

Seattle University School of Theology and Ministry; Pastoral Counseling

STMC 570 Addiction and Abuse Weekends: Jan. 12&13, Feb. 15-17, 2013

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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, 2007.

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.

Before the first class session: read the May and Nelson books, and at least skim the Miller book so you know what is in it.

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

Definitions, terminology: addictions, compulsions, dependence and abuse, sin. DSM, professional and common language.

Alcohol, marijuana: most common drugs of use.

Types of drugs; stimulants and depressants.

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

Physiology/chemistry of drug use. Physiological impact of experience, of compulsion/OCD, of euphoria, of psychotherapy.

Psychological context and impact of use, family experience.

Spiritual context, motivation, and impact.

Outpatient generalist/non-specialist Treatment: AA, Harm Reduction, Motivational Interviewing, Individual/Group/Family Therapy.

Spiritual elements in treatment.

Codependency, enabling.

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

Paper: Due by email to professor (rodlandes@gmail.com) by Friday Feb 8 at noon.

Paper is an eight page single spaced description of a counseling/therapy case of a person who has addiction/abuse problems. The client may be real (and disguised), or fictional, or some combination. *Do not use yourself, anyone in your family, or any friend as "client".*

Use a narrative format, which may use the elements of the Comprehensive Pastoral-Clinical Assessment. Include a description of the client's presenting problem, which may or may not include the addiction/abuse issues present. Include the history of the presenting problem as well as the history of the addiction/abuse, and other relevant personal history. Include a description of the client's neurological and physiological functioning.

Describe your assessment of the client as well as your formal diagnoses. Given assessment including strengths, describe your therapy goals and planned interventions. Include some reference to the experiences of the client that partially led to the addiction/abuse, the current experience, and the particular experience(s) of therapy that you think will be helpful/healing.

Describe the course of treatment with this client, in narrative. What happened, what interventions were useful, what changed. This may include some verbatim report.

(The purpose of this paper is to demonstrate to me what you learned in the class, and how it is relevant to your practice).

Be prepared to present this case to the class.

(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* (2nd Edition). Hazelden, 1986.

Carnes, Patrick. *In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior* (2nd Edition). Hazelden, 2007.

Carnes, Patrick. *Out of the Shadows: Understanding Sexual Addiction* (3rd Edition). 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* (3rd Edition). Guilford Press, 2012.

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 Codependency, Updated and Expanded*. HCI, 2012.

