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CO 625 Recognizing and Treating Addictive Disorders

Asbury Theological Seminary

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AUGUST 2006

CLASS MEETING TIME

**RECOGNIZING AND TREATING ADDICTIVE DISORDERS
CO-625 COURSE SYLLABUS (3 credit hours)**

Classes will on Monday thru Friday during the weeks of **July 31st** and **August 7th** from **8:30 A.M. till noon each day**. An additional two weeks of out of class time will be required to complete a required research paper.

COURSE DESCRIPTION

Addictive disorders are pervasive in the culture. One need only talk to pastoral counselors, ministers, and youth leaders to document this reality. We know, for example, that 15% of the youth in North America will be lost to chemical dependency. We know that over half of all domestic violence cases are directly related to alcohol and drug abuse. Compulsive gambling, eating disorders, and sexual disorders also take a heavy toll on both the church and the non church. If the Christian counselor, pastor, or youth leader is to be effective in ministry, knowledge of this subject area is essential.

This course is specifically designed to help prospective Christian counselors, pastors, and youth leaders, develop the skills needed to recognize addictive disorders, evaluate effective treatment options, and grasp the essential elements required for recovery from these disorders. Secular and Christ centered approaches for treating chemical dependency, eating disorders, compulsive gambling, and sexual disorders will be examined.

PREREQUISITES AND # OF STUDENT ENROLLMENT

PC-510 and/or CO-601

Recommended student enrollment = **30**

REQUIRED READINGS

Ross, G.R. (1994). Treating adolescent substance abuse: Understanding the fundamental elements, Boston: Allyn & Bacon. **(214 pages)**

Meyer, J.S. & Quenzer, L.F. (2005) Psychopharmacology: Drugs, the brain, and behavior, Sunderland, MA:m Sinauer Associates, Inc **(490 pages)**

McGee, R.S. (1998). The search for significance, Pasadena, TX: Robert S. McGee. **(339 pages)**

McGee, R.S. & McCleskey, D. W. (1994) Conquering chemical dependency: A Christ-centered 12 step process, Roashville, TN: Lifeway Press. **(224 pages)**

Weinberg, J.R. & Kosloske, D. (1977) Fourth step guide: Journey into growth, Minneapolis, MN: Comp Care Publishers. **(46 pages)**

SUGGESTED READINGS BUT NOT REQUIRED

Comiskey, A. (1989). Pursuing sexual wholeness: How Jesus heals the homosexual, Lake Mary, FL: Creation House.

McGee, R. S. & Mountcastle, W. D. (1993) Conquering eating disorders: A Christ-centered 12-step process, Nashville, TN: Lifeway Press.

Kurtz, E. (1991). Not God: A history of alcoholics anonymous: Center City, MN: Hazelden.

Marlatt, G.A. & VandenBos, G.R. (1997). Addictive behaviors: Readings on etiology, prevention, and treatment Washington, D.C.: American Psychological Association.

Carnes, P. (1983). Out of the shadows: Understanding sexual addiction. Minneapolis, MN: Comp Care.

Lowinson, J.H. et. al. (1992). Substance abuse: A comprehensive Textbook, Baltimore: Williams and Wilkens.

Brownell, K.D. & Fairburn, C.G. (1995). Eating disorders and obesity: A comprehensive handbook, New York: Guildford Press.

Siker, Jeffrey S. (1994). Homosexuality in the church: Both sides of the debate: Louisville: Westminster John Knox Press.

COURSE OBJECTIVES

Upon completion of this course, students will be able to: (1) list eight fundamental elements of an effective program for treating addictive disorders, (2) explain a sound rationale for conceptualizing the problem of an addictive disorder (3) depict a framework for addressing an addictive disorder, (4) list goals and objectives for treating an addictive disorder, (5) identify strategies for treating an addictive disorder, (6) define an addictive disorder from a cognitive-behavioral perspective, (7) list the four stages of an addictive disorder, (8) identify the attitudes underlying the personality structure of an addictive disorder, (9) identify the elements of an effective clinical assessment of an addictive disorder, (10) explain three important aspects of a healthy treatment environment, (11) list four distinct plateaus of recovery, (12) describe the change process, (13) define co-dependent enabling behavior, (14) outline the attributes and requisite skills of an effective addiction's counselor, (15) list the steps and principles of Alcoholics Anonymous (AA) and explain their Christian origin. (16) evaluate secular and Christian treatment approaches (17) apply spiritual growth principles and procedures to their own lives.

COURSE OUTLINE

Day One: Fundamental Elements of Effective Treatment

- **Psalm 6**
- Course overview, syllabus
- Assumptions exercise
- ABCDE's of emotions and behavior
- Bill Gothard model
- Mind set of the day
- Elements of effective treatment
- You can make it video and/or Truth about drugs video
- Diagnosing addictive disorders
- Homework – feeling log

Day Two: Emerging Personality and Cognitive Structure of an addictive disorder

- **Psalm 32**
- Emerging Personality and Cognitive Structure
- Five criteria
- Change process
- Seven steps to a happy FACE
- Identifying patterns of irrational thinking (mind sets contrary to scripture)
- Homework – seven steps

Day Three: *Importance of self-talk*

- **Psalm 38**
- Review 7 step homework
- Script writing
- Overcoming worry, anger, and depression
- Homework – seven steps

Day Four: