

**Community College Of Philadelphia**  
**Behavioral Health Human Services Curriculum**  
**Assessment and Treatment of Addictive Behavior (BHHS 222)**  
**Web Study Course-Fall 2008**  
**Pascal Scoles Web Page: <http://faculty.ccp.edu/faculty/pscoles/>**

This course is the second of two foundational courses in addiction studies. The first course, BHHS 121 (Foundations of Addiction Studies), helps students develop a basic understanding of drugs and their affects on individual behavior. The focus of this second course is on the assessment, treatment and recovery of addictive persons.

### **Course Description**

The psychosocial, cultural and spiritual aspects of addictive life styles will be examined through the study of alcohol and other drugs of abuse. The student will be introduced to counseling techniques, case management concerns, assessment issues, professional responsibility and proper ethical practice. Special populations such as dually diagnosed (co-occurring disorders) clients and HIV substance abusers will be discussed. This course provides an educational experience that draws on philosophy and research and includes the following major elements:

- Core functions of Professional Addictions Counselor
- A Jungian perspective (Transpersonal) on the treatment of chemical dependency and recovery;
- The assessment of substance use disorders;
- Case management;
- Counseling techniques;
- Models of recovery;
- The HIV substance abuser; and
- Professional responsibility and proper ethical conduct.

### **Course Objectives**

- To acquire an understanding of the American Psychiatric Associations assessment of Substance Use Disorders, Personality Disorders and Mood Disorders.
- To know the relationship between counseling and spiritual-existential traditions.
- To understand a multivariate model of intervention and treatment for addiction.
- To know the psychotherapeutic process of change as it relates to addictive behavior.
- To understand the unique treatment problems of dual disorders.

- To gain an understanding of the philosophical framework for working in addictions by reviewing Jungian and Eastern philosophies and spiritual-existential traditions.
- To learn the professional responsibilities required of a helper, including ethical practice.

### **Required Textbooks**

Scoles, P. (2009). **Addiction & Recovery: A Biopsychosocial-Spiritual Model of Chemical Dependency (3rd ed.)**. Cengage Learning.

Scoles, P. (2009). **Psychodiagnosis, Treatment Planning and Client Advocacy in Addictions. (3rd ed.)**. Cengage Learning.

### **Text can be purchased:**

**On-Line at** [http://ccpbhhs.cengagesites.com/?cluster\\_id=3222](http://ccpbhhs.cengagesites.com/?cluster_id=3222) (10% discount)

**Or** at Community College of Philadelphia Bookstore.

### **Internet Access**

It is important that all students have access to the Internet and the knowledge to operate a personal computer. The Internet contains the most current and up-to-date information and statistical data relating to addictive studies research.

### **Internet Websites for Substance Abuse and Mental Health:**

Academic Research and Counseling: [www.acalogic.com/brain\\_chemistry.htm](http://www.acalogic.com/brain_chemistry.htm)

Addiction Severity Index: [www.sounddata.source.org](http://www.sounddata.source.org)

Addiction Treatment Forum: [www.atforum.com/](http://www.atforum.com/)

Alcohol and Drug Treatment Network: [www.drugnet.net/](http://www.drugnet.net/)

Alcoholics Anonymous: [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

American Society of Addiction Medicine: [www.asam.org/](http://www.asam.org/)

Association for Addiction Professionals: [www.naadac.org](http://www.naadac.org)

Center For Substance Abuse Treatment: [www.csatsamhsa.gov](http://www.csatsamhsa.gov)

Chemical Dependency and the Family: [www.caoda.org](http://www.caoda.org)

Club Drugs: [www.clubdrugs.org](http://www.clubdrugs.org)

Cocaine Anonymous: [www.ca.org/](http://www.ca.org/)

DAWN: [www.samhsa.gov/oas/dawn.html](http://www.samhsa.gov/oas/dawn.html)

Drug Enforcement Administration: [www.usdoj.gov/dea](http://www.usdoj.gov/dea)

Higher Education Center for Alcohol and Other Drug Prevention: [www.edc.org/hec/](http://www.edc.org/hec/)

Infofax: [www.nida.nih.gov/infobox/infoboxindex.html](http://www.nida.nih.gov/infobox/infoboxindex.html)

Narcotics Anonymous: [www.na.org/](http://www.na.org/)

National Association on Substance Abuse and Child Welfare: [www.ncsacw.samhsa.gov](http://www.ncsacw.samhsa.gov)

National Council on Alcoholism and Drug Dependence: [www.ncadd.org/](http://www.ncadd.org/)

National Institute on Alcohol Abuse and Alcoholism: [www.niaa.nih.gov](http://www.niaa.nih.gov)

National Institute on Drug Abuse: [www.nida.nih.gov/](http://www.nida.nih.gov/)  
National Institute on Mental Health: [www.nimh.nih.gov/](http://www.nimh.nih.gov/)  
Office of Minority Health Resources (H & HS): [www.omhrc.gov/omhrc](http://www.omhrc.gov/omhrc)  
Office of National Drug Control Policy: [www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)  
Research Society on Alcoholism: [www.alcoholism-cer.com/](http://www.alcoholism-cer.com/)  
Substance Abuse and mental Health Services: [www.samhsa.gov](http://www.samhsa.gov)  
Web of Addictions: [www.well.com/user/woa/](http://www.well.com/user/woa/)

## **Weekly Readings and Activities**

### **1. Orientation and Introduction to course.**

This week you will become acquainted with WebStudy and what is expected of you in this course. Please review all course requirements (Timeline Tab) and complete assignments below. You can visit my Web site at <http://faculty.ccp.edu/faculty/pscoles>

- ✓ Complete Plagiarism Agreement (BHHS 222 course)
- ✓ Start first reading assignment Addiction & Recovery, pp. 117-180.

### **2. Ethical and Cultural Responsibilities of the Addiction Counselor.**

Material on Cultural Competency and Counselor's Code of Ethical Conduct will be reviewed. Issues of sexual misconduct, unlawful activity, fraud related activity, exploitation of client, concern for client safety and welfare, record keeping, cooperation with disciplinary proceedings and non-participation in unlicensed practice will be addressed in this group of readings. (**Read: *Addiction & Recovery*, pp.117-180**).

## **Study Guide Questions on Ethics and Culture**

1. In the development of effective human relationships explain the most frequently reported relationship enhancers. What ONE do you believe is most important and why?
2. What is meant by the statement "*a code of ethics is not as important as a commitment to truth in ethical practice*". Give an example from your life that reflects your answer.
3. What is the difference between empathy and sympathy?
4. Explain what is meant by the following statement "*neither the Anglo conformity model nor the melting pot ideology does justice to American diversity*".
5. What is cultural diversity? And how does it impact on therapy?
6. Jungian oriented therapists believe that when you treat the individual you treat the culture. What does that mean?

### **3. A Biopsychosocial-Spiritual Approach to Chemical Dependency.**

The readings focus on the biological, psychological, social and spiritual aspects of addiction and recovery. Much of American psychology (Western) is influenced by our ego consciousness with very little attention given to Eastern traditions. There is a need to understand the mysteries of the human Soul (Psyche) and the symbolic unconscious

dimensions of life. Particular attention will focus on the relationship between the presentation of oneself (Persona) in every day life and the need to humanize the shadow. **(Read: *Addiction & Recovery*, pp. 1-52).**

### **Study Guide Questions on Biopsychosocial-Spiritual Approach**

1. What is a strengths perspective in Recovery?
2. What are themes in Recovery?
3. Shadow-What is it? How does it impact on your life? Give examples.
4. What does “*humanizing the Shadow*,” mean.
5. What is the relationship between Shadow and Persona?
6. How does psychic energy flow? Explain and give examples from your life.
7. What is the mid-life transition? Explain and give an example from your life.
8. What are “*Archetypes of the Unconscious*”?
9. What are Jung’s personality types?
10. How does the Four Quadrant perspective enhance our perspective on Recovery?

### **4. Religious Beliefs and Counseling**

Religious beliefs and counseling practices are a part of multicultural diversity. This group of readings focus on a brief overview of some of the major religious/spiritual traditions such as, Judaism, Christianity, Islam, Hinduism, Buddhism, and new age spirituality. **(Read: *Addiction & Recovery*, pp. 57-80).**

### **Study Guide Questions on Religious Beliefs and Counseling**

1. How do religious/spiritual practices impact on counseling? Be specific and utilize one or two belief systems to show the relationship.
2. What, if any, Eastern religious beliefs or practices seem helpful to Western clinical practice as it relates to recovery.

### **5. Alcoholics Anonymous and Psychotherapy.**

This group of readings will focus on Jung's influence on A.A. and his therapeutic approach to bringing unconscious parts of the Self into close relationship with existing ego consciousness. Attention will be given to how the 12 Step program relates to psychotherapy and the influence of Western Existentialist (Frankl, May and Maslow) on addiction counseling. **(Read: *Addiction & Recovery*, pp. 83-110).**

### **Study Guide Questions on Spiritual Traditions**

1. Pick two Steps of A.A. Explain them and give life experiences that reflect those Steps.
2. Explain the statement “*spirituality of ordinary people*” Give examples of its effect on your life.

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Attend two (2) separate self-help meetings. Turn in assignments by using the  
**Twelve Step Meeting Review Form**

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### **6/7. Assessment of Substance Use Disorders: The DSM-IV Classification System.**

Interviewing techniques and observation of signs and symptoms of DSM-IV related disorders will be discussed in relation to Substance Use Disorders and other mental conditions (Mood, Anxiety, Psychosis, Personality, etc.) A distinction will be made between substance dependency and substance-induced disorders, as well as partial and full remission. Culture and Ethnicity will be discussed in relation to its impact on assessment and treatment. **(Read: *Psychodiagnosis Book pp.47-132*).**

#### **Study Guide Questions on Assessment**

1. What are psychosocial and environmental stressors? How are they related to the DSM IV? Give examples of these stressors from your life experiences.
2. What is a V code? Pick one and relate it to your life.
3. What is the difference between substance use disorders and substance-induced disorders? Use at least two examples to explain your answer.
4. What is meant by the statement "*remission is not the same as recovery*".
5. What is the difference between mood and affect?
6. What is the main distinction between Axis I and Axis II disorders?

### **8. The HIV Substance Abuser: Medical & Psychosocial Management.**

This group of readings will focus on an overview of HIV antibody testing, confidentiality, and medical problems such as tuberculosis, other Sexually Transmitted Diseases, etc. An overview will be given about the psychosocial management of HIV substance abusers. **(Read: *Psychodiagnosis, pp. 133-169*).**

#### **Study Guide Question on HIV/AIDS.**

1. What are the risks of transmission of HIV/AIDS and what populations are most at risk?

### **9. How People Change.**

The five-stage transtheoretical model of motivational and personal change will be reviewed in relation to the process of recovery. Attention will be given to motivational strategies and treatment needs of addictive individuals **(Read: *Addiction & Recovery pp. 190-199*).**

## **Study Guide Question on How People Change.**

1. Explain one stage of the transtheoretical model and show how it relates to your life experiences.

## **10. A Developmental Model of Recovery.**

Recovery is a process that takes place over time. The readings will focus on Gorski's six stages of recovery; Transition, Stabilization, Early Recovery, Middle Recovery, Late Recovery and Maintenance. Attention will be given to post-acute withdrawal and addiction preoccupation. **(Read: Addiction & Recovery, pp. 199-206).**

## **11. The Defense of Addiction and the Process of Recovery.**

The use of denial, projection, rationalization and acting-out behavior will be reviewed in relation to anger, helplessness, despair and anxiety. Special attention will be given to helping relationships and cultural issues in addiction treatment **(Read: Addiction & Recovery, pp. 206-228).**

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*The student will complete a multiaxial diagnosis and develop a comprehensive treatment plan from two (2) case studies.*

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## **Study Guide Questions on Addiction and Recovery.**

1. Pick two issues in the process of recovery. Explain them and give examples.
2. Complete the Anger, Anxiety, and Depression scales in the textbook and comment on your scores?
3. Give examples of Denial, Projection, Rationalization and Acting out Behaviors in your life. How have you handled these issues?

## **12/13. Counseling Techniques, Nutrition and Recovery.**

These readings will discuss various techniques to help addicted individuals develop a more positive emotional life based on constructive thoughts, good diet and nutrition and responsible actions. Somatic, psychic, spiritual and alternative issues will be suggested to help clients identify their strengths, assets and abilities to live productive drug free lives. **(Read: Addiction & Recovery, pp. 228-273).**

## **Study Guide Question on Counseling.**

1. Pick one of the two Cognitive Behavioral Interventions: (1) Reframing or (2) Cognitive Restructuring. Explain the technique and give an example from your life. Be sure to include a homework assignment for yourself.

#### **14. Case Management in Addiction.**

This reading assignment will discuss the major steps of case management for substance abusers. A strength-based and clinical/rehabilitation approach will be explained as models that help focus on daily problems of living and long-term commitment to an individual's recovery (*Read: Psychodiagnosis, pp.186-204*).

#### **Study Guide Question on Case Management.**

1. What is case management and why is it important in substance abuse treatment? Pick one model and explain how it works.

#### **15. Developing Recourses, Planning and Client Advocacy.**

This group of readings will focus on empowerment, developing and enhancing client support systems and techniques of advocacy and social action. (*Read: Psychodiagnosis, pp. 205-244*)

#### **Study Guide Questions on Client Advocacy**

1. When is social action or client advocacy appropriately applied?
2. Name three techniques used in support of clients. Be specific and explain your answer.

#### **Student Assessment/Grading**

There will be three (3) components to the students' grade.

- All students must complete the thirty-four (35) Study Guide Questions. Each question is worth two (2) points for a total of **70 points**.
- The second component of evaluation will be attendance at two (2) separate self-help meetings. Documentation will be via the Twelve Step Meeting Review Form. Each meeting will be worth seven (7) points for a total of **14 points**.
- The third component of the evaluation will involve two (2) case studies. The student will complete a preliminary diagnosis and develop a comprehensive treatment plan. Each assignment is worth eight (8) points for a total of **16 points**.

**Total= 100 pts (A=90, B=80, C=70, D=60, F= 59)**

**Extra Credit Assignment (5 points): Visit a place of worship that is the most different from your own tradition.**

Research the presence of various world religions/spiritual practices in your community. Find out what kind of activities, worship opportunities, and services are offered. Attend at least one (1) of these events and answer the following questions:

1. What was the most surprising of your experience with another religious/spiritual practice?
2. What occurred at the religious/spiritual practice?
3. What new understandings did you gain about this religion or spiritual movement after having the experience?
4. What did you learn from this visit that could help you in counseling someone from this religious/spiritual perspective?

### **Academic Honesty**

All students are expected to adhere to the college's Academic Honesty Policy, as outlined in *the Student Handbook*. Breaches of honesty include *but are not limited to*:

- Copying another student's work
- Plagiarizing the published work of another
- Facilitating the dishonesty of another student
- Cheating on an examination.

It is your responsibility to read and understand the policy; failure to do so does not excuse you from adhering to the policy.

### **Accommodations for Learning Disabilities**

Community College of Philadelphia is committed to complying with the *Americans with Disabilities Act* (ADA). The ADA is understood and carried out in this class. Therefore, anyone covered by this Act who has a specific need will receive reasonable services and accommodations.

### **Completion of Assignments**

Each student is expected to complete all work. Assignments turned in 48 hours late will result in a loss of one letter grade. No assignments will be accepted after the 48-hour period.

### **Professor**

Dr. Pascal Scoles: CCP Office: W2-45: E-Mail: [pscoles@ccp.edu](mailto:pscoles@ccp.edu)

## TWELVE-STEP MEETING REVIEW FORM

**Do not take this form to a meeting with you, and do not write information that would violate anyone's anonymity or confidentiality.**

Student's Name: \_\_\_\_\_

Meeting information: Program (A.A., N.A., etc.): \_\_\_\_\_

Location:

Date/time:

Meeting format:  Open sharing  Speaker meeting  Big Book/Step Study Group

All male  all female  Young people's  Other

2. What was the main topic of the meeting?

3. What were your general thoughts and feelings on that topic?

4. In what ways could you relate to the experiences and feelings shared by others at the meeting? Were you unable to relate to some people, and if so, what was the difference between them and you that made you unable to relate?

5. What other thoughts and feelings did this meeting cause you to have?

6. What did you gain from this meeting?

## PROGRESS NOTE DAP Format

Always indicate Date and Time of session: (e.g.) 8:30 AM to 9:30 AM and Type of Session "Individual, Family or group".

**Data:** In this section is written anything that the client and counselor discuss. This should include information put in the Plan Section of a previous note. For instance, if the Plan Section of the previous note states that in the next session the counselor will help the client identify triggers; this should be dealt with in the current Data Section. If you do not discuss triggers as stated, you need to give an explanation. For example, "we were going to discuss triggers but a crisis occurred; the client relapsed". Finally, the Data section is for recording what was said or what happened during the session.

**Assessment:** What you sensed from the client. "The client is losing weight and avoided eye contact. The client nodded during session", etc. You may also give your opinion, such as; "Client seems to be in denial about drug use". "Client projects anger onto his family", etc. This section is for describing non-verbal behavior from the client as well as assessing verbal behaviors.

**Plan:** This section should include what the client is to do between sessions, such as, journalizing anger, holding a family meeting and so forth. It should also specify what would be dealt with in next session. Lastly, it should state at what time and on what day the next session will be held. What is listed here must be commented on in the Data Section of the next Progress Note.

All Progress Notes must be signed with an original signature, with credentials and title of person writing the note. For example, Pascal Scoles, D.S.W., LCSW, Clinical Director.