

1-1-2005

CO 625 Recognizing and Treating Addictive Disorders

George R. Ross

Follow this and additional works at: <http://place.asburyseminary.edu/syllabi>

Recommended Citation

Ross, George R., "CO 625 Recognizing and Treating Addictive Disorders" (2005). *Syllabi*. Book 2766.
<http://place.asburyseminary.edu/syllabi/2766>

This Document is brought to you for free and open access by the eCommons at ePLACE: preserving, learning, and creative exchange. It has been accepted for inclusion in Syllabi by an authorized administrator of ePLACE: preserving, learning, and creative exchange. For more information, please contact thad.horner@asburyseminary.edu.

RECOGNIZING AND TREATING ADDICTIVE DISORDERS
CO-625 COURSE SYLLABUS (3 credit hours)
AUGUST 2005

CLASS MEETING TIME

Classes will on Monday thru Friday during the weeks of **August 2nd** and **August 9th** from **8:00 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. (874 pages)

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: *Eating Disorders, Pornography, and Gambling*

- **Psalm 51**
- Review seven steps
- Eating disorders
- Sexual disorders
- Pornography and gambling, impulse disorders?
- Homework – complete 4th step guide, write script

Day Five: *Fallible, Correctable, and Transformable Human Beings*

- **Psalm 102**
- Interview with eating disorder client
- Review 4th step guide, review scripts
- Treatment strategies
 - FHB/CHB/THB
 - Ten most common causes of failure
 - Daily inventory
 - Self worth inventory
- Efficacy and efficiency of treatment
- Homework – complete self-worth inventory

Day Six: *Should Homosexuality be treated? Twelve Step Programs.*

- **Psalm 130**
- Review self worth inventory
- Homosexuality
 - Myths
 - Arguments
 - Caution when treating
- Overview of the twelve steps of AA
 - Psychological assessment of the twelve steps
 - Theological assessment of the twelve steps
 - Penitence psalms (6,32, 38, 51, 102,130,143)
 - Christ centered twelve steps
 - Spirituality and the twelve steps
- Homework – Finalize course project

Day Seven: *Co-dependency, what is it? Christ Centered Programs*

- **Psalm 143**
- Elements of Co-dependency
- Christianity, Spirituality and counseling
 - Mindfulness and Meditation

- Prayer
- Scripture and counseling
- Surrender
- Acceptance and forgiveness
- Hope
- Serenity

Day Eight: *Give Up, Own Up*

- **Romans 12:1-3**
- Steps 1-3 Give Up
- Steps 4-7 Own Up
- Homework – Finalize course project

Day Nine: *Make Up, Grow Up*

- **1 Corinthians 13**
- Steps 8-9 Make Up
- Steps 10-12 Grow Up
- Homework – Study for final exam

Day Ten: *Final Exam, Course Evaluation*

- Final Examination
- Course Evaluation

COURSE REQUIREMENTS

Attendance
 Class participation
 Completion of required reading
 Daily log
 Homework assignments
 Group project
 Research Paper
 Final Examination

EVALUATION PROCEDURES

Attendance	10%
Class participation, daily log	10%
Completion of required readings	10%
Homework assignments	10%
Group Project	20%
Final Examination	20%
Research Paper	20%
Total	<u>100%</u>

GRADING SCALE

94-100 = A 90-93 = A-
 85- 89 = B 80-84 = B-
 75-79 = C 70- 74 = C
 60- 69 = D 59- 0 = F

INSTRUCTOR EXPECTATIONS

- (1) Attendance at every class session is required. The concepts and ideas being taught are highly integrated and interrelated. Missing class will adversely effect your ability to develop the skills being taught in this course and also adversely effect your final grade.
- (2) It is expected that you will arrive to class on time prepared to work . This is a challenging course and we have a lot of material to cover in a short period of time.
- (3) Active participation in class is required for you to maximally benefit from this course. Passive learning will not be helpful in this class.
- (4) Honest and timely feedback regarding the content and presentation of this course is requested. I invite you to join me and your classmates in making this course an enjoyable and rewarding experience.

ACADEMIC DISHONESTY AND PLAGIARISM

Plagiarism is the act of presenting the ideas or work of another person as your own. It does not matter if you use the work of another that is printed in a journal or book, or simply resubmit the work of another student. If it is not properly referenced and displayed as a quote or idea of another, it is plagiarism. Academic dishonesty refers to all other questionable actions that may occur related to tests and other class activities. Academic dishonesty and plagiarism will not be tolerated and Seminary's policies will be followed if detected. (This means course failure and the possibility of additional disciplinary action.)

COPIES OF ASSIGNMENTS

It is recommended that students submit copies of assignments rather than original works. Use of duplicates are: (1) for the student's protection, assuring that work will not be lost and (2) preserves original work for possible job interviews.

POLICIES RELATED TO MISSING EXAMS

Make-up examinations will not be offered, unless unusual and non preventable circumstances preclude a student from taking a test at the designated time (e.g. death of a parent).

ABOUT THE INSTRUCTOR

George R. Ross, Ph.D. is a licensed psychologist and certified chemical dependency counselor. He is also a national presenter on the subject of addictive disorders, having appeared, for example, on the Christian radio program, *Focus on the Family*, with noted psychologist, Dr. James Dobson. He is also the founding director of three nationally recognized treatment programs for the treatment of adolescent substance abuse and is the author the book: Treating Adolescent Substance Abuse: Understanding the Fundamental Elements, published by Allyn & Bacon. He currently operates a private practice in Lexington, Kentucky and will complete a masters in divinity degree at Asbury Seminary in the Spring 2001.

BIBLIOGRAPHY

Available at start of class.

