

Eastern Illinois University
REVISED COURSE PROPOSAL CSD 5970
Addictions Counseling

Please check one: New course **X** Revised course

PART I: CATALOG DESCRIPTION

1. CSD 5970
2. Addictions Counseling
3. Addictions Counseling
4. 3-0-3
5. Term(s) to be offered: Fall **X** Spring Summer On demand
6. Initial term of offering: Fall **X** Spring Summer Year: 2013
7. Course description:

This course is an introduction to the field of addictions counseling. The topics to be covered are: ethics, cultural diversity, gender issues, the chemicals of abuse, theories of addiction, assessment and intervention, impact of addictions on families, adult children, of alcoholics, counseling techniques and treatment modes, relapse prevention, and harm reduction.

8. Registration restrictions:
 - a. Identify any equivalent courses None.
 - b. Prerequisite(s): CSD 5500, CSD 5510, CSD 5520, and CSD 5530
 - c. Who can waive the prerequisite(s)?

No one **X** Chair Instructor Advisor Other (Please specify)
 - d. Co-requisites: none
 - e. Repeat status: **X** Course may not be repeated.
 - f. Degree, college, major(s), level, or class restrictions:

Courses numbered 5540 and above are open only to students who have been admitted to the Department of Counseling and Student Development or who have permission of the Department Chair.
 - g. Degree, college, major(s), level, or class to be excluded from the course, if any: None
9. Special course attributes: None
10. Grading methods (check all that apply): **X** Standard letter C/NC Audit ABC/NC

11. Instructional delivery method: (Check all that apply.)

- lecture
 lab
 lecture/lab combined
 independent study/research
 internship
 performance
 practicum or clinical
 study abroad
 Internet
 hybrid
 other (Please specify)

PART II: ASSURANCE OF STUDENT LEARNING

1. List the student learning objectives of this course:

Students will:

- a. examine and discuss the chemicals of abuse and their effects on the body.
- b. examine and discuss the impact of chemical dependency on the family.
- c. examine and discuss ethical issues related to substance abuse and behavior addictions counseling.
- d. examine and discuss relevant gender and cultural diversity issues.
- e. examine and discuss the disease concept and etiology of addiction and co-occurring disorders.
- f. examine and discuss standard screening and assessment instruments for substance abuse disorders and process addictions.
- g. examine and discuss theories and etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment.
- h. examine and discuss the impact of co-occurring substance abuse disorders on medical and psychological disorders.

If this is a graduate-level course, indicate which objectives are designed to help students achieve established goals for learning at the graduate level:

- Candidates will display evidence of content knowledge that meets or exceed the criteria set forth by the Council of Accreditation of Counseling and Related Educational programs (CACREP).

2. Identify the assignments/activities the instructor will use to determine how well students attained the learning objectives:

a. Students will examine and discuss the chemicals of abuse and their effects on the body.	Abstinence Project; Research Paper; Panel Discussion
b. Students will examine and discuss the impact of chemical dependency on the family.	Abstinence Project; Research Paper; Panel Discussion

c. Students will examine and discuss ethical issues related to substance abuse and behavior addictions counseling.	Research Paper; Panel Discussion
d. Students examine and discuss relevant gender and cultural diversity issues.	Abstinence Project; Research Paper; Panel Discussion
e. Students will examine and discuss the disease concept and etiology of addiction and co-occurring disorders.	Abstinence Project; Research Paper; Panel Discussion
f. Students will examine and discuss standard screening and assessment instruments for substance abuse disorders and process addictions.	Research Paper; Panel Discussions
g. Students will examine and discuss theories and etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment.	Research Paper; Panel Discussions
h. Students will examine and discuss the impact of co-occurring substance abuse disorders on medical and psychological disorders.	Abstinence Project; Research Paper; Panel Discussions

Abstinence Project (105 points): You are required to abstain from some activity (or “substance”) in your life for a 6-week period. You are also required to write entries into a journal each day of the abstinence. At the conclusion of your abstinence, prepare a paper summarizing your experience. Your summary paper should be 4 – 5 pages in length (double-spaced).

Research Paper (105 points): You will prepare a research paper on a topic of your choice. Your topic should be related to some aspect of addictions (e.g., theory, treatment, legal issues, social / political issues, philosophical issues, etc.)

Panel Discussions (95 points): On **three** occasions during the semester, students will participate as panel discussants. Various topics will be covered, primarily selected addictive endeavors.

3. Explain how the instructor will determine students’ grades for the course:

Grades will be based on the following criteria:

Abstinence Project	105 points
Research paper	105 points
<u>Panel Discussions</u>	<u>95 points</u>
Total	300 points

4. For technology-delivered and other nontraditional-delivered courses/sections, address the following: N/A

5. For courses numbered 4750-4999, specify additional or more stringent requirements for students enrolling for graduate credit. These include:

N/A

6. If applicable, indicate whether this course is writing-active, writing-intensive, or writing-centered, and describe how the course satisfies the criteria for the type of writing course identified.

NA

PART III: OUTLINE OF THE COURSE

Provide a week-by-week outline of the course's content. Specify units of time (e.g., for a 3-0-3 course, 45 fifty-minute class periods over 15 weeks) for each major topic in the outline. Provide clear and sufficient details about content and procedures so that possible questions of overlap with other courses can be addressed. For technology-delivered or other nontraditional-delivered courses/sections, explain how the course content "units" are sufficiently equivalent to the traditional on-campus semester hour units of time described above.

Outline of the Course: 15 weeks of 150 minutes in class meetings.

Week	Lecture Topic
1	Introduction to the Course
2	Theories of Alcohol and Drug Use
3	Psychological Processes in Addiction
4	Screening Instruments
5	Treatment: Alcohol and Drug addictions
6	Alcohol and Drug addictions
7	Adult Children of Alcoholics
8	Exercise addiction
9	Break
10	Shopping addiction
11	Hoarding
12	Gambling
13	Sex
14	Internet
15	Internet Sex
16	Positive addiction

PART IV: PURPOSE AND NEED

1. Explain the department's rationale for developing and proposing the course.

This is a required course for the M.S. in Counseling. It is also a competency required for continued accreditation by the Council for Accreditation of Counseling and Related Educational Programs (CACREP).

2. Justify the level of the course and any course prerequisites, co-requisites, or registration restrictions.

This is a required course for the M.S. in Counseling. It is also a competency required for continued accreditation by the Council for Accreditation of Counseling and Related Educational Programs (CACREP). Pre-requisites ensure proper preparation for higher level counseling practice in the field.

3. If the course is similar to an existing course or courses, justify its development and offering.

a. None at graduate level.

b. Revised course only.

4. Impact on Program(s):

Required for graduate students admitted to M.S. in Counseling in the Department of Counseling and Student Development.

PART V: IMPLEMENTATION

1. Faculty member(s) to whom the course may be assigned:

Dr. Steve Conn.

2. Additional costs to students:

No additional costs to students.

3. Text and supplementary materials to be used (Include publication dates):

Lewis, J. A., Dana, R. Q., & Blevins, G. A. (2011). *Substance abuse counseling* (4th Ed.). Belmont, CA: Brooks/Cole.

PART VI: COMMUNITY COLLEGE TRANSFER

N/A

PART VII: APPROVALS

Date approved by the department or school: 1/18/12

Date approved by the college curriculum committee:

Date approved by the Honors Council (*if this is an honors course*):

Date approved by CAA: CGS:

**Student
Success
Center**
<http://www.eiu.edu/~success/>
581-6696


free, confidential services
**counseling
center**
EASTERN ILLINOIS UNIVERSITY
<http://www.eiu.edu/~counscctr/>
581-3413

**Career
Services**
<http://www.eiu.edu/~careers/>
581-2412

**Disability
Services**
<http://www.eiu.edu/~disabty/>
581-6583