PSY 6344.D10
Addictions Counseling
SPRING 2021

Instructor: Leslie James Kelley, Ph.D.
Email: Leslie.Kelley@angelo.edu
Dept. Phone: 325-486-6167
Dept. Office: ADM 204H
Office Hours:
  Online: T/Th 10:00am-12:00pm
  In Office: W 11:00am-12:00pm

Course Information

Course Description
A study of the biological, psychological, and sociocultural factors related to etiology and course of
substance related and addictive disorders, including substances, gambling, eating, and sexual addictions.
The course will also focus on theoretical and evidenced based practices for assessment, diagnosis, and
treatment of substance related and addictive disorders.

Course Credits
3 credit hours
Online Class: Meets completely online using Blackboard

PRE-REQUISITE SKILLS
Accessing internet web sites, use of ASU Library resources, and proficiency with Microsoft Word
and/or PowerPoint are expectations of the Archer College. Computer access requirements are
further delineated in the Undergraduate Handbook. Tutorials for ASU Library and for
Blackboard are available through RamPort. The ASU Undergraduate/Graduate Student
Handbook should be reviewed before taking this course: https://www.angelo.edu/student-handbook/
## Student Learning Outcomes

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignment(s) or activity(ies) validating outcome achievement:</th>
</tr>
</thead>
<tbody>
<tr>
<td>By completing all course requirements, students will be able to:</td>
<td>Readings, Discussion Boards, Role-play Assignment, Comprehensive Final Exam</td>
</tr>
<tr>
<td>1. The student will learn the different types of addiction.</td>
<td>Readings, Discussion Boards, Role-play Assignment, Comprehensive Final Exam</td>
</tr>
<tr>
<td>2. Demonstrate a knowledge of therapeutic factors and mechanisms of change in addiction disorders.</td>
<td>Readings, Discussion Boards, Role-play Assignment, Comprehensive Final Exam</td>
</tr>
<tr>
<td>3. Identify appropriate treatment modalities which are currently employed in the counseling field.</td>
<td>Readings, Discussion Boards, Role-play Assignment, Comprehensive Final Exam</td>
</tr>
</tbody>
</table>

## Course Delivery

This is an online course offering. The course will be delivered via the Blackboard Learning Management System. The course site can be accessed at [http://blackboard.angelo.edu](http://blackboard.angelo.edu)

## Required Texts and Materials


Additional Readings as Assigned

## Technology Requirements

**Blackboard Collaborate**

We will be using Blackboard collaborate to record mock therapy videos of therapeutic techniques you will be learning about over the course of the semester. You will need a video camera which captures both audio and video, and which will work with this program.

**Testing via Respondus™ Monitor**

Access to Exams will be through Respondus™ Lockdown Browser and will be video recorded via Respondus™ Monitor [See Other Required Materials for a list of needed equipment]. Use of another electronic device is prohibited.

There is a practice quiz: a short 10 question quiz over ASU trivia that is not graded. Students are required to complete this practice quiz in advance of taking a graded quiz. This process will allow you to become familiar with the technology associated with testing and improve the testing environment. The practice quiz, instructional videos, and more information regarding
Respondus Monitor can be found under the Respondus Monitor Help tab in your Blackboard course.

**NOTE:** You must complete the Practice Test under the Respondus Monitor Tab for Exam 1 to be released to you!

**To participate in one of ASU’s distance education programs, you need this technology:**

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Refer to Angelo State University’s Distance Education website for further technology requirements: [Angelo State University's Distance Education Website](#)

**Communication**

I will respond to email and/or telephone messages within 24-48 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Students are encouraged to email the instructor if they have any questions or concerns. When emailing the instructor, please include your class name and time (or “Online”) in the subject line (for example, Stats, Online). **Please be respectful in your emails.** This includes addressing the professor properly and signing your full name. If you would like to meet virtually or by phone with the instructor, please approach it this way: send an email requesting a meeting, and give three possible options, in terms of days and time slots that work for you.

*Written communication via Blackboard:* It is an expectation of this class that you use formal writing skills giving appropriate credit to the source for your ideas. Follow APA (2010) 6th edition (2nd Printing or higher only) guidelines for referencing.

*Written communication via email:* All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes.

*Virtual communication:* Office hours and/or advising may be done with the assistance of the telephone, Skype, or another virtual program.

**Use Good "Netiquette":**
- Check the discussion frequently and respond appropriately and on subject.
- Focus on one subject per message and use pertinent subject titles.
- Capitalize words only to highlight a point or for titles. Otherwise, capitalizing is generally viewed as SHOUTING!
- Be professional and careful with your online interaction. Proper address for faculty is by formal title such as Dr. or Ms./Mr. Jones unless invited by faculty to use a less formal approach.
- Cite all quotes, references, and sources.
- When posting a long message, it is generally considered courteous to warn readers at the beginning of the message that it is a lengthy post.
- It is extremely rude to forward someone else’s messages without their permission.
- It is fine to use humor, but use it carefully. The absence of face-to-face cues can cause humor to be misinterpreted as criticism or flaming (angry, antagonistic criticism). Feel free to use emoticons such as J or :) to let others know you are being humorous.

(The "netiquette" guidelines were adapted from Arlene H. Rinald's article, The Net User Guidelines and Netiquette, Florida Atlantic University, 1994, available from Netcom.)

### Grading

#### Evaluation and Grades

Course grades will be determined as indicated in the table below.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Percent/Points of Total Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discussion Boards #1 &amp; #2</td>
<td>20 points (10 points each)</td>
</tr>
<tr>
<td>Discussion Board #3</td>
<td>20 points</td>
</tr>
<tr>
<td>Role-Play Assignment #1</td>
<td>20 points</td>
</tr>
<tr>
<td>Role-Play Assignment #2</td>
<td>20 points</td>
</tr>
<tr>
<td>Comprehensive Final Exam</td>
<td>20 points</td>
</tr>
<tr>
<td>Total</td>
<td>100 points</td>
</tr>
</tbody>
</table>

#### Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

A = 90.00-100 points
B = 80.00-89.49 points
C = 70.00-79.49 points
D = 60.00-69.49 points
F = 0-59.49 points (Grades of x9.5 will be rounded up to the next letter grade)

Teaching Strategies
Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (beyond the materials and lectures presented in the course) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

Assignment and Activity Descriptions
Discussion Boards #1 & #2 (20 points – 10 points each): For the first two discussion boards, you will discuss the course readings or articles beyond the course readings, as described more specifically in each discussion. Your original post for each of these discussions should be approximately 500-600 words. You will also be asked to reply to at least three fellow students for each discussion board, and these replies should be approximately 200-300 words each. See discussion boards for further instructions.

Discussion Board #3 (20 points): This discussion board should be considered a research paper in the medium or context of a discussion board. You will choose one treatment modality (CBT, EFT, MI, MET, Psychodynamic, etc.) to research and describe to the class. Several of the articles we have read over the course of the semester will be a good start to understanding addiction treatment from the standpoint of a specific treatment modality. You will write a 1200-1500 word overview of the treatment modality. You should utilize a minimum of 4-5 resources for this discussion and you should discuss only one treatment modality. There are many different models to choose from, so be sure to choose a model you are excited about studying. You need to describe in detail the interventions, mechanisms, and theory of change for the particular model you are researching, specifically in relation to addictions.

After completing your initial discussion post, you will respond to three fellow students with 500-600 word replies, in which you will compare and contrast the model which you summarized with the models your fellow students summarized, and discuss the relationship of these various treatment modalities to DiClemente’s Transtheoretical Model of Change described in your book. You must comment on at least two students posts who researched treatment modalities different from the one you researched.

This discussion board needs to be cited in APA format, with references listed at the end of each post.

Role-Play Video Assignment #1 & #2 (20 points): You will complete two role-play assignments, demonstrating your knowledge of and ability to implement therapeutic skills with a mock client. Each session should be approximately 10-15 minutes, but more importantly, needs to demonstrate the required elements for each video. You will need to ask a fellow student, family
member, or friend to participate as a mock client. For the first role-play assignment, after conducting a mock assessment for alcohol addiction, you will demonstrate interventions for two out of the four stages of change, beginning with the interventions related to the stage indicated by the assessment process, and followed by a demonstration of interventions from a later stage. For example, if your mock client’s assessment indicates that he or she is likely in the contemplation stage of change, you should begin by demonstrating interventions for that stage.

For the second role-play assignment, you will have a chance to demonstrate some of the inventions you learned about during your research for discussion board #3, utilizing a self-created client storyline.

You can utilize whatever video program you would like to record these mock therapy sessions, but videos should be uploaded to YouTube as unlisted and only the YouTube video link will be uploaded to Blackboard, i.e., not the entire video. Additionally, for each of these role-plays you should also upload a one-page summary describing what interventions you’ve used in the video and how they are intended to be effective for clients in the specific stage of change for each video.

**Comprehensive Final Exam (20 points):** There will be one Comprehensive Final Exam for this class, worth 20 points toward your overall grade. The exam will be cumulative. The exam will generally be composed of multiple choice, true/false, and matching, and may including some recognition of quotes by the authors read during the course of the semester. The exam will include information from your readings, lectures, assignments, and any other content or activities from the class. The exam will consist of approximately 60-75 questions. You may use a 1 page (front and back) handwritten or typed page of notes, which you create yourself, to aid you on the exam. The final exam will only be available for a few days, so be sure to make a note of the dates for the exams on the calendar above.

**Assignment Submission**

**ASSIGNMENT SUBMISSION**

All assignments MUST be submitted through the Assignments link in the Blackboard course site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at Leslie.Kelley@angelo.edu and attach a copy of what you are trying to submit. Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue. This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

**LATE WORK OR MISSED ASSIGNMENTS POLICY**

**Attendance/Make-Up Policy:** Attendance/Participation is required for this online course. The course is set up on weekly modules. The week begins on Monday and ends on Friday. Assignment due dates are shown on the calendar/schedule or posted within Blackboard. Assignments are open for approximately one week. Exams are open for two days, and the
lowest of your exams is dropped. There will be No makeup exams except in cases of serious illness or some other extreme event such as a death in the family. In these instances, you must obtain a note from your physician or Dean, and present it to the instructor. The instructor will determine if a student will be allowed to make-up the assignment. If permitted to make-up an exam, you will have 2 days after the missed exam to make it up and failure to do so will result in a zero. Exams must be taken on the assigned day(s) and within the assigned times. I must know no later than 2 weeks in advance if circumstances may prevent you from taking an exam at the specified time.

**General Policies Related to This Course**

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)
- [Angelo State University Catalog](#)

**Student Responsibility and Attendance**

*Online:* This class is asynchronous, meaning you do not have to be on-line at a certain time. There are readings which you will have to complete to be able to adequately participate in individual and group assignments. In order to complete this course successfully, you do have to participate in all course activities i.e. discussion boards, course projects, reflective logs, etc. Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 6-9 study hours per week on average.

**Academic Integrity**

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university’s [Statement of Academic Integrity](#).

**Accommodations for Students with Disabilities**

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as
provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the Student Disability Services website. The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 Grading Procedures for more information.

Plagiarism

Plagiarism at ASU is a serious topic. The Angelo State University’s Honor Code gives specific details on plagiarism and what it encompasses. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word for word without quotation marks and the source of the quotation. We use the APA Style Manual of the American Psychological Association as a guide for all writing assignments. Quotes should be used sparingly. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality via Bb Safe Assignment or Turnitin. Resources to help you understand this policy better are available at the ASU Writing Center: ASU Writing Center.
Student Absence for Observance of Religious Holy Days

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

Copyright Policy

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements, or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form
Face to face: Mayer Administration Building, Room 210
Phone: 325-942-2022
Email: michelle.boone@angelo.edu
Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: www.angelo.edu/title-ix.

**Course Schedule**

<table>
<thead>
<tr>
<th>Week/Date – Required Reading</th>
<th>Topic/Assignments/*Assessments DUE *</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/25-1/29: Chapter 1</td>
<td><em>DUE Jan. 28th by 11:59 PM</em></td>
</tr>
<tr>
<td></td>
<td>● Review START HERE page</td>
</tr>
<tr>
<td></td>
<td>● Review Course Syllabus and ASU Honor Code. Select “Mark Reviewed” to agree to terms of the course and ASU’s policies and access course content.</td>
</tr>
<tr>
<td></td>
<td>Models of Addiction &amp; Change</td>
</tr>
<tr>
<td></td>
<td>Begin working on Discussion Board #1</td>
</tr>
<tr>
<td>2/1/-2/5: Chapter 2</td>
<td>The Process of Human Intentional Behavior Change</td>
</tr>
<tr>
<td>Miller &amp; Rose (2009)</td>
<td><em>Discussion Board #1 Due 2/4</em></td>
</tr>
<tr>
<td>Harris et al. (2014)</td>
<td></td>
</tr>
<tr>
<td>2/8-2/12: Chapter 3</td>
<td>The Well-Maintained Addiction</td>
</tr>
<tr>
<td>Khantzian (2012)</td>
<td><em>Discussion Board #1 Replies Due 2/11</em></td>
</tr>
<tr>
<td>2/15-2/19: Chapter 4</td>
<td>Becoming Addicted &amp; Interventions for Prevention</td>
</tr>
<tr>
<td>Alvarez-Monjaras et al. (2019)</td>
<td></td>
</tr>
<tr>
<td>Fuller-Thomson et al. (2016)</td>
<td></td>
</tr>
<tr>
<td>2/22-2/26: Chapter 5</td>
<td>Contemplation to Experimentation to Regular Use</td>
</tr>
<tr>
<td>Hamilton &amp; Nestler (2019)</td>
<td></td>
</tr>
<tr>
<td>3/1-3/5: Chapter 6</td>
<td>Repeated and Regular Use</td>
</tr>
<tr>
<td>Koob &amp; Schulkin (2019)</td>
<td></td>
</tr>
<tr>
<td>3/8-3/12: Chapter 7</td>
<td>Precontemplation: Cultivating Seeds for Change</td>
</tr>
<tr>
<td>Miller &amp; Tonigan (1996)</td>
<td><em>Discussion Board #2 Due 3/11</em></td>
</tr>
<tr>
<td>3/15-3/19: Chapter 8</td>
<td>Decision to Change: From Contemplation to Preparation</td>
</tr>
<tr>
<td>Dayton (2005)</td>
<td><em>Discussion Board #2 Replies Due 3/18</em></td>
</tr>
<tr>
<td>Week/Date – Required Reading</td>
<td>Topic/Assignments/*Assessments DUE *</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>----------------------------------------------------------</td>
</tr>
<tr>
<td>3/22-3/26: Chapter 9 Carroll &amp; Kirk (2017)</td>
<td>Preparation for Action: Creating Commitment and a Plan</td>
</tr>
<tr>
<td>Thursday, April 1st</td>
<td>Last day to Withdraw from Class (“W” period ends)</td>
</tr>
<tr>
<td></td>
<td>Role-Play Video #1 Due 4/1*</td>
</tr>
<tr>
<td>Friday, April 2nd</td>
<td>University Closed for Good Friday/Spring Holiday</td>
</tr>
<tr>
<td></td>
<td><em>Discussion Board #3 Due 4/15</em></td>
</tr>
<tr>
<td></td>
<td><em>Discussion Board #3 Replies Due 4/22</em></td>
</tr>
<tr>
<td>4/26-4/30: Chapter 13</td>
<td>Creating a Comprehensive Approach</td>
</tr>
<tr>
<td></td>
<td><em>Role-Play Video #2 Due 4/29</em></td>
</tr>
<tr>
<td>5/3-5/7: Review Week</td>
<td>Review All Readings &amp; Lectures</td>
</tr>
<tr>
<td>5/10-5/14: Final Exam Week</td>
<td><em>Comprehensive Final Exam open 5/11-5/13</em></td>
</tr>
</tbody>
</table>

**Student Evaluation of Faculty and Course**

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences. Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

**End of Syllabus**

1 [https://www.angelo.edu/student-handbook/](https://www.angelo.edu/student-handbook/)
2 https://www.angelo.edu/catalogs/
3 https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php
4 https://www.angelo.edu/services/disability-services/
5 https://www.angelo.edu/content/files/14197-op-1011-grading-procedures
6 https://www.angelo.edu/dept/writing_center/academic_honesty.php
7 https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of