

Seattle University School of Theology and Ministry; Pastoral Counseling

STMC 570 Addiction and Abuse Weekends: Jan. 7&8, Feb. 10-12, 2012

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Course Description: This course will cover description, etiology and treatment of addictive disorders, including substance dependence and abuse, as well as behavioral compulsions/addictions such as food, sex, gambling, work, and religion. It is designed to meet the Washington LMHC requirements for a course in substance/chemical abuse, as well as the AAPC requirements for a course covering addictions. It is based on a bio-psycho-social-spiritual model.

Course Objectives: At the end of this course, students will understand:

Basic terminology in the field, definitions;

Developmental precursors to and functional impact of addictive disorders, including neurobiological, psychodynamic, and spiritual;

Dual diagnoses;

Treatment options, including 12-step, Harm Reduction, Motivational Interviewing, individual, group and family psychotherapy;

Impact on and treatment/support of family;

Unique role of pastoral counselors for congregational education, consultation for pastoral care, addressing spiritual and values/meaning dimensions.

Required Texts

Miller, William et. al. *Treating Addiction: A Guide for Professionals*. Guilford, Press, 2011.

May, Gerald. *Addiction and Grace: Love and Spirituality in the Healing of Addictions*. HarperOne, 2006.

Nelson, James. *Thirst: God and the Alcoholic Experience*. Westminster John Knox, 2004.

Schedule of Topics: We will cover most of these topics on the first weekend, focusing primarily on the substance addictions. Second weekend we will focus on the behavioral addictions, primarily internet pornography, and present your papers.

Introduction: to course, to topics, to each other.

Definitions, terminology: addictions, compulsions, dependence and abuse, sin. DSM, professional and common language. (*Substance Abuse Handbook*)

Alcohol, marijuana: most common drugs of use.

Types of drugs; stimulants and depressants (*Science of Addiction*).

Types of compulsive-addictive behaviors: food, sex, gambling, religious, work.

Physiology/chemistry of drug use (*Science of Addiction*). Physiological impact of experience, of compulsion/OCD, of euphoria, of psychotherapy.

Psychological context and impact of use, family experience (*Big Book, Substance Abuse Handbook*)

Spiritual context, motivation, and impact (*Addiction and Grace, Thirst*)

Outpatient generalist/non-specialist Treatment: AA (Big Book), Harm Reduction (*Over the Influence*), Motivational Interviewing, Individual/Group/Family Therapy (*Substance Abuse Handbook*).

Spiritual elements in treatment (*Addiction and Grace, Thirst, Core Competencies*)

Codependency, enabling (*Understanding Co-Dependence; Codependent No More*)

Therapist Self-Care: Burn-out, understanding our own triggers and addictions of choice, personal therapy, spiritual practice.

Paper: At the beginning of the second weekend, students will submit a written case study of no more than eight pages dealing with a client/family where substance dependence or abuse or behavioral compulsion/addiction is a significant issue. This case may be an actual one in your practice, may be entirely fictional, or some combination. *Do not use yourself, anyone in your family, or any friend as "client".* Only use an actual or fictional client.

Pastoral Counseling Specialty /MAPC Students: Prepare this as a standard case presentation according to the Comprehensive Pastoral-Clinical Assessment format in the Practicum Manual. (I will have copies for those not MAPC).

Non-Pastoral Counseling Specialty/MAPC Students: You may write this as a narrative of the experience.

Include an understanding of the operation of the substance or behavior: physiologically, psychologically and behaviorally, socially or culturally, and spiritually. Present your multi-modal treatment plan, process, and results. *Prepare this as a report at the end of a successful counseling/psychotherapy treatment.* Present what worked and why.

Be prepared to present the case to the class (may be in an abbreviated form from the paper).

(My objectives for this paper are to motivate you to research and learn, to give you opportunity to demonstrate your learning, and to make your learning relevant to your work practice.)

Bibliography: Additional books you may find helpful

Alcoholics Anonymous (The Big Book), 4th edition. A.A. World Services, Inc.

Beattie, Melody. *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself.* Hazelden, 1968.

Carnes, Patrick. *In the Shadows of the New: Breaking Free of Compulsive Online Sexual Behavior.* Hazelden, 2004.

Carnes, Patrick. *Out of the Shadows: Understanding Sexual Addiction,* 3rd Ed. Hazelden, 2001.

Denning, Patt, Jeannie Little and Adina Glickman. *Over the Influence: The Harm Reduction Guide for Managing Drugs and Alcohol.* Guilford Press, 2004.

Erickson, Carlton. *The Science of Addiction: From Neurobiology to Treatment.* W.W. Norton, 2007.

Miller, William R. and Stephen Rollnick. *Motivational Interviewing.* Guilford Press, 2002.

Ruiz, Pedro, Eric C. Strain and John G. Langrod. *The Substance Abuse Handbook.* Lippincott Williams and Wilkins, 2007.

Wegscheider-Cruse, Sharon and Joseph Cruse. *Understanding Co-Dependency.* HCI, 1990.