

Seattle University School of Theology and Ministry; Pastoral Counseling

STMC 570 Addiction and Abuse Weekends: Oct 4-5, Nov 7-9, 2008

Rod Landes, Ph.D.

833 SW Eleventh Ave., Suite 424, Portland, OR 97205

503.248.2189 rodlandes@qwestoffice.net www.rodlandesphd.com

Course Description: This course will cover description, etiology and treatment of addictive disorders, including substance dependency and abuse, as well as behavioral compulsions/"addictions" such as food, sexual, gambling, work, and religious. 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:

Core Competencies, AAPC (Will be distributed in class).

Anonymous. *Alcoholics Anonymous* (The Big Book), 4th Edition, A.A. World Services, Inc., 2003.

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.

May, Gerald. *Addiction and Grace: Love and Spirituality in the Healing of Addictions*. HarperOne, 2006.

Nelson, James. *Thirst: God and the Alcoholic Experience*. Westminster John Knox, 2004.

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 Co-Dependency*. HCI, 1990.

Schedule of Topics: (It is not clear to me at what pace we will move through the weekends, and therefore what topics we will cover the first one. For Preparation, I suggest you familiarize yourself with all the required books. The more you have read prior, the more our conversation will stick with you. Repetition helps learning, and will prime you with relevant questions.)

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

Definitions, terminology: addictions, compulsions, dependence and abuse, sin. DSM, professional and common language. (*Substance Abuse Handbook*)

Alcohol, marijuana: most common drugs of use.

Types of drugs; stimulants and depressants (*Science of Addiction*).

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

Physiology/chemistry of drug use (*Science of Addiction*). Physiological impact of experience, of compulsion/OCD, of euphoria, of psychotherapy.

Psychological context and impact of use, family experience (*Big Book, Substance Abuse Handbook*)

Spiritual context, motivation, and impact (*Addiction and Grace, Thirst*)

Treatment: AA (*Big Book*), Harm Reduction (*Over the Influence*), Motivational Interviewing, Individual/Group/Family Therapy (*Substance Abuse Handbook*).

Spiritual elements in treatment (*Addiction and Grace, Thirst, Core Competencies*)

Pastoral Care and Education (*Core Competencies*).

Co-dependency, enabling (*Understanding Co-Dependenc;*, *CoDependent No More*)

Community Resources.

Outpatient generalist/non-specialist psychotherapy: addiction/compulsion assessment, direct/indirect treatment.

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

Paper: At the beginning of the second weekend, students will submit a written case study of no more than eight pages dealing with a client/family where substance dependency or abuse or behavioral compulsion/addiction is a significant issue. This case may be an actual one in your practice, may be entirely fictional, or some combination. *In no case, use yourself or anyone in your family, or any friend as client.* Only use an actual or fictional client.

Prepare this as a standard case presentation, with presenting problem, history and context of problem, symptoms, diagnosis, relevant personal context and personal history. Present an understanding of the operation of the substance or behavior: physiologically, psychologically and behaviorally, socially or culturally, and spiritually. Present your multi-modal treatment plan, process, and results. *Prepare this as a report at the end of a successful psychotherapy treatment.* Present what worked and why.

Be prepared to present the case to the class (may be in an abbreviated form from the paper) and to take questions.

(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. I will want to know to what extent this worked and didn't.)

Bibliography: Additional books you may find helpful

Beattie, Melody. *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*. Hazelden, 1968.

Carnes, Patrick. *In the Shadows of the New: Breaking Free of Compulsive Online Sexual Behavior*. Hazelden, 2004.

Carnes, Patrick. *Out of the Shadows: Understanding Sexual Addiction*, 3rd Ed. Hazelden, 2001.

Ciarocchi, Joseph W. *Counseling Problem Gamblers: A Self-Regulation Manual for Individual and Family therapy*. Academic Press, 2002.