

ADVANCED FAMILY COUNSELING for CO-OCCURRING DISORDERS

Department of Sociology and Substance Abuse Studies
University of Central Oklahoma
Fall 2012

GRADUATE SYLLABUS

COURSE NUMBER: SAS 5513

CRN 18707

Class Time/Days/Room:

4:30-7:15PM T LAR 138

Art Christie, MA, LADC, LPC
Office:LA 201A

Office Hours:*
TWR 3:30-4:30

Phone:974-5547, Fax: 974-3871

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*or by appointment.

TEXTS:*

Substance Abuse Treatment And Family Therapy. A Treatment Improvement Protocol (TIP 39); U.S. Department of Health and Human Services Administration, Center for Substance Abuse Treatment.
(www.samhsa.gov)

Addiction Counseling Competencies, The knowledge, Skills, and Attitudes of Professional Practice
Treatment Assistance Publication Series (TAP 21); U.S. Department of Health and Human Services Administration; Center for Substance Abuse Treatment

*These texts will be supplied through the Internet Samhsa site or from Instructor

COURSE DESCRIPTION: According to the 2012 course Catalog, Advanced Family Counseling for Co-occurring Disorders provides an in-depth analysis of theory and current practice of family counseling for consumers with both substance abuse and mental health disorders. Family theory will be investigated as it applies to treatment of co-occurring disorders. Student teams will prepare case studies to be used and role played in mock family sessions to be videoed and critiqued by the class and instructor.

PREREQUISITES: Candidate- Masters Substance Abuse Studies

COURSE OBJECTIVES:

This course is centered on family systems theory as applied to substance abuse, co-occurring disorders treatment. Current family therapy approaches will be investigated with a view to the imbalance that co-occurring addictions and mental health problems cause. Specific therapeutic interventions for change in enabling behavior and codependent boundary imbalance will be stressed and practiced. Treatment techniques will be applied in mock family scenarios throughout the continuum of care. These will include psychodrama with a focus on family sculpting. Ethical, legal and theoretical issues specific to co-occurring disorders will be addressed and dealt with in practice sessions. Cultural diversity will be examined in light of therapeutic interventions.

Specific outcomes:

- Family roles and rules will be thoroughly researched and interventions practiced.
- The impact of substance abuse and mental health on the family over the life span will be examined
- Varying models of family therapy will be role-played and compared.
- Models of family therapy will be applied to culturally diverse groups.
- Twelve step facilitation for the recovering family will be analyzed and implemented.
- Student research will focus on best practices to insure positive outcomes in family therapy.

ABOUT THE COURSE: This course is designed to provide hands-on experience to future substance abuse counselors in the milieu (family therapy) used most effectively with chemically dependent individuals and families. Opportunities are then afforded for each student to function in the role of family therapist in both the conduct of the class and in role playing of substance abuse/mental health families. Ethics, legal issues, and theory will be assimilated by the student as the therapeutic process matures. Research will be conducted by the student on aspects of best practices in family therapy.

TRANSFORMATIVE LEARNING OBJECTIVES ("CENTRAL SIX")

Transformative learning objectives (the "Central Six") have been identified as: Discipline Knowledge; Leadership; Problem Solving (Research, Scholarly and Creative Activities); Service Learning and Civic Engagement; Global and Cultural Competencies; and Health and Wellness. This course addresses all six of these learning goals in various "hands on" activities and coursework throughout the semester.

COURSE ORGANIZATION: The course objectives will be achieved through the following methods:

1. Reading. The course outline will list the assignments. It is important for you to complete these as assigned in order to fully participate in and understand class activities.
2. Participation. Student participation during class role play, family process and discussion is essential to successful course completion. The class process is built around the interactive student participation.
3. Research summaries. In-class summaries will be assigned weekly. Response papers will be included on selected Guest Speakers and events.
4. Student Presentation/Papers. Each student will write a research paper and lead a presentation/discussion over that assigned topic.

COURSE GRADE: The student's course grade will be determined by the following:

Examination # one	100 points (10%)
Examination # two	100 points (10%)
Project/paper	200 points (20%)
Research summaries	100 points (10%)
Class participation	500 points (attendance essential) (50%)
Total	1000 points

Examinations: The exams will consist of case study essays and mock counseling demonstrations of counseling techniques (DVD's) and discussion of questions over major concepts. The second exam will not be comprehensive.

Research Summaries: Students will keep an individual notebook focusing on current research in Substance Abuse and Mental Health in family therapy for the co-occurring client. News articles will be included from newspapers, internet and any other source. Special focus will be placed on legislation and research of successful treatment and prevention outcomes. Response papers (hand written, single page) will be assigned on selected Guest Speakers and events. A weekly input is expected and will be shared in class discussion.

Paper/project: The student will write a traditional research paper (15-20) pages, APA or Handbook for Sociology Student Writers format) and lead a 10-30 minute presentation/discussion of the paper and notebook in class. **Papers due after presentation.** The topics will be pertinent to family co-occurring counseling and be pre-approved by the instructor.

Grade scale: A = 92-100; B = 82-91; C = 72-81; D = 62-71; F = <62

Students are responsible for retaining all graded items when they are returned by the instructor. In the case of a question over a grade, the student must be able to produce the item in question.

Attendance: Participation comprises the single most important (50%) component of the final grade. Each absence deprives the student of the possibility of 33 of the 500 total points. **There are no excused absences.**

.	SAS 5613 Course outline (First Class Tues. Aug 21)	
Week 1	Course Introduction Pre-class research reports. Family therapy process introduced	Research sources
Week 2	Principles of family therapy for Co-Occurring Disorders (Competencies 94-98) Mock Counseling exercise	TAP 21pp.117-119 TIP 39 Ch. 2
Week 3	Ethical issues in family therapy for Co-Occurring Disorders Legal implications Research applications	TAP 21 pp.135-137 pp. 151-158 Handouts
Week 4	Review of issues in treating Co-Occurring Disorders. Mock Counseling Psychotherapeutic Medications	ATTC Booklet
Week 5	Communication in families with Co-Occurring Disorders Confrontation, leveling, and Feedback. Demonstration (Role Play)	TAP Ch. 3-5

Week 6	Comm.—Feelings and “I” Messages <i>Student led</i> family therapy Role Play	Handouts TAP Ch. 7 Handouts
Week 7	<i>Student led</i> review exercise Exam # 1	
Week 8	Family process: Guest Lecture Exam review & critique Change process applied to families Begin student presentation of papers Develop Family Mock Counseling Scenarios	Handouts
Week 9	Family therapy process with the Co-Occurring Disorders Research applications/Student papers DVD Production; Studio tour and equipment training	DVD (Session One)
Week 11	Therapeutic factors in the imbalanced Family. Student Papers.	TAP 21 pp.103-107 DVD (S 2)
Week 12	Continue/class practice Scenarios Curative factors in family therapy Adolescent in SA Family Research applications/Student Papers.	DVD (S3) TIP 39 Ch. 3-4
Week 13	<i>Student led</i> Experiential family therapy process (e. f. p.) Class Critique	DVD (S4)
Week 14	<i>Student led</i> e. f. p. & Critique	DVD (S5)
Week 15	<i>Student led</i> e. f. p. & Critique	DVD Make- up Session
Week 16	<i>Student led</i> e. f. p. & Critique Exam #2	