COUN 632 Addictions & Compulsive Behavior (3 hrs)
Cincinnati Christian University
Department of Behavioral Sciences

Professor: Tim Barber LPCC-S, NCC, CSAT-S
Phone: (513) 244-8615
Room: PH 249

Tuesdays: 6:30 – 9:10
Email: tim.barber@ccuniversity.edu

**Description:**
This course provides an introduction and overview of addictions and their treatment. This overview includes both process (behavioral) and substance abuse addictions. The pathology of addiction and the effects of compulsive behavior on the individual and families are explored while examining the signs, symptoms and stages involved. Various theoretical models of addiction will be presented along with the process and stages of change toward recovery. Assessment, interventions, treatment modalities, motivational interviewing, dual diagnosis, the effects of trauma on addiction, family dynamics, as well as relapse prevention are also included within the course framework. Additionally, the role of the church for the addicted individual and the development of support/recovery groups will be addressed.

**Rationale:**
The material in this course is designed to meet the Council on Accreditation of Counseling and Related Educational Programs (CACREP) curriculum standards for masters and post-masters. The material also meet requirements for Ohio Administrative Code 4757.22(B)(3)(d) which states that persons seeking training for a professional clinical counselor license must have graduate coursework in methods of prevention, intervention, and treatment of mental and emotional disorders.

**Objectives:**
Upon successful completion of this course, the student will:

1. Demonstrate an understanding of the theories and etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment; and (II.G.2.g) (MAC 2.i)
2. Know the disease concept and etiology of addiction and co-occurring disorders. (CMHC.C.4)
3. Understand ethical and legal considerations specifically related to the practice of addiction counseling. (MAC 2.h)
4. Understand the role of spirituality in the addiction recovery process. (MAC 1; 3)
5. Understand the principles and philosophies of addiction-related self-help programs. (MAC 2.i)
6. Understand the impact of addiction, trauma, psychopharmacology, physical and mental health, wellness, and illness on marriage, couple, and family functioning. (MAC 2.c)
Requirements:

Attendance, Participation, and Technology

You are expected to attend class and participate in discussions. Students are allowed two absences without penalty. Absences beyond that limit will necessitate meeting with the instructor/MAC Faculty to determine consequences.

It is requested that all phones be turned off during the class. If there is an urgent need please make professor aware before class. While it is understood that computers are often used for note taking, surfing, emailing, facebooking etc. is not allowed. Please use your own time for these things. Instructor reserves the right to reduce grade if this becomes a problem.

Required Reading:

Texts:

Articles:
Methods and Procedures:

This course will include lecture, class discussions, videos, quizzes, written assignments and student led learning activities throughout the semester. Active participation by all students is expected.

Use of Electronic Media

The use of laptop/notebook computers in the class is allowed, but discouraged, as their use tends to diminish active class participation. Abuse of such media (browsing the web, gaming, chatting, emailing, etc.) will result in all laptops being banned from the class.

Cell phones should be set to silent and if an emergency demands a call be placed or taken, the student should leave the classroom before beginning the conversation.

Guidelines for Course Work

IT IS YOUR RESPONSIBILITY TO DETERMINE IF THIS IS THE RIGHT TIME TO TAKE THIS COURSE. The course assignments are planned to support your learning and none of them should be dismissed as unimportant.

Policy on Academic Integrity

If you cheat on a quiz or turn in work that is not your own (plagiarism) you will receive a zero (0) for that work and the counseling academic committee may take additional action. Please refer to your CCU Student Handbook for complete details on the seminary policy on academic integrity.

Christian Component:

Throughout this course we will evaluate the material presented from a Christian perspective. We expect that you will evaluate all readings and class discussions from a Christian perspective and work to integrate biblical truth into your life, thought, and work. We will strive to provide a biblically based approach to ministry.

Assignments:

1. Reading Report: A reading Report will be required at the end for the semester. This will consist of a "Quiz" in Moodle in which students will indicate the percentage of reading completed for each required text or article.

2. Moodle Learning Exercise: For Week 5 a Moodle Learning Exercise is required of all students. The exercise will involve:
   a. the online lectures provided on Moodle for that week,
   b. the completion of the online quiz associated with the lecture.

3. Family Impact Paper: This assignment involves a 4 – 5 page paper that ties together much of the material of the semester. In this assignment students will address topics such as:
a. Issues related to the etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment, and

b. The impact of addiction on physical and mental health, wellness, and illness on marriage, couple, and family functioning.

4. Reaction Papers: Twelve reaction papers are due throughout the semester. Reactions are to be 300-400 words each and should address topics as follows:

a. Reaction #1: Discuss at least one theory and etiology of addiction and addictive behaviors, including strategies for prevention, intervention, and treatment (Due Jan. 28, 2014).

b. Reaction #2: Discuss at least one theories and etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment as they relate to trauma and family systems (Due Feb. 4, 2014).

c. Reaction #3: Discuss the disease concept and etiology of addiction and co-occurring disorders as it relates to reading and discussion of neuroscience (Due Feb. 11, 2014).

d. Reaction #4: Discuss the disease concept and etiology of addiction and co-occurring disorders as it relates to reading and discussion of models of addiction (Due Feb. 18, 2014).

e. Reaction #5: Discuss the impact of addiction, trauma, psychopharmacology, physical and mental health, wellness, and illness on marriage, couple, and family functioning as it relates to pathological gambling (Due Feb. 25, 2014).

f. Reaction #6: Based on reading and class discussion, discuss theories and etiology of sexual addiction and addictive behaviors, including strategies for prevention, intervention, and treatment (Due March 4, 2014).

g. Reaction #7: Based on reading and class discussion, discuss theories and etiology of sexual addiction and addictive behaviors, including strategies for prevention, intervention, and treatment (Due March 18, 2014).

h. Reaction #8: Based on reading and class discussion discuss the impact of sexual addiction, trauma, psychopharmacology, physical and mental health, wellness, and illness on marriage, couple, and family functioning (Due March 25, 2014).

i. Reaction #9: Discuss the disease concept and etiology of addiction and co-occurring disorders as it relates to eating disorders (Due April 1, 2014).

j. Reaction #10: Discuss the disease concept and etiology of addiction and co-occurring disorders as it relates to impulse control disorders (Due April 8, 2014).

k. Reaction #11: Discuss the disease concept and etiology of addiction and co-occurring disorders as it relates to Internet Addiction Disorder (Due April 15, 2014).

l. Reaction #12: Discuss treatment options as they relate to spirituality and traditional 12-step treatment options (Due April 29, 2014).
5. Book Review: One book review is required of each student from one of the suggested books listed in this syllabus (Due April 22, 2014). The review is to be 6 – 8 pages in length and is to address the following questions:

a. Who is the target audience and what was the focus and main focus of the author(s)?

b. How well do you believe the author(s) accomplished their purpose?

c. What is the main issue addressed in this text and what one thing did you take away from your reading that addressed that issue most clearly? For example, if the book addresses gambling addiction, how does is the author(s) suggest healing will occur?

d. How does the material in the book relate to other topics and texts covered in this course? Feel free to compare and contrast.

e. Did the book include a discussion of spirituality? If so, how was spirituality incorporated into the topic of addiction? What did you note as helpful from the spiritual perspective?

f. How will you apply material from this text to your work with others? How will you apply it to your own life?

**Book Review & Resource List:**

- **Attachment and Family of Origin:**

- **Eating Disorders & Self-Harm:**


- Internet Addiction:

- Neuroscience:

- Sex Addiction:

- Sex Addiction/Partner Support:
- **Spirituality and Recovery:**

- **Trauma:**

### Assignment Grading Values

<table>
<thead>
<tr>
<th>ASSIGNMENT</th>
<th>POINTS</th>
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<tbody>
<tr>
<td>Reading Reports (Due)</td>
<td>14</td>
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<tr>
<td>Book Review (1 Due)</td>
<td>14</td>
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<tr>
<td>Moodle Learning Exercise (1 Due)</td>
<td>6</td>
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<tr>
<td>Family Impact Paper (1 Due)</td>
<td>30</td>
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<tr>
<td>Reaction Papers (12 Due @ 3 pts)</td>
<td>36</td>
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<td><strong>Total</strong></td>
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**Course Schedule:**
(The schedule below is subject to change at the discretion of the instructor.)

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>ASSIGNED READING &amp; ACTIVITIES</th>
<th>COURSE OBJECTIVES</th>
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</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>• Syllabus Review and Course Introduction</td>
<td>• Sun, Ashley, &amp; Dickson: Chap. 1</td>
<td>• 1</td>
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<tr>
<td>Jan. 21</td>
<td>• Introduction to Behavioral Addictions</td>
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<tr>
<td>Week 2</td>
<td>• The Roots of Behavioral Addictions: Trauma and Family Systems</td>
<td>• Black: The Legacy of Shame</td>
<td>• 1</td>
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<tr>
<td>Jan. 28</td>
<td>• The Roots of Behavioral Addictions: Neuroscience</td>
<td>• Sun, Ashley, &amp; Dickson: Chap. 2</td>
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<td></td>
<td>• Hilton Article</td>
<td>• Reaction # 1 Due</td>
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<tr>
<td>Week 3</td>
<td>• The Roots of Behavioral Addictions: Models of Addiction</td>
<td>• Twerski, Chaps. 1-5</td>
<td>• 2</td>
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<td>Feb. 4</td>
<td>• Gambling</td>
<td>• Siegel Article</td>
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<td>• Reaction # 2 Due</td>
<td>• Reaction # 3 Due</td>
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<td>Week 4</td>
<td>• The Roots of Behavioral Addictions: Models of Addiction</td>
<td>• Moodle Learning Exercise</td>
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<td>Feb. 11</td>
<td>• Models of Addiction</td>
<td>• Sun, Ashley, &amp; Dickson: Chap. 3</td>
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<td></td>
<td>• Ashley Article</td>
<td>• Twerski, Chaps. 6-10</td>
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<td>Week 5</td>
<td>• Gambling</td>
<td>• Reaction # 4 Due</td>
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<td>Feb. 18</td>
<td>NOTE: Class will NOT meet this week. A Moodle presentation will be provided in lieu of class.</td>
<td>• Twerks, Chaps. 11-15</td>
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<td>Week 6</td>
<td>• Etiology &amp; Treatment of Sexual Addiction</td>
<td>• Sun, Ashley, &amp; Dickson: Chap. 4</td>
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<td>Feb. 25</td>
<td>• Twerski, Chaps. 11-15</td>
<td>• Reaction # 5 Due</td>
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<td>Week 7</td>
<td>• Treatment of Sexual Addiction</td>
<td>• Twerski, Chaps. 16-20</td>
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<td>March 4</td>
<td>• Adams &amp; Robinson Article</td>
<td>• Reaction # 6 Due</td>
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<td>• Black, Dillon, &amp; Carnes Article</td>
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<td>• Reaction # 7 Due</td>
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<td>Spring Recess---March 10 - 14</td>
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<td>Week 8</td>
<td>• Family Dynamics of Sexual Addiction</td>
<td>• Twerski, Chaps. 21-23</td>
<td>• 6</td>
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<td>March 18</td>
<td>• Black, Dillon, &amp; Carnes Article</td>
<td>• Reaction # 8 Due</td>
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<td>Week 9</td>
<td>• Eating Disorders</td>
<td>• Sun, Ashley, &amp; Dickson: Chap. 5</td>
<td>• 2</td>
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<tr>
<td>March 25</td>
<td>• Reaction # 8 Due</td>
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| Week 10 | Apr. 1 | • Impulse Control Disorders | • Sun, Ashley, & Dickson: Chap. 6  
  • Reaction # 9 Due | 2 |
|---|---|---|---|---|
| Week 11 | Apr. 8 | • Internet Addiction | • Sun, Ashley, & Dickson: Chap. 7  
  • Chakraborty Article  
  • Reaction # 10 Due | 2 |
| Week 12 | Apr. 15 | • Addiction Interaction & Co-occurring Disorders | • Carnes, Murray & Charpentier Article  
  • Reaction # 11 Due | 2 |
| Week 13 | Apr. 22 | • Twelve Step-Models of Recovery | • In Class Exercise: The Carnes Task Model  
  • Book Review Due | 4,5 |
| Week 14 | Apr. 29 | • Spirituality & Ethical Issues in Addictions Treatment | • In Class Exercise: Spirituality and Recovery  
  • Herring Article  
  • Reaction # 12 Due | 3,4 |
| Week 15 | May 6 | • Counselor Self-Care and Addictions | • In Class Exercise | 6 |
| Week 16 | May 13 | Final Week—Class Will Not Meet | • Family Impact Paper Due | 6 |