

# **The Assessment and Treatment of Chemical Dependency**

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PC 243-3

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## **Description**

This course will provide clinical and theological foundations for the assessment and treatment of chemical dependency. It will explore chemical dependency in historical perspective, examine various assessment tools, describe the major treatment approaches and investigate the major issues in modern chemical dependency care. Readings, lectures and practical applications will be framed within a family systems context and grounded within reflective theological understanding of the human condition. Students will have the opportunity to experience a variety of assessment, treatment and intervention methods and begin the process of formulating a theological and clinically integrated model of chemical dependency treatment.

## **Objectives**

By the end of the term, class participants will be able to:

1. Demonstrate a working knowledge and understanding of the varied substance-related disorders as they are described in the DSM-IV-TR.
2. Exhibit knowledge and understanding of substance abuse/dependence and its prevalence both currently and historically; and the degree of pervasiveness that substance abuse/dependence can have on the individual user, their family and the community (i.e., schools, workplace, churches, legal and correctional facilities).
3. Show evidence of a basic knowledge and understanding of the various classes of drugs of abuse and their effects, including relevant prescription and over the counter drugs.
4. Display knowledge and understanding of the addictive process; including biosocial influences and implications, together with the variations of impact of the major drugs of abuse.

5. Demonstrate a working knowledge and understanding of effective substance abuse/dependence assessment methods, instruments (including the use of drug screens), etc. Conduct a competent chemical dependency assessment and use the data to accurately diagnose a client family in this sphere.
6. Describe major treatment modalities for chemical dependency; and determine the optimal treatment modality (or combination) and their level of effectiveness with specific types of clients and/or family systems.
7. Demonstrate a practical understanding of the process of therapy, including the impact of the therapist in the treatment of chemically dependent families.
8. Describe and understand the dynamics of the major family structures in the chemically dependent family.
9. Discuss spirituality and its role in the treatment of chemically dependent families, with particular attention given to the theology inherent in Alcoholics/Narcotics Anonymous and Al-Anon
10. Exhibit cultural sensitivity in substance abuse/dependence assessment and treatment approaches as it relates to race, gender, age, etc.
11. Articulate and discuss special issues of chemical dependency treatment such as violence, sexual dysfunction, gender and cultural differences in the dynamics of chemical abuse and dependency and the impact of socio-economic factors on treatment.

## **Method**

This class will be a combination of lecture, student discussion and participation, theological reflection, case demonstration and supervision of counseling cases or dialogue about taped counseling sessions.

## **Requirements**

1. *Reading.* Assigned reading from the required texts listed below.
2. *Participation.* Class attendance is required and will be monitored daily. The student is expected to come to class prepared (by reading and personal

investigation) to take part in open discussion of the topic of the day. Class participation will account for 25% of the grade.

3. *Personal Log*. Each student will keep a *confidential* daily log in which he/she reflects on the day's class, along with other pertinent experiences related to the class focus. The log is to include personal reflection on: 1) experience in attending one Twelve Step Meeting and one Al-Anon or Co-Dependents Anonymous (CODA) meeting, and 2) experience of three weeks abstinence from something of your choice. The student will verify in his/her log, their attendance at a Twelve Step Meeting (AA or NA) and an Al-Anon or CODA meeting; along with their reflection on the strengths and weaknesses of each of the programs. The log will also document the student's abstinence experience and insights gained regarding the abstinence and recovery process. The log will be reviewed weekly for relevance and for the student's direct engagement with the topic of the day. The log will account for 25% of the grade.
4. *Final Exam*: The final exam will be distributed in the first week of class and is an open-book, take-home exam due at the end of the final session. The exam will be evaluated on accuracy of information, interaction with the texts and class content, integration of theoretical and theological material, usefulness to clinical/pastoral practice, quality of thought, and clarity of expression. It will comprise 50% of the final grade.

## Required Texts

Fisher, Gary L., and Harrison, Thomas C. *Substance Abuse: Information for School Counselors, Social Workers, Therapists, and Counselors*, Fourth Edition. Boston, MA: Allyn and Bacon, 2005. (LPTS Bookstore)

\_\_\_\_\_. *Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism*, Fourth Edition. New York: Alcoholics Anonymous World Services, Inc., 2002. (LPTS Bookstore)

Center for Substance Abuse Treatment. *Enhancing Motivation For Change in Substance Abuse Treatment, Treatment Improvement Protocol (TIP) Series Number 35*. HHS Pub. No. (SMA) 08-4214. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2010. (Provided by professor, or available in LPTS Bookstore)

Roberts, Linda J., and McCrady, Barbara S. *Alcohol Problems in Intimate Relationships: Identification and Intervention, A Guide for Marriage and Family Therapists*. Washington, D.C.: National Institute on Alcohol Abuse and Alcoholism, 2003. (Downloaded free from NIAAA website, Read online; or Reserve list, Ernest White Library)

\_\_\_\_\_. *Diagnostic and Statistical Manual of Mental Disorders*, Fourth Edition. Revised (DSM-IV-TR). Washington, D.C.: American Psychiatric Association, 2000. (Reserve list, Ernest White Library)

## **Additional Texts, Books and Films**

### **TEXTS:**

Miller, William R., and Rollnick, Stephen. *Motivational Interviewing: Preparing People for Change*, Second Edition. New York: The Guilford Press, 2002. (Reserve list, Ernest White Library)

Edwards, J.T. *Treating Chemically Dependent Families*. Minneapolis, MN: Johnson Institute, 1990. (Reserve list, Ernest White Library)

Ott, P.J., Tarter, R.E. and Ammerman, R.T. *Sourcebook on Substance Abuse: Etiology, Epidemiology, Assessment and Treatment*. Missouri: Allyn and Bacon, 1999, 1993. (Reserve list, Ernest White Library))

Dodgen, C.E. and Shae, W.M. *Substance Use Disorders: Assessment and Treatment*. California: Academic Press, 2000. (Reserve list, Ernest White Library)

Gurnan, A. and Kniskern, D. (eds.). *Handbook of Family Therapy*, Vols. I & II. New York: Brunner/Mazel, 1991. (Reserve list, Ernest White Library)

L'Abate, Farrar J.E., and Serritella, D.A. *Handbook of Differential Treatment for Addictions*. Massachusetts: Allyn and Bacon, 1992. (Reserve list, Ernest White Library)

\_\_\_\_\_. *It works how and why: the twelve steps and the twelve traditions of Narcotics Anonymous*. Van Nuys, CA: World Services Office, Inc., 1993. (Reserve list, Ernest White Library)

### **BOOKS:**

Beattie, Melody. *Codependent No More*. Minnesota: Hazeldon, 1992.

Pluymen, Bert. *The Thinking Person's Guide to Sobriety*. New York: St. Martin's Press, 1999.

Woititz, Janet. *Adult Children of Alcoholics*. Deerfield Beach, FL: Health Communications, 1983.

Mooney, Al J, M.D, Arlene and Howard Eisenberg. *The Recovery Book*. New York: Workman Publishing Company, Inc. 1992.

**FILMS:**

*Days of Wine and Roses*

*Lost Weekend*

*Clean and Sober*

*Leaving Las Vegas*

*When a Man Loves a Woman*

*What's Love Got to do With It?*

*My Name is Bill W.* (Made for TV: Hallmark Hall of Fame Presentation)

*The Betty Ford Story* (Made for TV)

12-10-10