

Seattle University
School of Theology and Ministry
901 12th Street, Hunthausen Hall
Seattle, WA 98122-1090

Summer Quarter 2007

STMC 570.01—Addictions and Abuse
Room TBA
July 16-27, MTWThF, 4:00-7:25 p.m.

Rev. Keith A. Brehob, SJ, PhD, LICSW
Hunthausen Hall 221
Office Hours: Before class or by
appointment.

***We are made for you, Oh God,
and our hearts are restless until they rest in thee.***
~St. Augustine, A.D. 354-430

Reality is for those people who can't handle drugs!
~Anonymous member of AA

Course Calendar

(Consult the Angel site for specific preparations for each class.)

Session One (Monday, July 16):

Introduction to Substance Abuse and Chemical Dependence

Session Two (Tuesday, July 17):

Alcoholism, Alcoholic Family Systems, Enabling, and Co-Dependence

Session Three (Wednesday, July 18):

Cocaine and Methamphetamine

Session Four (Thursday, July 19):

Heroin and the Opiates

Session Five (Friday, July 20):

Marijuana, Inhalants, and other abused substances

Session Six (Monday, July 23):

12 Steps

Session Seven (Tuesday, July 24):

Spirituality & Addictions

Session Eight (Wednesday, July 25):

Motivational Interviewing I

Session Nine (Thursday, July 26):

Motivational Interviewing II

Session Ten (Friday, July 27):

Class Presentations, Review, and Course Evaluation

Informed Consent & Warning

By enrolling in this course you are agreeing to open your heart, mind, and spirit to the “cunning, powerful, and baffling” psychological and spiritual dynamics associated with substance abuse and chemical dependence. Pastoral Counseling education is both academically rigorous and also psychologically and spiritually demanding. It is important, therefore, that BEFORE YOU START READING the required material for this course that you have the necessary psychological and spiritual support systems in place to insure that you will be safe and appropriately cared for during this stage of your training.

Psychological and spiritual support can be partially supplied by family members and friends but professional mental health support and/or professional spiritual direction can also be of great help during your training and is highly recommended. In addition, if you are personally in recovery for any chemical or process addiction/s, it is extremely important that you have an active sponsor and that you attend regular meetings during the time you are reading the required materials and completing the required writing and participation assignments for this addictions and abuse course. Similarly, if you are the adult child of an alcoholic or drug addicted parent, it is highly advisable that during the reading, preparation, and discussion phases of this course that you attend regular 12 Step meetings and have an active sponsor.

During the class sessions, please inform the instructor of any significant or overwhelming psychological or spiritual distress you might be experiencing so that the appropriate support can be provided.

Required Texts & Resources

Anonymous. *Alcoholics Anonymous Big Book, 4th Ed.* New York: AA World Services, Inc., 2001. (Estimated cost \$14)

Carnes, Patrick. *A Gentle Path through the Twelve Steps: The Classic Guide for All People in the Process of Recovery.* Center City, MN: Hazelden, 1994. (Estimated cost \$19)

May, Gerald. *Addiction and Grace: Love and Spirituality in the Healing of Addictions.* San Francisco: Harper, 2006. (Estimated cost \$15)

Miller, William, and Stephen Rollnick. *Motivational Interviewing: Preparing People for Change.* New York: Guilford Press, 2002. (Estimated cost \$36)

Bean, John C. *Student Guide to Editing and Style.* Seattle: SU English Department and Writing Center, 2004. (Estimated cost \$2, pamphlet)

SU Angel Website for STMC 570: Students can access this information through the university's web page at www.seattleu.edu by typing “angel” into the search window or by clicking on the following hotlink <https://angel.seattleu.edu/angel/frameIndex.htm>. The angel site for this course will be activated at the beginning of the summer quarter for all registered students.

Course Description

This course offers theological, theoretical, and clinical foundations for the assessment and treatment of substance abuse and chemical dependence. Students will explore the multidimensional dynamics of addiction from biological, psychological, cultural, family systems, and religious/spiritual perspectives. Current, best practices models of chemical dependence treatment will be presented in course readings, lectures, class discussions, and experiential exercises.

This course is designed to meet the core content, coursework equivalency requirement in the area of “Substance/Chemical Abuse” of the mental health counselor education and licensing guidelines for the State of Washington. (WAC 246-809-221, last updated 5/20/05)

Goals & Objectives

- Pastoral Counselors in training will examine their personal thoughts, feelings, beliefs, and experiences associated with substance abuse and chemical dependence in their families’ of origin, their ecclesial and civil community memberships, and in their work as pastoral ministries.
- By the end of the quarter, Pastoral Counselors in training will be able to identify the most commonly abused substances, will understand the bio-psycho-social and spiritual dynamics of addiction, and will be exposed to two models of chemical dependence treatment—“12 Steps” and “Motivational Interviewing.”
- Through required readings, in-class experiences, and response/reflection paper writing, Pastoral Counselors in training will increase their professional vocabulary and theoretical knowledge relative to chemical dependence in individuals and family systems.
- By the end of the quarter, Pastoral Counselors in training will possess the basic skills necessary for the assessment, treatment, and/or referral of persons experiencing problems associated with substance abuse and chemical dependence.

Requirements

Attendance (20% of your course grade): Class sessions are the primary means by which the instructor and the Pastoral Counselors in training can share the material introduced in the assigned readings and other activities. Therefore, attendance at all sessions of the course is essential. If you know you will need to miss more than one class session during this quarter, please think seriously about taking this required course at a different time. Participation grades will be negatively affected by missed classes and/or failure to actively participate in class discussions and exercises.

Response/Reflection Papers (60% of your course grade): Each of the four papers will count as 15% of your final course grade. **The four response papers are due on the first day of class, July 16, 2007**, one paper for each of the four required texts assigned for the course (see list of required texts above and writing instructions below):

1. Read the required sections of each of the four texts assigned for this course.
2. Write a 2 to 3 page response/reflection paper for each book using the questions provided as a guide. As space allows, you may also include in each paper your own reflections (e.g., important points of agreement/disagreement with the author/s, summaries of important points that you found interesting or helpful, convergence/divergence of the author/s’ opinions with your own personal faith, personal anecdotes that support your opinions, etc.).
3. Print your response/reflection papers on white, 8 ½ x 11 paper, using 12 pt New Times Roman font (or an equivalent serif font), double spaced, with 1” margins all around. Consult the *SU Student Guide to Editing & Style* to answer other questions of style, grammar, and format. You may use Chicago-Turabian, APA, or MLA format for your papers, but please use the same format for all four papers. It is advisable to print an extra, personal copy of each paper that you can refer to during class discussions.

- *Response/Reflection Paper I: Alcoholics Anonymous “Big Book,” 4th Ed.*
Read the following required sections: a) the Foreword to the First, Second, Third, and Fourth Editions; b) Chapters 1-7; c) at least one personal story of your choosing; and d) Appendices I, II, III, V, and VII. After reading the above sections, write your paper making sure to include your response to the following questions:
 - How does the AA Big Book describe the difference between alcoholics and non-alcoholics? How do you know if you are alcoholic according to the AA model?
 - In what way/s is the AA method of recovery “spiritual?” How does the AA way of understanding addiction, God, self, and others complement and/or challenge your personal spirituality, faith tradition, and world-view?
 - In your opinion as a Pastoral Counselor in training, what are the most important aspects of the AA method of recovery that you would like to remember and include in your future pastoral care of alcoholics and their families (name at least three points)?

- *Response/Reflection Paper II: Addiction and Grace*, required reading—all sections of the book. After reading the book, write your paper making sure to include your response to the following questions:
 - Reflecting on May’s theology of addiction and healing, what is your understanding of the relationship between addiction and grace?
 - In your opinion, did God create the human person to be “free?” If so, how do you explain theologically/spiritually the fact that so many people are addicted and dependent? If not, what does this belief say about God and the nature of the human person? Would you feel comfortable using these ideas in a pastoral counseling session with one of your clients? Why or Why not?
 - In your opinion as a Pastoral Counselor in training, what are the most important ideas presented in this book that you would like to remember and include in your future pastoral care of addicted individuals and their families (name at least three points)?

- *Response/Reflection Paper III: A Gentle Path through the Twelve Steps.*
Read the following sections: a) Introduction “Some Words About Working the Program” and b) Chapters One through Twelve. [*optional exercise* > Your learning experience will be more meaningful if you pick an addiction, obsessive style, or other psycho-spiritual unfreedom that you are personally struggling with in your life and use it as the focus of the written exercises in each chapter. This exercise is confidential; I will not look at your books and will not require you to share any personal information in your reflection papers that you do not feel comfortable disclosing. <*optional exercise*] After reading the above sections and completing as many of the exercises that are helpful for you, write your paper making sure to include your response to the following questions:
 - In the introduction “Some Words about Working the Program,” Carnes lists several “out of control” addictions and several human problems associated with “over control,” what in your opinion are the psycho-spiritual causes of these two poles of human coping and behavior? Do you think that they are related? For example, do some people develop

- addictions and compulsions and other persons with nearly identical histories behave in an overly controlled way?
- Whether you are an addict, co-addict, or have no personal problem with any kind of addiction, take the “Spiritual Care Inventory” in Step Two/Step Three (p. 92 in my 1993 ed.) and reflect on your thoughts and feelings. What did you learn about yourself and your history? In the written paper, share only what you feel comfortable sharing with the instructor.
 - In your opinion as a Pastoral Counselor in training, what are the most important ideas presented in this book that you would like to remember and include in your future pastoral care of addicted individuals and their families (name at least three points)?
- *Response/Reflection Paper IV: Motivational Interviewing.* Read the following sections: Parts I, II, & III (pp. 3-198) and at least one of the articles in Part IV. After reading the above sections, write your paper making sure to include your response to the following questions:
 - According to Miller and Rollnick, why do people find it difficult to change? What are the conditions necessary for meaningful change to occur in a person’s life, and what are the stages/phases of change that counselors can facilitate to help clients move from one way of being/behaving to another way of being/behaving?
 - In your own words, describe and summarize “Motivational Interviewing.” In what ways are you attracted to this style of working with clients and in what ways are you resistant/suspicious of Miller and Rollnick’s model?
 - In your opinion as a Pastoral Counselor in training, what are the most important ideas presented in this book that you would like to remember and include in your future pastoral care of addicted individuals and their families (name at least three points)?

Class Presentation (20% of your course grade): Chose a topic related to this course and give a 5 to 10 minute oral presentation to your classmates sometime during the second week of classes. Topics must be approved by the instructor and might include the following: a commonly abused drug that was not covered in class; explanation of one of the abuse/dependence diagnoses; alternative treatment methods not presented in class; other important books or authors not used in the course; pastoral, theological, or spiritual ways of understanding addiction and recovery; giving a report on your experience of an open 12 Step meeting that you attended for this class; etc. You may use audiovisual material, an MS-PowerPoint presentation, or handouts, but these materials are not required and you will not be downgraded if you do not include them in your presentation. After your presentation, as time allows, please be prepared to answer general questions from your student colleagues.

Evaluation & Grading

Grading for the required papers, class presentation, and attendance/participation will be assessed according to Seattle University’s Grading System: A = Superior Performance; B = Good Performance; and C = Minimal Performance for graduate courses. Your final grade will be based on these grades and your cumulative growth in achieving the goals and objectives of this course and the STM program in which you are enrolled.

Bibliography

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