

# PSY 6344.D10

## Addictions Counseling

### SPRING 2022



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#### **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/>

### **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>

## Student Learning Outcomes

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

## Required Texts and Materials

DiClemente, C. (2018). *Addiction and change: How addictions develop and addicted people recover*. New York: The Guilford Press.

Additional Readings as Assigned

## Technology Requirements

### 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!

### YouTube

We will be recording and uploading videos to YouTube (as unlisted) in this class, so you will need a YouTube account to do so. You will then submit the video link to Blackboard.

## 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) 6<sup>th</sup> edition (2<sup>nd</sup> 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.

## 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.

# Grading

## Evaluation and Grades

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

Assessment	Percent/Points of Total Grade
Discussion Boards #1 & #2	100 points (50 points each)
Discussion Board #3	100 points
Role-Play Assignment #1	100 points
Role-Play Assignment #2	100 points
Comprehensive Final Exam	100 points
Total	500 points

## 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 = 450 - 500 points

B = 400 - 449.99 points

C = 350 - 399.99 points

D = 300 - 349.99 points

F = 0 - 299.99 points

## Course Schedule

Week/Date – Required Reading	Topic/Assignments/*Assessments DUE *
<b>1/18-1/21: Chapter 1</b>	<b>*DUE Jan. 20<sup>th</sup> by 11:59 PM*</b> <ul style="list-style-type: none"><li>● Review START HERE page</li><li>● 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.</li></ul> <b>Models of Addiction &amp; Change</b> <b>Begin working on Discussion Board #1</b>
<b>1/24-1/28: Chapter 2</b> <b>Miller &amp; Rose (2009)</b> <b>Harris et al. (2014)</b>	<b>The Process of Human Intentional Behavior Change</b> <b>*Discussion Board #1 Due 1/27*</b>

<b>Week/Date – Required Reading</b>	<b>Topic/Assignments/*Assessments DUE *</b>
<b>Wednesday, February 2<sup>th</sup></b>	<b>Census – Official Date of Record (“W” period starts 2/3)</b>
<b>1/31-2/4: Chapter 3 Khantzian (2012)</b>	<b>The Well-Maintained Addiction *Discussion Board #1 Replies Due 2/3*</b>
<b>2/7-2/11: Chapter 4 Alvarez-Monjaras et al. (2019) Fuller-Thomson et al. (2016)</b>	<b>Becoming Addicted &amp; Interventions for Prevention</b>
<b>2/14-2/18: Chapter 5 Hamilton &amp; Nestler (2019)</b>	<b>Contemplation to Experimentation to Regular Use</b>
<b>2/21-2/25: Chapter 6 Koob &amp; Schulkin (2019)</b>	<b>Repeated and Regular Use</b>
<b>2/28-3/4: Chapter 7 Miller &amp; Tonigan (1996)</b>	<b>Precontemplation: Cultivating Seeds for Change *Discussion Board #2 Due 3/3*</b>
<b>3/7-3/11: Chapter 8 Dayton (2005)</b>	<b>Decision to Change: From Contemplation to Preparation *Discussion Board #2 Replies Due 3/10*</b>
<b>3-14-3/18</b>	<b>University Closed for Spring Break</b>
<b>3/21-3/25: Chapter 9 Carroll &amp; Kirk (2017)</b>	<b>Preparation for Action: Creating Commitment and a Plan</b>
<b>3/28-4/1: Chapter 10 Weegmann (2002)</b>	<b>Taking Action to Change Role-Play Video #1 Due 3/31*</b>
<b>4/4-4/8: Chapter 11 Gutierrez (2019)</b>	<b>The Long Haul: Well-Maintained Recovery</b>
<b>4/11-4/15: Chapter 12 Perry &amp; Lawrence (2017) Love et al. (2016)</b>	<b>Designing Interventions *Discussion Board #3 Due 4/14*</b>
<b>4/18-4/22: Chapter 13 Dodes &amp; Dodes (2017)</b>	<b>Creating a Comprehensive Approach *Discussion Board #3 Replies Due 4/21*</b>
<b>4/25-4/29: Chapter 13</b>	<b>Creating a Comprehensive Approach *Role-Play Video #2 Due 4/28*</b>
<b>Thursday, April 28<sup>st</sup></b>	<b>Last day to Withdraw from Class (“W” period ends)</b>
<b>5/2-5/6: Review Week</b>	<b>Review All Readings &amp; Lectures</b>

Week/Date – Required Reading	Topic/Assignments/*Assessments DUE *
5/9-5/13: Final Exam Week	*Comprehensive Final Exam open 5/10-5/12*

## Assignment and Activity Descriptions

**Discussion Boards #1 & #2 (100 points – 50 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 (100 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 (200 points – 100 points each):** 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 (100 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 and/or posted within Blackboard.

Assignments are open for only a designated amount of time, so pay close attention to the calendar for due dates. The final exam is open for only three days, and there will be **no makeup exam** *except* in cases of serious illness or some other serious 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 or assignment, a new due date will be set for the exam/assignment and failure to finish and submit by this due date will result in a zero. Exams must be taken on the assigned day(s) and within the assigned times. The instructor must be

informed **no less than 2 weeks in advance** if circumstances may prevent you from taking the 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](#)<sup>1</sup>
- [Angelo State University Catalog](#)<sup>2</sup>

## 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](#).<sup>3</sup>

## 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](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability Services website](#).<sup>4</sup> 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](mailto: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](#)<sup>5</sup> 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](#).<sup>6</sup>

## **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](#)<sup>7</sup> 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](http://www.angelo.edu/incident-form)

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: [michelle.boone@angelo.edu](mailto: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](http://www.angelo.edu/title-ix).

# 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

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<sup>1</sup> <https://www.angelo.edu/student-handbook/>

<sup>2</sup> <https://www.angelo.edu/catalogs/>

<sup>3</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>4</sup> <https://www.angelo.edu/services/disability-services/>

<sup>5</sup> <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

<sup>6</sup> [https://www.angelo.edu/dept/writing\\_center/academic\\_honesty.php](https://www.angelo.edu/dept/writing_center/academic_honesty.php)

<sup>7</sup> <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>