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 Hours:* 
Office:LA 201A      TWR   3:30-4:30

Phone: 974-5547, Fax: 974-3871      Email:  achristie@uco.edu   *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.**

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SAS 5613 Course outline  
(First Class Tues. Aug 21)

**Week 1**  
Course Introduction  
Research sources  
Pre-class research reports.  
Family therapy process introduced

**Week 2**  
Principles of family therapy for Co-Occurring Disorders  
(TAP 21pp.117-119)  
(Competencies 94-98)  
TIP 39 Ch. 2  
Mock Counseling exercise

**Week 3**  
Ethical issues in family therapy for Co-Occurring Disorders  
TAP 21 pp.135-137  
pp. 151-158  
Legal implications  
Handouts  
Research applications

**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  
TAP Ch. 3-5  
Confrontation, leveling, and Feedback.  
Demonstration (Role Play)
Week 6  Comm.—Feelings and “I”    Handouts
Messages    TAP Ch. 7
Student led family therapy    Handouts
Role Play

Week 7  Student led review exercise
Exam # 1

Week 8  Family process: Guest Lecture
Exam review & critique
Change process applied to families    Handouts
Begin student presentation of papers
Develop Family Mock Counseling Scenarios

Week 9  Family therapy process with the    DVD (Session One)
Co-Occurring Disorders
Research applications/Student papers
DVD Production; Studio tour and equipment training

Week 11  Therapeutic factors in the imbalanced    TAP 21 pp.103-107
Family. Student Papers.    DVD (S 2)

Week 12  Continue/class practice Scenarios
Curative factors in family therapy    DVD (S3)
Adolescent in SA Family
Research applications/Student Papers.

Week 13  Student led Experiential
family therapy process (e. f. p.)
Class Critique    DVD (S4)

Week 14  Student led e. f. p. & Critique    DVD (S5)

Week 15  Student led e. f. p. & Critique
DVD Make-up Session

Week 16  Student led e. f. p. & Critique   Exam #2