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*Calumet College of St. Joseph is a Catholic institution of higher learning dedicated to the academic, spiritual and ethical development of undergraduate and graduate students. Informed by the values of its founding religious community, the Missionaries of the Precious Blood (C.P.P.S.), the College promotes the inherent dignity of all people, social justice, an ethic of service, student empowerment, opportunity, and lifelong learning.*

*We are committed to the Five Pillars of a CCSJ Education: The CCSJ graduate will be Open to Growth, Intellectually Competent, Religious, Loving, and Committed to Doing Justice. This class, as outlined below, will help you to achieve those goals.*

### **COURSE SYLLABUS, Spring 2020**

<b>Psy 547-M Session 168 Addiction Theories and Techniques Independent Study for Melissa M. Costello (I.D. 100078123)</b>
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<b>Instructor Information:</b>	
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<b>Instructor Name</b>	Terry Harman, DMin, PhD, LCAC, LMHC, LMFT
<b>Office Number:</b>	N/A
<b>Phone Number:</b>	(219) 448-2673
<b>Email:</b>	tharman@ccsj.edu
<b>Office Hours:</b>	Arranged
<b>Instructor Background:</b>	Dr. Harman has worked in private and governmental settings since 1987. He has experience in mental health and addictions at the residential, inpatient, intensive outpatient and outpatient levels of care. He has experience in providing care in state mental health institutions as well as jails and prisons. Dr. Harman has thirty years of experience teaching undergraduate and graduate level courses in psychology, addiction and mental health. He taught at CCSJ from 1990 through 2000 and returned as an adjunct in 2014. He is licensed in the state of Indiana as a Clinical Addiction Counselor, Mental Health Counselor and Marriage and Family Therapist.

<b>Course Information</b>	
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<b>Course Time:</b>	First meeting January 9, 2020 – Arranged throughout semester
<b>Classroom:</b>	CCSJ Room 207
<b>Prerequisites:</b>	None
<b>Required Books and Materials:</b>	NAADAC, The Basics of Addiction Counseling: Desk Reference and Study Guide, Module II, 10 <sup>th</sup> ed., NAADAC: Alexandria, VA, 2018.

	<p>The following websites offer free copies of the assessment tools utilized in the course. <b>A hard copy of the SASSI-4, SUPI, Craving Scale and Biopsychosocial inventories</b> will be provided for the student at no charge.</p> <p><b>DASS – 21</b>  <a href="https://www.thecalculator.co/health/DASS-21-Depression-Anxiety-Stress-Scale-Test-938.html">https://www.thecalculator.co/health/DASS-21-Depression-Anxiety-Stress-Scale-Test-938.html</a></p> <p><b>DSM 5 SUD Criteria/History</b>  <a href="https://www.naadac.org/assets/2416/greg_bauer_-_dsm-5_and_its_use_by_chemical_dependency_professionals_09272014_naadac.pdf">https://www.naadac.org/assets/2416/greg_bauer_-_dsm-5_and_its_use_by_chemical_dependency_professionals_09272014_naadac.pdf</a></p> <p><b>PHQ – 9</b>  <a href="https://www.integration.samhsa.gov/images/res/PHQ%20-%20Questions.pdf">https://www.integration.samhsa.gov/images/res/PHQ%20-%20Questions.pdf</a></p> <p><b>WHODAS 2.0</b>  <a href="https://www.who.int/classifications/icf/whodasii/en/">https://www.who.int/classifications/icf/whodasii/en/</a></p>
<p><b>Learning Outcomes/ Competencies:</b></p> <ol style="list-style-type: none"> <li>1. Student will identify the 11 criteria for a DSM 5 substance use disorder.</li> <li>2. Student will demonstrate a basic knowledge of the different theoretical understandings and theories associated with the 10 most common approaches to addressing substance use disorders.</li> <li>3. Student will demonstrate an ability to utilize the various assessment tools used to formulate a diagnostic impression for a substance use disorder.</li> <li>4. This course is intended to prepare the student to meet the following learning objectives for the <b>State of Indiana requirements</b> for the educational coursework for <i>Addiction Counseling Theories and Techniques</i> for the <b>Licensed Clinical Addiction Counselor</b> (for specific details see: <a href="https://secure.in.gov/pla/3460.htm">https://secure.in.gov/pla/3460.htm</a>).</li> </ol>	
<p><b>Course Description:</b></p> <p>The course presents a biopsychosocial view of contemporary substance abuse treatment utilizing various theories of addiction counseling.</p> <p>The following theories will be considered: Adlerian, Behavioral Therapy, Cognitive-Behavioral Therapy, Gestalt Therapy, Person-Centered Therapy, Psychoanalytic Therapy, Rational Emotive Behavioral Therapy, Reality Therapy, Solution Focused Therapy and Family System Therapy.</p> <p>The following assessment tools will be reviewed in preparation for the techniques section of the course. Basic interviewing techniques, Biopsychosocial Inventories, DSM 5 criteria for Substance Use Disorder (SUD), SASSI 4, SUPI, WHODAS 2.0, Craving Scale, DASS-21, and PHQ-9.</p>	
<p><b>Learning Strategies</b></p>	
<p><b>Experiential Learning Opportunities:</b></p> <ol style="list-style-type: none"> <li>1. The student will enhance interviewing skills during mock assessment process.</li> <li>2. The student will conduct a mock assessment with an approved “mock client” utilizing the various assessment tools outlined in the course (Biopsychosocial, SASSI-4, DASS-21, PHQ-9, SUPI, WHODAS 2.0, Cravings Scale and DSM 5 SUD criteria checklist . The</li> </ol>	

written report of clinical findings will be presented to the professor in a “mock clinical staffing.”

3. The student must present the 30 pages of work product (assessment tools) utilized to produce the DSM 5 diagnostic impression.

### Assessments:

**Major Assignments:**

1. **1.9.20** initial meeting with professor to review course requirements and review textbook readings.
2. **1.16.20** Student phone consultation with professor to review reading progress and any questions the student may present.
3. **1.30.20** Completion of reading of Module 1 reading on Theoretical Base of Addiction Counseling.
4. **2.6.20** Completion of an 8 to 10-page report on the 10 most common theories of addiction counseling. The following details must be covered in the written report.
  - a. Name of theory
  - b. Primary theorist(s) associated with approach
  - c. Date or period developed
  - d. Basic summary of the theoretical concept
  - e. Definition of all major terms associated with the theory
5. **2.27.20** Mid Term meeting with professor - Provide evidence of completion of reading Addiction Counseling Practices and Skills
6. **3.5.20** Meeting with professor for a walk through the assessment process utilizing the Biopsychosocial, SASSI-4, DASS-21, PHQ-9, SUPI, WHODAS 2.0, Cravings Scale and DSM 5 SUD criteria checklist.  
  
*Student must verbalize a basic understanding of how to use the assessment tools prior to conducting the mock assessment of a client.*
7. **3.6.20 through 3.25.20** Student must complete the mock assessment in one meeting with mock client.
8. **3.26.20** Student must present results of mock assessment of client. Professor will provide

	<p>feedback on the data collected and review the diagnostic formulation presented by the student.</p> <p>9. <b>4.2.20</b> Student must present the final mock assessment to the professor in a mock clinical staff meeting.</p>	
<b>Assessments:</b>	<p>1. <b>2.6.20</b> Written report on Theories and theorists – 50% (50 points of 100-point total)</p> <p>2. <b>3.26.20</b> Mock assessment review with professor – 25% (25 points of 100-point total)</p> <p>3. <b>4.2.20</b> Presentation of Diagnostic Impression mock clinical staffing – (25 points of 100-point total)</p>	
<b>Class Participation:</b>	At each meeting with the professor the student required to show evidence of completing all readings within the primary text as well as the additional readings and or assessment tools.	
<b>Total</b>	Total 100 points for three major assessments.	
<b>Grading Scale:</b>		
<p>100% – 92%: A                      91% – 90%: A-</p> <p>89% – 88%: B+                    87% – 82%: B                      81% – 80%: B-</p> <p>79% – 78%: C+                    77% – 72%: C                      71% – 70%: C-</p> <p>69% – 68%: D+                    67% – 62%: D                      61% – 60%: D-</p> <p>59% and below:                    F</p>		

### Course Schedule:

See above section on major assignments.

<b>Responsibilities</b>	
<b>Attending Class</b>	You cannot succeed in this class if you do not attend. We believe that intellectual growth and success in higher education occur through interaction in the classroom and laboratories. Being absent doesn't excuse you from doing class work; you have <b>more</b> responsibilities to keep up and meet the objectives of this course. Since this is an independent study with the professor attendance will not be utilized as a component of grading. However, in order to complete the required components of the course the student must meet with the professor as scheduled unless an alternative date is arranged as a make-up.
<b>Turning In Your Work</b>	You cannot succeed in this class if you do not turn in all your work when due. Assignments not completed by due date will result in a full letter grade reduction for that assignment.
<b>Meeting Standards for Classroom Behavior</b>	<ul style="list-style-type: none"> <li>• <b>Use all the class time.</b> Come to class on time and stay in class until the end. Coming late, leaving early, and getting up during class disrupts the class and disrespects others.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Come prepared.</b> Bring your texts, be prepared to take notes, and be able to demonstrate that you have completed the assignments for the day through your participation in class.</li> <li>• <b>Respect others.</b> Listen when your classmates and the instructor are speaking. Think about their contributions. Respond appropriately.</li> <li>• <b>Use electronic devices only for class purposes.</b> Engage with your classmates and the instructor without technological distractions.</li> <li>• Please turn off all cellular devices or put on silent mode.</li> </ul>
<b>CCSJ Student Honor Code</b>	<p>This course asks students to reaffirm the CCSJ Student Honor Code:</p> <p>I, as a student member of the Calumet College academic community, in accordance with the college's mission and in a spirit of mutual respect, pledge to:</p> <ul style="list-style-type: none"> <li>• Continuously embrace <b>honesty and curiosity</b> in the pursuit of my educational goals;</li> <li>• Avoid all behaviors that could impede or distract from the academic progress of myself or other members of my <b>community</b>;</li> <li>• Do my own work with <b>integrity</b> at all times, in accordance with syllabi, and without giving or receiving inappropriate aid;</li> <li>• Do my utmost to act with commitment, inside and outside of class, to the goals and <b>mission</b> of Calumet College of St. Joseph.</li> </ul>
<b>Doing Your Own Work</b>	<p>If you turn in work that is not your own, you will be subject to judicial review by the Faculty-Student Grievance Committee. These procedures can be found in the Student Planner. The maximum penalty for any form of academic dishonesty is dismissal from the College.</p> <p>Using standard citation guidelines to document sources avoids plagiarism. You'll find guides to the major citation methods at the CCSJ Specker Library Web page at  <a href="http://www.ccsj.edu/library/subjectsplus/subjects/guide.php?subject=cite">http://www.ccsj.edu/library/subjectsplus/subjects/guide.php?subject=cite</a></p> <p><b>PLEASE NOTE:</b> All papers may be electronically checked for plagiarism.</p>
<b>Sharing Your Class Experience</b>	<p>Your voice matters! At the end of the term, you will have the opportunity to evaluate your classroom experience. These confidential surveys are essential to our ongoing efforts to ensure that you have a great experience that leaves you well prepared for your future. Take the time to complete your course evaluations – we value your feedback!</p>
<b>Withdrawing from Class</b>	<p>After the last day established for class changes has passed (see the College calendar in the CCSJ Course Catalog), you may withdraw from a course by following the policy outlined in the Course Catalog.</p>

<b>Resources</b>	
<b>CCSJ Book Rental Program</b>	<p>The CCSJ Book Program ensures that everyone has the right course materials on the first day of class to be successful. You pay a book rental fee each semester, and in return, receive all the materials for all your classes prior to the beginning of classes. At the end of the semester, simply return the books. For traditional students, the Book Rental Program is conveniently located in the library, where students can pick up and return their books. For students in accelerated programs and graduate programs, books will be</p>

	delivered to their homes and they can return them by mail. For more information, see <a href="http://www.ccsj.edu/bookstore">http://www.ccsj.edu/bookstore</a> . <b>All books must be returned at the end of the semester or you will incur additional fees, which will be charged to your student account.</b>
<b>Student Success Center</b>	The Student Success Center provides faculty tutors at all levels to help you master specific subjects and develop effective learning skills. It is open to all students at no charge. You can contact the Student Success Center at 219 473-4287 or stop by the Library.
<b>Disability Services</b>	Disability Services strives to meet the needs of all students by providing academic services in accordance with Americans with Disabilities Act (ADA) guidelines. If you believe that you need a “reasonable accommodation” because of a disability, contact the Disability Services Coordinator at 219-473-4349.
<b>Student Assistance Program</b>	Through a partnership with <b>Crown Counseling</b> , Calumet College of St. Joseph provides a free Student Assistance Program (SAP) to current students. The SAP is a confidential counseling service provided to students for personal and school concerns which may be interfering with academic performance and/or quality of life. The SAP counselor is available on campus once a week and off-site at the Crown Counseling offices in Crown Point or Hammond. For more information, <b>contact Kerry Knowles SAP Counselor</b> , at 219-663-6353 (office), 219-413-3702 (cell), or <a href="mailto:kerryk@crowncounseling.org">kerryk@crowncounseling.org</a> .
<b>CCSJ Alerts</b>	Calumet College of St. Joseph’s emergency communications system will tell you about emergencies, weather-related closings, or other incidents via text, email, or voice messages. Please sign up for this important service annually on the College’s website at: <a href="http://www.ccsj.edu/alerts/index.html">http://www.ccsj.edu/alerts/index.html</a> .