EAST CAROLINA UNIVERSITY
SCHOOL OF ALLIED HEALTH SCIENCES
DEPARTMENT OF REHABILITATION STUDIES

REHB 6330 - 3 credit hrs.  Lloyd Goodwin, Ph.D., LPC, CRC-MAC
Substance Abuse Counseling  Office: 312F Belk
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Course Description
Substance abuse etiology, assessment, diagnosis and treatment planning. Special counseling issues and concerns will be covered related to various aspects of substance abuse counseling.

Course Objectives
Each student should gain a basic understanding of:

1. The addiction and recovery process.
2. Diagnosis and assessment of substance abuse in individuals.
3. Individualized counseling and rehabilitation planning for substance abusers.
4. Specialized rehabilitation needs for substance abusers including:
   A) Multiple disabilities (e.g. mental illness and substance abuse).
   B) Special populations such as teenagers, women and the elderly.
   C) Stress management skill training.
   D) Relapse prevention.
   E) The substance abuser in the criminal justice system.
5. Early signs, symptoms and recovery strategies for counselor burnout.

Course Plan
Lectures, discussion, experiential activities, videos, and assigned readings.

Course Requirements
1. The reading of the texts and other assigned readings.
2. Participation in class discussions. Each student is to read the assigned readings prior to class and be prepared to discuss them in class.

Revised Fall 2004
3. Term paper or book report (6 - 10 typed pages with minimum of three references). Check out topic or book with instructor before you start your paper.
4. Addiction Severity Index (ASI) 2-3 page reaction paper.

Evaluation/Grades
1. Two examinations. Each exam will cover separate material and will be of equal weight.
2. Term paper or book report will count the same as an exam grade.
3. Addiction Severity Index (ASI) reaction paper will count one grade of final grade if not completed satisfactorily.
4. Attendance and participation in class.

Textbooks

Recommended Books (*Highly recommended*)

Revised Fall 2004


Revised Fall 2004


Course Outline and Assigned Readings

Units

I. Introduction to Substance Abuse Counseling
   A. General guidelines for substance abuse counseling
   B. Counselor roles and settings

   Assigned Readings
   1. None. Lecture

II. Assessment and Diagnosis of Substance Abuse Disorders
   A. Multicultural Aspects
   B. Assessment guidelines
   C. Assessment instruments
   D. Diagnosis (DSM-IV)
   E. Comprehensive rehabilitation assessment including psychological, medical, social, educational and vocational aspects.

   Assigned Readings
   1. Text: Chapter 2 - Clinical Assessment of Psychoactive Substance Use - Arnold Washton

III. Clinical Counseling Strategies and Techniques
   A. Psychological Defense Mechanisms
   B. Developing a rehabilitation plan
   C. Counseling techniques and skills
   D. Working with AA and NA
   E. Counseling the resistant and involuntary client

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F. Vocational services
G. Employee assistance programs
H. Case Management practices
I. Ongoing Supervision (including peer)

Assigned Readings
1. Text:  Ch. 1 - Overcoming Countertransference and Other Attitudinal Barriers in the Treatment of Substance Abuse - John Imhof
2. Text:  Ch. 3 - Is Psychotherapy Effective for Substance Abusers?  - Richard Rawson
4. Text:  Ch. 6 - Integrating Psychotherapy and 12 Step Approaches - Joan Ellen Zweben.
5. Text:  Ch. 7 - Rational-Emotive Behavior Therapy and Two Self-Help Alternatives to the 12-Step Model - F. Michler Bishop.
8. Text:  Ch. 11 - Bright Treatment - Reid Hester & Thomas Bien.
10. Text:  Ch. 14 - Psychotherapy in Later-Stage Recovery - Jerome Levin
13. Text:  Ch. 19 - Network Therapy - Marc Galanter

IV. Stress Management Skill Training
2. Identifying major stressors
3. Stress management approaches

Assigned Readings

V. Counseling for Relapse Prevention
A. Determinants of relapse
B. Signs and symptoms of impending relapse
C. Relapse prevention

Assigned Readings
1. Text: Ch. 13 - Relapse Prevention: Intervention Strategies for Mental Health Clients with Comorbid Addictive Disorders - Dennis Salley & Judy Lis.

VI. Substance Abuse as a Coexisting Disability
1. Substance abuse and mental disorders
2. Substance abuse and physical disabilities.

Assigned Readings
1. Text: Ch. 4 - Treatment Strategies for Comorbid Disorders: Psychopathology and Substance Abuse - Ann Bordwine Beeder & Robert Millman
2. Text: Ch. 20 - Dual diagnosis: Outpatient Treatment of Substance Abusers with Co-existing Psychiatric Disorders - Lisa Director
3. Text: Ch. 23 - HIV and AIDS - Mark Winiarski
4. Text: Ch. 24- The Role of Incest Issues in Relapse and Recovery- Enid Young

VII Special Populations:
A. The Public Offender Substance Abuser. Overview of criminal & juvenile justice systems. Conduct disorder and antisocial personality disorder.
B. Teenagers
C. Women
D. Elderly
E. Minority
F. Multicultural populations
G. Related addicted behaviors (e.g. sex addiction) including addiction substitution

Assigned Readings
1. Text: Ch. 21 - Adolescent Chemical Dependence: Assessment, Treatment, and Management - Robert Margolis
2. Text: Ch. 22 - The Elderly - Sheldon Zimberg
3. Text: Ch. 25 - Women and Minorities in Treatment - Barbara Wallace