requirements:

1) Readings / Online Discussion (100 points): Assigned readings are to be completed **prior** to the class session for which they are assigned. Students should read the section at a time prior to any online discussion boards so that they can participate in class discussions as well as ask and answer questions. *Original postings are due no later than 11:59 pm on FRIDAY of each module week. Replies are due no later than 11:59 on SUNDAY of each module week.*

* Each week you will need to be involved in the online discussion threads. Spread out your responses so that not all responses are on the same day. These responses will be tallied at the end of the semester and also count for your attendance in your total grade. Make sure that you respond appropriately please. **Points are tallied based on the following: 5 points for your own original post and 5 points for your response to another student's post. Remember, no credit will be given for late postings.**

I usually do not grade grammar or "quality" of responses (**unless** your grammar is really in need of an overhaul). I will monitor responses to see who is active and who is slacking. *Simple responses such as "me too" or "I agree" are not sufficient.*

2) Exams: (200 points) – There will be two exams for this course, one midterm exam and one final exam. The exams will consist of multiple choice questions, matching and/or short answer essay questions over the readings and lectures.

3) Addition Assignment: (50 points) – See final page of syllabus for detailed description of this assignment. *See schedule for when this paper is due.*

4) Support Group Assignment: (30 points) – Attend a support group meeting and write a **two page reflection paper** on this experience. It can be an open AA or NA meeting or one for non-addicted individuals such as Al-Anon, CODA, ACOA, etc. Your paper should include a discussion on what took place at the meeting, what you got out of the meeting, and any pros or cons to this type of support group. Be sure to include when you attended and which group you attended. *See schedule for when this paper is due.*

GRADING SCALE:

Discussion Board Postings	100 pts	380 – 342 = A
Exams (2 @ 100 points each)	200 pts	341 – 304 = B
Addiction Assignment	50 pts	303 – 266 = C
Support Group Assignment	30 pts	265 – 0 = F
TOTAL POINTS POSSIBLE	380 pts	

The University has a standard grade scale:

A = 90-100, B = 80-89, C = 70-79, D = 60-69, F= below 60, W = Withdrawal, WP = withdrew passing, WF = withdrew failing, I = incomplete. An incomplete may be given within the last two weeks of a long term or within the last two days of a microterm to a student who is passing, but has not completed a term paper, examination, or other required work for reasons beyond the student's control. A grade of "incomplete" is changed if the work required is completed prior to the last day of the next long (10 to 15 weeks) term, unless the instructor designates an earlier date for completion. If the work is not completed by the appropriate date, the I is converted to an F.

Instructor’s policy on Academic Dishonesty:

Academic Integrity: - Students are expected to abide by the rules for academic integrity. Any violations of these rules will be reported to the proper authorities for disciplinary action (please consult your student catalog). Students caught cheating in the class will be given a grade of “F” for the course. Cheating includes plagiarism—taking credit for someone else’s work (e.g., cutting and pasting text from someone else’s work from the internet or some other electronic form or directly quoting or paraphrasing someone’s work and not properly referencing the source).

Americans with Disabilities Act (Statement): It is University policy that no otherwise qualified disabled person be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the University. Students should inform the instructor of existing disabilities at the first class meeting.

Tentative Schedule:

Dates	Module	Chapters / Topics	Assignments Due
05.26.09 – 05.31.09	ONE	Chapters 1 & 2	
06.01.09 – 06.07.09	TWO	Chapters 3 & 4	
06.08.09 – 06.14.09	THREE	Chapter 6	
06.15.09 – 06.21.09	FOUR	Chapter 7 & 8	
06.22.09 – 06.28.09	FIVE	Chapter 9	<i>Midterm Exam over chapters 1 - 8</i>
06.29.09 – 07.05.09	SIX	Chapter 10	
07.06.09 – 07.12.09	SEVEN	Chapter 11	<i>Addiction Assignment Due</i>
07.13.09 – 07.19.09	EIGHT	Chapter 12	
07.20.09 – 07.26.09	NINE	Chapter 14	<i>Support Group Assignment Due</i>
07.27.09 – 08.02.09	TEN	Chapter 15	
08.03.09 – 08.08.09	ELEVEN	Last Week of Class	<i>Final Exam over chapters 9 - 15</i>

See “Web Resources” tab online for websites of interest.

GO TO THE NEXT PAGE FOR THE ADDICTION ASSIGNMENT

Addiction Assignment

FOCUS

The purpose of this exercise is to enhance your first-hand understanding of the dynamics of addiction and recovery so that you may more fully understand your clients.

THE ASSIGNMENT

- Choose something to which you could consider your self to be addicted using the term loosely if necessary.
- For a period of **three weeks** you are to abstain from the addicted thing/activity.
- Keep a daily log. In the log you might explore the following:
 - **Your psychological responses.** What is it like to not do XYZ? Do you notice any symptoms (such as anxiety) or compensations (such as increased activity)? **KEY:** Keep track of times when your cravings increase and decrease. What was going on just before the cravings hit?
 - **Your physiological responses.** How does your body feel different when you don't do XYZ? What are the physical aspects of craving like?
 - **The responses of people in your environment.** Family theory says that you have disturbed the balance in your environment through making this unilateral change. How do others respond and attempt to re-establish homeostasis?
 - **Analysis of any relapses.** Relapses are not good or bad, but are rather occasions for EXTENSIVE analysis. Make sure you note the following: What were you thinking and feeling in the hours, minutes, and seconds before the relapse? How did you justify the relapse? How did you feel while doing relapsing? How about immediately after the relapse. Relapses (and close calls) are key to understanding your addiction
 - **Write a summary of your experience**, synthesizing the daily logs, analyzing and making sense of your experience. The focus of this section is an analysis and interpretation, with the goal of figuring out the following: **What are the functions of your addiction: How does it help?** Use examples from your logs to support your claims, but just for support.

CONTENT

Paper should include your daily logs and the summary.

FORMAT

Papers should be no less than five (5) pages in length, not counting the cover page, typed, double spaced and follow APA guidelines. You may visit the following web-link for help with APA style if you do not own an APA manual (*be sure they have been updated and are using the 5th edition*).

<http://owl.english.purdue.edu/owl/resource/560/01/>

Daily logs may be handwritten. Follow APA rules for the cover page and include the course and date. Also, please staple your papers.