ADS/PSYC 446-01 - Chemical Dependency and the Family System
Online/Blended Course
Meriwether Lewis Hall (MLH) 210 (meets 2 times this semester); all other weeks online

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Office Hours: T/W 8-9; by appointment

Course Description
This course includes behavioral patterns in dysfunctional family systems, intervention techniques and best practice model programs in dealing with family issues surrounding addiction problems. This course will expose the student to a plethora of various approaches to family systems and cultures that are diverse in nature. Students will create and experience sculpting, remodeling and replicating family roles and dysfunctional systems within a learning lab model. Students will study and become intimately acquainted with the roles of family dysfunction and dependency issues. Additionally, the student will review historical perspectives that help shape and steer the current modes of treatment for this underserved population within the addictions field.

Pre-requisites: PSYC 101 or permission of instructor. Cross-listed with PSYC 446.

Learning Objectives
The student who successfully completes the course will be able to:
1. Identify and explain roles in families by differentiating between healthy and unhealthy characteristics.
2. Understand these roles by observing specific family behaviors.
3. Describe, select, and appropriately use accepted techniques to intervene with chemically dependent family systems.
4. Teach family members to use these intervention techniques.
5. Help family member’s practice and evaluate alternative interaction patterns.
6. Understand the impact of cultural differences in treatment and define strategies that will be culturally sensitive to individual and family differences.
7. Recognize your personal issues that may interfere with the treatment of families.
8. Communicate in written and electronic form summations about family systems issues that are required in this course.
9. Role plays and engages in family sculpting skits and demonstrations as viable therapeutic techniques and strategies.
10. Develop an enhanced awareness, sensitivity and appreciation for the aspects of family dysfunction.
11. Develop awareness for cultural diversity and personal sensitivity to various cultural differences that set the tone for family interventions and treatment.
12. Develop, integrate and engage in personal communication skill building to effectively intervene with family systems and organizations as an agent of change and intervention.
Confidentiality
We may be sharing personal information about ourselves so I am requesting that we respect the information we gain about each other and hold that information confidentially. This class is designed to be interactive so that students can learn from each other as well as from lecture. Discussions will be part of the process and in order for us to have discussions we need participation from all students. We also need to appreciate and value each other’s opinions.

Required Texts
Textbook
Substance Abuse and the Family
Copyright Year: 2015 Publisher: Routledge

Other Sources
The texts are available in full text format on the course page in the appropriate week's folder on Blackboard.

TIP 39: Substance Abuse Treatment and Family Therapy. SAMSHA (2016). TIP Series - Treatment Improvement Protocols (TIPS)

NIH Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide


Mount Holyoke College Alcohol and Drug Awareness Project (2000). Role Responses of Children from Alcoholic Families. Role Responses
Retrieved from https://www.mtholyoke.edu/sites/default/files/health/docs/Role_Responses.pdf

Videos
LCSC Library: Research Databases & More - Films on Demand:

Kids and Heroin: A Wake-Up Call to Parents Link:

Up Heartbreak Hill
Link:
The Meth Epidemic (2:25-17:50) "Meth Orphans"
Link: http://ezproxy.lcsc.edu:2433/pbsv/view/work/2339569

Adult Children of Alcoholics: A Family Secret
Link: http://ezproxy.lcsc.edu:2865/p_viewVideo.aspx?xtid=2629&tScript=0

A Mother's Desperation (HBO Series) LCSC Library, Films on Demand

Other videos:

Brain Reward: Understanding How the Brain Responds to Natural Rewards and Drugs of Abuse (NIH).


Codependency: The Chemical Dependent Family. Codependency. Retrieved from https://www.youtube.com/watch?v=h0e5gZfkVeg


Additional materials may be assigned throughout the course!

**Attendance and Participation**

You are expected to participate in the online and group discussions and to complete all your assignments. Participation is measured by the thoughtfulness of your contributions and their value to the session as a whole.

**Evaluation**

Grades will be based on your individual performance on the tasks listed below. You will find the course schedule below and on the Blackboard, with due dates for all assignments and exams.

**Weekly Discussions /Blackboard (BB)**

Initial Discussion Posts are due Wednesday by 11:59 pm, Pacific Time. Five points will be deducted for late postings. Respond to the discussion question in an essay of no less than 300 words. Each initial response must show evidence of the reading assignment having been read. If you do not meet the minimum-word requirements you will receive no points for the assignment. Write or paste the essays in the message area of the thread that has been created. Attached documents are not accepted. Avoid using direct quotes from the texts or any other sources and use paraphrasing instead. If you use additional sources, you need to cite them at the end of the post.

Thoughtfully respond to two (2) of your classmates' initial discussion posts. Replies need to be posted on Thursday or Friday. Posting all or the majority of your replies later than Friday will result in reduced points. Respond to any feedback to your initial discussion post (peer or instructor). Discussion participation on at least 2 separate days (between Thursday and Saturday) each week is required.
Chapter/Readings Quizzes
Chapter/readings quizzes will cover the assigned readings for that week. The quizzes are posted in the appropriate weekly folders consist of multiple choice and short answer questions.

Reflection Papers
The papers will be a reflection on your own learning as you have explored addictions through the lens of family. The papers will need to be minimum of 600 words and follow APA style. You need to submit it on the BB before the end of the day (11:59 PM) on the due date.

Group projects/assignments
You will participate in three (3) class/role play projects and are expected to contribute make a significant contribution to the whole.

Exams
You will complete two major exams, a midterm exam and a final exam. The exams will consist of a combination of multiple choice questions and short essay questions. Use the weekly quizzes and case assignments as your study guide, and review the chapters/readings.

Grades

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Blackboard (BB) discussions (13 @ 20 points)</td>
<td>260</td>
</tr>
<tr>
<td>Chapter review quizzes (7 @ 10 points)</td>
<td>70</td>
</tr>
<tr>
<td>Group/family role play projects (2)</td>
<td>60</td>
</tr>
<tr>
<td>Class family therapy project (1)</td>
<td>30</td>
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<tr>
<td>Reflection Papers (2)</td>
<td>80</td>
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<tr>
<td>Midterm Exam</td>
<td>50</td>
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<tr>
<td>Final Exam</td>
<td>50</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>600</strong></td>
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</tbody>
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## Course Overview

### WEEK 1 (in class): Wednesday, August 22 MLH 210 6:00-8:30 pm
- Course introduction
- Overview, key course concepts
- Family and Addiction
- Class discussion/activity

### WEEK 2 (online)
**Week of August 27**

**Objectives**
Students will explore major theories of addiction and historical attitudes towards the addicted person

**Readings and Assignments**
Textbook: Chapter 1 Conceptualizing Addictions
Discussion
Chapter quiz

**Points**
- Discussion (20 points)
- Chapter quiz (10 points)

### WEEK 3 (online)
**Week of September 3**

**Objectives**
Students will define medical and neurobiological aspects of addiction.

**Readings and Assignments**
Textbook:
Chapter 2 The Neurobiology of Addiction
2 Videos: Brain Reward: Understanding How the Brain Responds to Natural Rewards and Drugs of Abuse (NIH); Mechanism of Drug Addiction in the Brain.
Discussion
Chapter quiz 1/2

**Points**
- Discussion (20)
- Chapter quiz 1/2 (10 points)
## WEEK 4 (online)
### Week of September 10

**Objectives**
Students will analyze the role of genetic vulnerability to addiction and affects on family.

**Readings and Assignments**

**Textbook:**
Chapter 3 The Genetics of Addiction

Research Article: Genograms- Tools for Physicians
GenoPro Website. [Introduction to Genograms](#).
Genogram Handouts

**Discussion**
Chapter Quiz 3

**Points**

Discussion (30)
Chapter Quiz 3 (10 points)

## WEEK 5 (online)
### Week of September 17

**Objectives**
Students will examine how family patterns impact survivors of alcoholic families in adulthood.
Students will define characteristics of addicted families.

**Readings and Assignments**

**Textbook:** Chapter 4 The Addicted Family

2 Videos:
Adult Children of Alcoholics: A Family Secret (pt.1)/LCSC Library - Databases - Films on Demand
Codependency: The Chemical Dependent Family. [Codependency](#)

**Discussion**
Chapter quiz

**Points**

Discussion (20)
Chapter quiz (10)

## WEEK 6 (online)
### Week of September 24

**Objectives**
Students will examine family and addiction concepts with culture and ethnic diversity framework.
Students will identify risks and protective factors of cultural and ethnic groups.

**Readings and Assignments**

*Textbook: Chapter 5 Family Diversity and Substance Abuse*

*Video: Up Heartbreak Hill (Substance abuse and family on a reservation)*

*Discussion*

*Chapter quiz*

**Points**

*Discussion (20)*

*Chapter quiz (10)*

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**WEEK 7 (online)**

**Week of October 1**

**Objectives**

Students will examine family rules developing in addictive families.

Students will examine role responses of children from addicted families.

**Readings and Assignments**

*Textbook: Chapter 6 Roles in the Addicted Family*

*Video: Adult Children of Alcoholics: A Family Secret (pt.2)*

*Discussion*

*Chapter quiz*

**Reflection Paper 1 due Saturday, September 29**

**Points**

*Discussion (20)*

*Chapter quiz (10)*

*Reflection Paper 1 (40)*

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**WEEK 8 (online)**

**Week of October 8**

**Objectives**

Students define normal family development vs. hampered development in families dealing with addiction.

Students understand cognitive, emotional and behavioral issues of COAs

**Readings and Assignments**

*Textbook: Chapter 7 Family Life Cycle*

*Discussion*

**Points**

*Discussion (20)*
WEEK 9 (online)

Week of October 15

**Objectives**
Students will describe the cycle of domestic violence, anger, and abuse related in addicted families. Students will understand the cycle of behavioral and substance abuse addictions.

**Readings and Assignments**
Textbook: Chapter 8 Issues in Substance Abusing Families
Discussion Post 8
Midterm Exam

**Points**
Discussion Post 8 (20)
Midterm Exam due Friday, October 12 (50)

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WEEK 10 (only)

Week of October 22

**Objectives**
Students will concepts of cybernetics, systems, boundaries, alliances.
Students will describe major principles and techniques of Bowen's Natural Systems Theory, MRI, and Brief Therapy Models.

**Readings and Assignments**
Textbook: Chapter 10 (Treatment) Systems Theory
Chapter 11 Family Therapy Overview
Discussion
Chapter 10 and 11 quiz

**Points**
Discussion (20)
Chapter quiz (10)

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WEEK 11 (online)

Week of October 29

**Objectives**
Students will analyze connection between family risk factors such as childhood sexual abuse for developing SA disorder.
Students will describe concepts and techniques of Structural and Narrative Family Therapy
Students will explore therapeutic techniques for final group presentations/role play.

**Readings and Assignments**
Textbook: Chapter 12
Article: The use of narrative therapy and internal family systems with survivors of childhood sexual abuse: Examining issues related to loss and oppression.

**Discussion**

**Points**
Discussion (20)

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**WEEK 12 (online)**
Week of November 5

**Objectives**
Students will compare and contrast major family therapies.

**Readings and Assignments**
TIP 39: Substance Abuse Treatment and Family Therapy. SAMSHA (2016). TIP Series - Treatment Improvement Protocols (TIPS) - Part 1
NIH Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide

**Discussion**

**Points**
Discussion (20)

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**WEEK 13 (online)**
Week 13 November 12

**Objectives**
Students will compare and contrast major family therapies.

**Readings and Assignments**
TIP 39: Substance Abuse Treatment and Family Therapy. SAMSHA (2016). TIP Series - Treatment Improvement Protocols (TIPS) - Part 2
NIH Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide

**Discussion**

**Points**
Discussion (20)

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**WEEK 14**
Week of November 19
Thanksgiving break/no assignments

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**WEEK 15 (online)**
Week of November 25
Objectives
Students will define major principles of the Developmental Model of Family Recovery, Wet and Dry Family System, and Multidimensional Therapy

Readings and Assignments
Textbook: Chapter 13 and Chapter 14 Family Recovery
Discussion
Chapter 13 and 14 quiz

Points
Discussion (20)

WEEK 16 (in class): Wednesday, December 5  MLH 210
Family therapy/group project

Objectives
Students discuss impact of an addicted child on parents, family, and community.

Readings and Assignments
2 Articles:
Adolescent Alcoholism and Drug Addiction: The Experience of Parents (article)
Family-Based Interventions for the Prevention of Substance Abuse and Other Impulse Control Disorders in Girls. ISRN Addiction, 1-23

2 Videos:
Video: Kids and Heroine: A Wake-Up Call to Parents
A Mother's Desperation (HBO Series)/LCSC Library - Films on Demand
Discussion
Family therapy/group role play
Paper 2

Points
Discussion (20)
Family therapy/group project - in class (30)
Paper 2 due Sunday, December 2 (40)

WEEK 17 (online)
Week of December 10

Final Exam due December 13!