**Eastern Kentucky University**  
**Department of Counseling and Educational Psychology**  
**Department (CEP)**  
**Syllabus for COU 849: Addiction Disorders Counseling**  
*(3 credit hours)*,

**Professor:** Dr. Sue Strong  
**Office:** Combs 429B  
**E-mail:** Sue.Strong@eku.edu  
**Phone:** 859.277.3119

**Catalogue Course Description:**  
**COU 849 Addiction Disorders Counseling** *(3)* A. Addictive disorders and behaviors ranging from chemical dependency, compulsive gambling, sex addiction to workaholism with a focus on biopsychosocial model, 12-Step and peer therapy, assessments, and interventions for adolescent and adult populations.

**Text:**  
Handbook of Addictive Disorders: A Practical Guide to Diagnosis and Treatment. Robert Coombs, Ed., Wiley and Sons Publisher

**Student Learning Outcomes:**

II.3.g: Theories and etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment.

Assessment of SLO: Papers on addiction disorders and Final Exam

III.CMHC.A.6: Recognizes the potential for substance use disorders to mimic and coexist with a variety of medical and psychological disorders.  
Assessment of SLO: Papers on addiction disorders and Final Exam

III.CMHC.C.4: Knows the disease concept and etiology of addiction and co-occurring disorders.  
Assessment of SLO: Papers on addiction disorders and Final Exam

III.CMHC.D.8: Provides appropriate counseling strategies when working with clients with addiction and co-occurring disorders.  
Assessment of SLO: Papers on addiction disorders and Final Exam

III.CMHC.G.4: Identifies standard screening and assessment tools for substance use disorders and process addictions.  
Assessment of SLO: Papers on addiction disorders and Final Exam
III. CMHC.H.3: Screens for addiction, aggression, and danger to self and/or others, as well as co-occurring mental disorders.  
Assessment of SLO: Papers on addiction disorders and Final Exam

III. CMHC.H.4: Applies the assessment of a client’s stage of dependence, change, or recovery to determine the appropriate treatment modality and placement criteria within the continuum of care.  
Assessment of SLO: Papers on addiction disorders and Final Exam

III. CMHC.K.3: Knows the impact of co-occurring substance use disorders on medical and psychological disorders.  
Assessment of SLO: Papers on addiction disorders and Final Exam

Course Requirements: All papers must be 1500 words minimum, adequately address the assignment question(s), and be posted on BlackBoard by or before the due date.

Evaluation Methods:  
16 Papers on various aspects of addiction (16 papers, 10 pts each=160 pts)  
1 Final Exam (50 pts)  
Class attendance, preparedness, participation (40 pts)

250 Pts Possible  
90%=A (225-250 pts)  
80%=B (200-224 pts)  
70%=C (175-199 pts)  
Below 70%=F

Scoring Rubric  
(1500 word minimum for each of the 16 papers)

Satisfactory Paper=10 pts  
1. Paper adequately addresses the assignment question(s) and  
2. Paper meets the minimum word length and  
3. Paper is posted in BlackBoard by or before due date

Unsatisfactory Paper=0 pts  
1. Each paper does not adequately address the assignment question(s) or  
2. Paper does not meet the minimum word length or  
3. Paper is not posted in BlackBoard by or before due date

Final Exam=50 pts  
1. Paper provides adequate short answer to all questions on the Final Exam and  
2. Paper is posted in BlackBoard by or before due date

Class Attendance and Participation (40 pts)  
1. Student receives 40 pts for class attendance and participation. For each student absence (excused or unexcused), 10 pts is deducted from the 40 pt possible. Partial attendance of
any class will be assessed on an individual basis. Student is expected to attend all classes, come to all classes prepared to discuss assignments, and participate in class discussion and/or role plays. Attendance, preparedness and participation are assumed acceptable unless the instructor notifies student and/or requests a conference to discuss problems with attendance, preparedness and/or participation.

**Course outline and Topics of Papers:**

Paper 1: Define addiction and addiction interaction disorder; address the disease concept and etiology of addiction and co-occurring disorders; discuss the continuum of care and how the client’s stage of dependence, change, or recovery determines the appropriate treatment modality and placement criteria.

Paper 2: How do both chemical and behavior addictions affect the brain, particularly discuss the effects of three major classifications of drugs (sedatives, amphetamines, hallucinogens--uppers, downers, and fantasy drugs) on the brain.

Paper 3: Discuss both psychological and physical dependence in the diagnosis and treatment of chemical dependence and discuss any diagnostic changes in the diagnosis of substance abuse being discussed in the DSM 5.

Paper 4: Discuss the past and current history of psychopharmacological treatment of addictions.

Paper 5: Discuss the diagnosis and treatment of compulsive gambling.

Paper 6: Consider the 12 programs a basic cognitive behavioral system for change, then apply the 12 steps to a past or current issue/problem/concern/bad habit that you have/have had and would like to or did change.

Paper 7: Discuss the diagnosis and treatment of sex addiction (including such modern manifestations as the Californication series and the Tiger Woods story).

Paper 8: Discuss the current screening and assessment instruments used by clinicians to assess addictions (refer to the ones in the text, then look online to augment your information and/or add any other instruments that are widely used in the field to assess addictions).

Paper 9: Discuss the diagnosis and treatment of eating disorders.

Paper 10: Discuss (past and present) alternative community support programs used for recovery of addictions instead of the 12 step programs.

Paper 11: Discuss the diagnosis and treatment of workaholism.

Paper 12: Interview a client/patient who has struggled with and been diagnosed with an addiction and write a reflection paper on their experience with addiction, recovery and relapse.

Paper 13: Discuss the diagnosis and treatment of compulsive buying.
Paper 14: Interview a counselor/therapist who has had training and experience in working with addictions and write a reflection paper on the interview.

Paper 15: Discuss the public policy and prevention of addictive disorders.

Paper 16: Attend at least three 12-step meetings and write a reflection paper on your experience (12 step meetings of some type are usually available in most counties, open meetings are for everyone, closed meetings are for people who identify with that particular addiction).

Not all information for all questions is found in the text material alone and will require that you consult additional resources. These papers are purposively open ended to allow you to direct your investigations in avenues that best meet your needs.

Final Exam:
Copy into a word document, provide a brief answer to each question, highlight your answers in red. This is an individual assignment, not a group project. You are on the honor system to do all of this work on your own (see university policy on plagerism). Provide an e-signature for the final and a statement that you have done all of your own work.

1. What is the difference between psychological and physical dependence?
2. Define the term neuroadaptation.
3. What is the typical addict profile?
4. What are the primary elements of addiction?
5. What does drug induced reward system dysfunction mean?
6. What percentage of alcoholics are employed?
7. What is Jellinek famous for in addictions?
8. Until recently how did the Universal Code of Military Justice define alcoholism?
9. How did the 1914 passage of the Harrison Narcotic Act effect addiction?
10. What was the 1940’s and 50’s prevailing concept of addiction treatment?
11. What % of the general psychiatric population have alcohol or drug problems?
12. Who founded AA?
13. How did the increased use of pot and stimulants affect the physical dependence paradigm?
14. What was the Minnesota Model?
15. Define addiction interaction disorder.
16. Give an example of systemic addictions in a family.
17. Define cross tolerance, withdrawal mediation, replacement, masking, ritualizing, intensification, numbing disinhibiting, inhibiting, and combining in addiction interaction disorder.
18. How do deprivations and addictions interact?
19. Describe acting out and acting in the shame cycle.
20. Of the top 10 health goals specified by the US government, how many fit within an addiction framework?
21. Discuss positive and negative reinforcement in addiction.
22. What is substance induced myopia?
23. What group of people have the highest and lowest chemical dependency rates?
24. Describe the two phases of cognitive recovery.
25. Discuss the role of denial in the treatment process.
26. Discuss the role of shame and guilt in the treatment process.
27. Why is chemical dependency considered a disorder of emotions?
28. How does the history of dealing with substance abuse in the US differ from other Western countries?
29. What is the motivational interviewing technique?
30. How is the SCID used in diagnosing chemical dependency?
31. How do the labels alcoholic or addict fit into the treatment process?
32. How is the Mini Mental Status Exam fit into the diagnostic process?
33. What was the primary treatment mode used for chemical dependency in the 1960s, 70s and early 80s?
34. What caused the emergency of the substance abuse counselor as a health care professional?
35. What is the history of methadone treatment?
36. What was the primary treatment for alcoholism in the 1950s and 60s?
37. How did managed care in the 1990s change treatment?
38. What is the primary difference between in-patient and out-patient treatment techniques?
39. What role did Marlatt and Gorski play in treatment interventions?
40. Discuss the Matrix Model of intensive outpatient treatment.
41. Discuss interventions for 12 step resistive clients.
42. Define problem gambling.
43. Is compulsive gambling an addiction?
44. What is the gaming industry?
45. Describe an action gambler.
46. Describe an escape gambler.
47. Describe the South Oaks Gambling Screen.
48. Describe the Massachusetts Gambling Screen.
49. What % of patients with gambling problems seek treatment?
50. What is the Lie/Bet questionnaire?
51. What is the biology of gambling?
52. How does GA differ from AA?
53. What is the estimated prevalence of sex addiction?
54. What % of inpatient sex addicts also have a chemical dependency problem?
55. What is the difference between healthy and addictive sex?
56. What are the differences between male and female sex addicts?
57. What influence has the internet had on sex addiction?
58. Describe the progression of sex addiction.
59. What is the difference between sex offender and sex addict?
60. Describe the Sexual Addiction Screening Test.
61. Describe the Cybersex Addiction Checklist.
62. How do the Male and Female Sexual Screening Addiction Tests differ?
63. Describe the 12 Step meetings for sex addicts.
64. What is a “sex plan” for treatment?
65. What is the prevalence of eating disorders in the US?
66. What is the cause of eating disorders?
67. What is the difference between anorexia and bulimia?
68. What is the addiction model of eating disorders?
69. What is the cognitive behavioral model of eating disorders?
70. What are the myths about workaholism?
71. Compare healthy v. workaholic workers.
72. How are psychosocial integration and workaholism related?
73. How is narcissistic injury related to workaholism?
74. How does generativity relate to workaholism?
75. Why is compulsive buying more of a female disorder?
76. What is the prevalence of compulsive buyers?
77. Why do people become compulsive buyers?
78. How is our modern culture related to compulsive buying?
79. What is healthy spending?
80. How does debtors anonymous differ from other 12 step programs?
81. How has/should public policy shifted regarding chemical dependency?
82. How has/should public policy shifted regarding compulsive gambling?
83. How has/should public policy shifted regarding sex addiction?
84. How has/should public policy shifted regarding eating disorders?
85. How has/should public policy shifted regarding workaholism?
86. How has/should public policy shifted regarding compulsive buying?
87. How should/could prevention be used regarding chemical dependency?
88. How should/could prevention be used regarding compulsive gambling?
89. How should/could prevention be used regarding sex addiction?
90. How should/could prevention be used regarding eating disorders?
91. How should/could prevention be used regarding workaholism?
92. How should/could prevention be used regarding compulsive buying?
93. What do you think causes addictions in the US?
94. How have addictions impacted your life?
95. How do you think addictions impacted your family of origin?
96. How do you think addictions will/have impacted your children?
97. How have addictions effected your past or present or future workplace?
98. How have addictions effected your past or present community?
99. What do you think is the best general treatment(s) for addictions?
100. Why or why not: behavior addictions are the same as chemical addictions?

Student Progress: Student will receive regular feedback throughout the semester.

Attendance Policy: On campus attendance is required.

Last Day to Drop Course: See course schedule book

Disability Statement:
If you are registered with the Office of Services for Individuals with Disabilities, please obtain your accommodation letters from the OSID and present them to the course instructor to discuss any academic accommodations you need. If you believe you need accommodation and are not registered with the OSID, please contact the Office in the Student Services Building Room 361 by
email at disserv@eku.edu or by telephone at (859) 622-2933 V/TDD. Upon individual request, this syllabus can be made available in an alternative format.

**Academic Integrity Statement:**
Students are advised that EKU's Academic Integrity policy will be strictly enforced in this course. The Academic Integrity policy is available at [www.academicintegrity.eku.edu](http://www.academicintegrity.eku.edu). Questions regarding the policy may be directed to the Office of Academic Integrity.

**Official E-mail:**
An official EKU e-mail is established for each registered student, each faculty member, and each staff member. All university communications sent via e-mail will be sent to this EKU e-mail address.