

**Introduction to Addiction Studies**  
**Psychology/Addiction Studies 343 – 01**  
**Spring 2022**

Instructor: Leanne Parker, Ph.D.

Office Hours: Monday 4:15 – 5:15 p.m., Tuesday 2 – 3 p.m., Wednesday 4:30 – 5:30 p.m., or by appointment  
 (please request Zoom appointment if needed)

Office: Spalding 308

Phone: 792-2827

Email: [lrparker@lcsc.edu](mailto:lrparker@lcsc.edu)

Meeting Times: Monday, Wednesday 1:30 p.m. – 2:45 p.m.

Class Meeting Place: WITT 120

Final Meeting Date: Monday, May 19, 1:30 p.m.

**Texts Required:**

Miller, G. (2015). *Learning the language of addiction counseling* (4<sup>th</sup> ed.). John Wiley & Sons.

Meeink, F., & Roy, J. M. (2010). *Autobiography of a recovering skinhead: The Frank Meeink story*. Hawthorne Books.

Purpose: This course is a survey and introduction to the field of addiction studies. Models of addiction theory are explored, as well as assessment, treatment, and relapse prevention. Ethical considerations and culturally responsive interventions are also covered. The use of self-help groups and the role of spirituality in recovery, particularly relevant to this field, complement traditional therapy approaches. Prerequisite: Introduction to Psychology, 101

Objectives:

- 1) Describe the assessment process in diagnosing addiction and substance use disorder.
- 2) Identify and understand current theory and treatment strategies used in the treatment of addiction.
- 3) Describe the strategies and the models of relapse prevention.
- 4) Demonstrate understanding of issues commonly surrounding addiction, including trauma and mental illness.
- 5) Describe limitations and controversies in this field in their many forms, including definitions, treatment resources, and public policy.

**COVID-19 Considerations:** Be aware that anything about the syllabus may change depending on evolving realities associated with the current pandemic. In general, you can expect that coursework scheduling will remain constant under normal circumstances. However, due to outside forces beyond the control of faculty and/or staff at LCSC, schedule and delivery modalities may change throughout the semester. While course times and meeting days should remain the same (excluding class cancellations), delivery modalities (face-to-face, virtual remote, online, etc.) may change due to extenuating circumstances. When circumstances warrant, assignment due dates or changes to assignments may be made. I will communicate such changes with students in a timely manner. Examples of extenuating circumstances include, but are not limited to: inclement weather, natural disaster, localized power outages, local or state directives, or instructor obligations (e.g., community or college service, professional development, injury/illness, etc.).

To maximize prevention and protection from the emerging variant(s), LC State is requiring all members of the campus community – regardless of vaccination status – to wear a face covering in indoor spaces where others are present. **This will continue in my courses regardless of changes made by LC State administration.**

**Thus, masks that cover both the nose and mouth must be worn in class.** You can take brief sips of any beverage that you might bring to class, but please do not eat food in class.

**At any point in the semester if you develop symptoms of COVID-19 or any other communicable illness, *do not attend any of your classes in person* and contact the LCSC Student Health Center right away: (208) 792-2251.** Please email me right away, so that we can adjust your participation as needed.

While this isn't new territory anymore, let's all do our best to be patient and understand that if things don't always go exactly as planned, we will try to creatively problem-solve any issues that arise. We will also periodically check-in with each other to see how things are working for everyone and readjust as necessary. **Our flexibility and understanding in this ongoing, fluid process will help make this semester a success!**

**Please check your LCSC email account at least once every day. It is the major way I communicate with you between class meetings.**

A note to persons with disabilities: If you need course adaptations or accommodations because of a disability, if you have emergency medical information to share with me, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible. My office location, office hours, phone number, and email address are noted above. I'm also happy to work with Accessibility Services here on the LCSC campus.

Grading (all point totals are approximate):

Tests (4)	50 – 75 points (each)
Self-help Group Observation	50 points
Abstinence Journal	140 points (14 at 10 points each)
Abstinence Paper	50 points
Reflections of <i>Autobiography</i>	80 <u>points</u> (4 at 20 points each)
Class Presentation	<u>50 points</u>
	570 – 670 points (approximately)

**Assignments may be modified at professor's discretion.**

Grading:	93 – 100%	= A	77 – 79.9%	= C+
	90 – 92.9%	= A-	73 – 76.9%	= C
	87 – 89.9%	= B+	70 – 72.9%	= C-
	83 – 86.9%	= B	67 – 69.9%	= D+
	80 – 82.9%	= B-	60 – 66.9%	= D
			59% & below	= F

Elaboration of assignments

**General:** All papers must be typed, with no more than 1 inch margins and 12 point font. Assignments must be turned in to me in hard copy form, unless otherwise specified. **As always, grammar/punctuation/spelling are important and count as part of the total grade on any assignment.** Late papers will be accepted for up to **3 days** after the assignment is due; 10% of the paper's worth will be taken for each day the paper is late (e.g., if a paper is 2 days late, 20% of the paper's worth will be deducted before any other grading). **No papers will be accepted more than 3 days late.** If not turning in a paper during class, take it to the Social Sciences Division office and place it in my mailbox, or in the box outside the Social Sciences Division door. **All papers must be in APA format.** Please note that APA format was revised in 2019 (7<sup>th</sup> edition). You must use the most recent revision. **If you are not familiar with APA format, please see me.**

**Suggested or required paper lengths do not include cover page or reference page(s); abstract is not required.**

**There are no makeup exams.**

**PLEASE NOTE:** I have a standing offer to briefly review any paper that has an upcoming due date and give you feedback about whether you are on the right track, improvements you could make, or anything else about which you have a question. To exercise this option, you must give me no more than a 3-page excerpt to review at least a week before it is due, and it must be typed.

**Note on attendance:** You are responsible for anything covered in class during your absence. This includes lecture material, handouts, and any announcements or revisions made to the reading schedule. Please consult with a peer or myself when class is missed.

**Classroom Etiquette:** All students enrolled in this course shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. *Note: In this classroom, proper behavior conducive to a positive learning environment includes the stowing of all cell phones, iPads, laptops, and any other distracting electronic device. In other words, this class will be a “no technology zone.” If you feel strongly that you need to have a device out during class, please discuss with me privately.*

**Reflection Papers:** As required in a separate handout, write a reflection paper on the topic provided. These are to be no less than 1 page, and no more than 2 pages. Please use a cover sheet with your name, date, and the reflection question. Also include a reference list with any sources used and cited. Appropriate use of APA style is important, and counts as part of the grade. Reflections are due at the beginning of class on the specified date.

20 points each:

5 points for APA style

5 points for quality writing (e.g., grammar, punctuation, spelling, etc.)

10 points for quality content

**Self-help Group Observation:** All areas have several different self-help groups for various addictions, including Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Gamblers Anonymous (GA), and Al-Anon (just to name a few). Many of these meetings are open to the public (in the listing frequently called “Open Meeting”). In order to better understand the structure and function that these groups provide you must attend 3 different self-help meetings, and stay for the entire meeting. One of the meetings must be AA, and you can attend more than one AA meeting; however, it must be at a different location or at a different time.

One of the meetings also should be for friends or family members of those with addictions, such as Al-Anon.

Write a 3-page minimum essay incorporating your experiences at these meetings, a comparison/contrast of how they were run, similarities and differences, advantages and disadvantages of this type of support group, and overall perceptions of how this information could help you serve clients better.

On the cover page, be sure to include the date, time, and type of each group you attended.

50 points:

5 points for APA style

5 points for quality writing (e.g., grammar, punctuation, spelling, etc.)

40 points for quality content

**Abstinence Experience:** Pick an activity you enjoy and engage in on a daily (or very frequent) basis tonight, and commit to discontinuing that activity for the semester. If the first thing that popped into your mind was rejected because it would be too difficult, that is probably the thing you should choose.

**Abstinence choices must be cleared with me by Sunday, January 23.**

You are required to maintain a weekly **journal** of your cognitive and affective reactions to the experience (submitted each week via Canvas between Friday morning and Sunday night). Entries must be a minimum of 100 words each. **No late submissions are accepted.**

Also, write a **paper** at the end of the experience focusing on your use of common defense mechanisms (discussed on p. 21 of textbook); an analysis of any slips or relapses; and an application of the experience to working with clients (in other words, how will this experience help you in working with clients).

Each journal submission should be no less than 100 words, and the final paper should be no less than 3 pages.

Abstinence Journal	140 points (10 points X 14 weeks)
Abstinence Paper	50 points

50 points:

5 points for APA style

5 points for quality writing (e.g., grammar, punctuation, spelling, etc.)

40 points for quality content

**Class Presentation:** In small groups (2 -3 people max), you will present to the class on a topic of your choice (**cleared with me in advance**). The topic will **either** be a discussion regarding a controversial topic in the field of addiction studies (presenting the pros and cons of both sides of the issue),

**or**

creating a discussion regarding a media depiction of someone living with addiction (not someone with an addiction, but the portrayal of someone with an addiction, again, **cleared with me in advance**). This type of presentation includes showing clips of the media portrayal in class, and discussing what is accurate about the portrayal, and what is inaccurate.

### **Some Words About Confidentiality and Class Discussions**

This course lends itself to self-disclosure about personal and familial experiences with addiction. You have the right and personal responsibility to only share of yourself what you feel comfortable sharing. Please feel no pressure from me to disclose information that makes you feel particularly vulnerable. It is ultimately your decision to provide the boundaries around that which you will disclose to your classmates and professor. **It is our duty and ethical responsibility to maintain confidentiality and trust.**

Resources for Assistance:

Student Counseling Services: (208) 792 – 2211, Sam Glenn 212 (free to all registered students)

**TAO (Therapy Assistance Online)** <https://www.lcsc.edu/student-counseling/tao-therapy-assisted-online-self-help>

## Tentative Course Outline and Schedule

### Week of:

- Jan 18:** Chapter 1, Introduction  
**Select abstinence activity; email me your selection by Sunday, January 23 for approval (lrparker@lcsc.edu)**
- Jan 24:** Chapter 13, Personal and Professional Development of the Counselor  
**Submit Journal Entry 1 by Sunday, Jan 30.**
- Jan 31:** Chapter 2, Theories of Counseling Applied to Addiction Treatment  
**Submit Journal Entry 2 by Sunday, Feb 6.**
- Feb 7:** Chapter 3, Assessment and Diagnosis of Addiction  
**Submit Journal Entry 3 by Sunday, Feb 13.**
- Feb 14:** **Exam 1 (Chapters 1 – 2, 13, in textbook)**  
 Chapter 4, Co-Occurring Disorders and Behavioral Addictions  
**Submit Journal Entry 4 by Sunday, Feb 20.**
- Feb 21:** **No Class on Presidents' Day**  
 Chapter 5, The Core Treatment Process for Addiction  
**Submit Journal Entry 5 by Sunday, Feb 27.**
- Feb 28:** Chapter 6, Treatment-Related Issues and Counseling Approaches  
**Submit Journal Entry 6 by Sunday, March 6.**
- March 7:** Chapter 7, Relapse Prevention  
**Submit Journal Entry 7 by Sunday, March 13.**
- March 14:** Chapter 8, Self-Help Groups  
**Submit Journal Entry 8 by Sunday, March 20.**
- March 21:** **Exam 2**  
 Chapter 9, Elaboration on Specific Therapies and Techniques Relevant to Addiction Counseling  
**Submit Journal Entry 9 by Sunday, March 27.**
- March 28:** **Spring Break!**
- April 4:** Chapter 10, textbook (pages 301 – 339)  
**Submit Journal Entry 10 by Sunday, April 10.**

**\*\* April 7, last day to withdraw from class(es) or college for the semester.**

**Please note that I will not support petitions for late withdrawal except under unusual or extraordinary circumstances.**

- April 11:** Chapter 10 continued, textbook (pages 340 – 378)  
**Submit Journal Entry 11 by Sunday, April 17.**  
**Submit Self-help Group Observation paper by Friday, April 15.**
- April 18:** Chapter 12, textbook  
**Submit Journal Entry 12 by Sunday, April 24.**
- April 25:** Exam 3  
Small Group Presentations  
**Submit Journal Entry 13 by Sunday, May 1.**
- May 2:** Small Group Presentations  
**Submit Journal Entry 14 by Sunday, May 8**  
**Submit Abstinence Paper by Friday, May 6**  
Exam 4 Handed out May 4
- May 9:** Exam 4 due. Please meet during our regular class time to turn it in and discuss the course.