Addiction Counseling
CNDV-5326

Online

Meeting Times

Contact Information

<table>
<thead>
<tr>
<th>Course Title:</th>
<th>Addiction Counseling</th>
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</thead>
<tbody>
<tr>
<td>Course Number:</td>
<td>CNDV 5326</td>
</tr>
<tr>
<td>Course Section:</td>
<td>C2, C4</td>
</tr>
<tr>
<td>Department:</td>
<td>Department of Counseling</td>
</tr>
<tr>
<td>Professor:</td>
<td>Dr. Belinda Lopez</td>
</tr>
<tr>
<td>Contact Information:</td>
<td>Email: <a href="mailto:blopez7@Lamar.edu">blopez7@Lamar.edu</a></td>
</tr>
</tbody>
</table>

Catalog Description

This course provides counselors and other human service workers with an overview and etiology of the addictive process. Students will develop conceptual knowledge, practical skills, and assessment strategies including the use of wraparound assessment and intervention services within a behavioral health setting.

Course Objectives

COURSE-LEVEL OBJECTIVES

Counselors-in-training will:

1. Understand theories/models of addiction, as well as the history and development of addictions counseling (CLO1).
2. Recognize ways that addictions impact clients’ lives (CLO2).
3. Analyze and synthesize characteristics of substance addictions, behavioral/process addictions, and co-morbid mental health disorders, and understand the relationships among them (CLO3).
4. Apply legal, ethical, and client-specific multicultural considerations when devising treatment plans for clients who are participating in addictions counseling (CLO4).
5. Discern among the types of services that are available for clients undergoing addictions treatment, and exemplify the counselor’s role in facilitating clients’ access to services (CLO5).
6. Describe the role and value of self-care for addictions counselors (CLO6).

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**Student Learning Outcomes**

**LEARNING OUTCOMES**

Counselors-in-training will be able to:

- Differentiate between substance and process addictions and identify commonalities among them;
- Articulate diagnostic criteria for substance-related disorders and assess clients for substance use problems;
- Develop treatment plans for clients undergoing addiction treatment based on clients’ treatment needs;
- Cultivate self-awareness and the ability to discuss the ways that race, ethnicity, gender, and other cultural characteristics contribute to the development of addiction; and
- Demonstrate knowledge and skills that are necessary for multiculturally competent work with clients undergoing addiction treatment.

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**Course Materials**

<table>
<thead>
<tr>
<th>Required Textbook</th>
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<tbody>
<tr>
<td><em>Foundations of addictions counseling</em> (4th ed.). Pearson</td>
</tr>
<tr>
<td>ISBN-10: 0135166934</td>
</tr>
<tr>
<td>ISBM-13: 978-0135166932</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Recommended Texts</th>
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<tbody>
<tr>
<td><em>Publication manual of the American Psychological Association</em> (7th ed.). Author.</td>
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<table>
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<tr>
<th>Required Electronic Sources</th>
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</thead>
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**Course Policies**

**Academic Week**

For this course, the academic week is considered Tuesday through Monday (not Monday through Sunday). During the weeks that they are assigned, discussion board assignments are due Wednesday, Journal assignments are due Saturday, and other course assignments are due Monday. All assignments are due by 11:59 p.m. CST on the designated due dates.

**Participation**
**General Participation in the Course**

Students are expected to login to the Blackboard course during the early part of Week 1 and to login to the course regularly throughout the duration of the 10-week term. Students remain responsible for communicating with the professor about circumstances that impede their ability to participate in class. The professor will drop all students with a grade of Q who do not login the course, participate in discussion boards, submit assignments for grading, or communicate with the professor about participation challenges by the deadline for penalty-free drops.

**Extensions**

All extended time requests are at the discretion of the professor and is subject to a late penalty of 10% per day, up to three (3) days. After 3 days past the due date, an assignment will be scored a grade of zero. Assignment rubrics include point penalties for late submissions. Extensions for Discussion board assignments, exams, quizzes, projects are not permitted to be and will be scored according to the rubric located in Blackboard.

**Required Survey: Learning Commitments**

By the 3rd day of class, all students must complete the survey titled *Learning Commitments* in its entirety and successfully submit it to Blackboard. The survey itself is worth 10 total points, and none of the assignments for CNDV 5326 will be viewable in Blackboard until the survey is submitted successfully.

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### Accreditation Standards

<table>
<thead>
<tr>
<th>Learning Outcomes</th>
<th>AAQEP</th>
<th>Related Assignments</th>
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<tbody>
<tr>
<td>At the completion of this course, students will be able to:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Differentiate between substance and process addictions and identify commonalities among them</td>
<td>1.a</td>
</tr>
<tr>
<td>2</td>
<td>Articulate diagnostic criteria for substance-related disorders and assess clients for substance use problems</td>
<td>1.a, d</td>
</tr>
<tr>
<td>3</td>
<td>Develop treatment plans for clients undergoing addiction treatment based on clients’ treatment needs</td>
<td>1.a, d</td>
</tr>
<tr>
<td>4</td>
<td>Cultivate self-awareness and the ability to discuss the ways that race, ethnicity, gender, and other cultural characteristics contribute to the development of addiction</td>
<td>1.c, f</td>
</tr>
</tbody>
</table>
Demonstrate knowledge and skills that are necessary for multiculturally competent work with clients undergoing addiction treatment.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points Per Week</th>
<th>Total Course Points</th>
<th>Percentage of Total Course Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Commitments Quiz (Week 1)</td>
<td>10 pts.</td>
<td>10</td>
<td>1%</td>
</tr>
<tr>
<td>12-Step Group Discussions (Weeks 2, 3, 4, 6, 7, &amp; 8)</td>
<td>40 pts. each</td>
<td>240</td>
<td>24%</td>
</tr>
<tr>
<td>Journal Assignments (Weeks 1-10)</td>
<td>25 pts. each</td>
<td>250</td>
<td>25%</td>
</tr>
<tr>
<td>Gearing Up for Change! (Week 1)</td>
<td>50 pts.</td>
<td>50</td>
<td>5%</td>
</tr>
<tr>
<td>Dear Addiction Letter (Week 2)</td>
<td>50 pts.</td>
<td>50</td>
<td>5%</td>
</tr>
<tr>
<td>Diagnosing Substance-Related Disorders (Week 3)</td>
<td>100 pts.</td>
<td>100</td>
<td>10%</td>
</tr>
<tr>
<td>Prevention Campaign (Week 4)</td>
<td>50 pts.</td>
<td>50</td>
<td>5%</td>
</tr>
<tr>
<td>Mid-Term Exam Prep Quiz (Week 6)</td>
<td>50 pts.</td>
<td>50</td>
<td>5%</td>
</tr>
<tr>
<td>Screenplay Scenario (Week 7)</td>
<td>100 pts.</td>
<td>100</td>
<td>10%</td>
</tr>
<tr>
<td>Abstinence Project Paper (Week 9)</td>
<td>100 pts.</td>
<td>100</td>
<td>10%</td>
</tr>
</tbody>
</table>

Total Possible Points: 1000 100%
### Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
<th>Score Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Highest</td>
<td>900-1000</td>
</tr>
<tr>
<td>B</td>
<td>Above Average</td>
<td>800-899</td>
</tr>
<tr>
<td>C</td>
<td>Average</td>
<td>700-799</td>
</tr>
<tr>
<td>F</td>
<td>Fail</td>
<td>699 &amp; below</td>
</tr>
</tbody>
</table>

### Course Subject Outline

<table>
<thead>
<tr>
<th>Module</th>
<th>Week</th>
<th>READ</th>
<th>VIEW</th>
<th>DO</th>
</tr>
</thead>
</table>
| 1      | 1    | Blackboard:  
- Course Syllabus  
- Information in the “Start Here” section  
Textbook:  
- Ch. 1 – History & Etiological Models of Addiction  
- Ch. 12 – 12-Step Facilitation of Treatment  
Supplemental:  
- ACA Code of Ethics  
- Addictions Counseling Competencies | Course Videos:  
- “Neurotransmitters, the Brain, and Addiction”  
- “Genetics – Born to Be an Addict?” | Important Tasks:  
- Attendance Verification  
- Create a Kanopy account  
- Discussion Board: Welcome to Me! (Optional) |
|        |      |      |      | Assignments:  
- Required Quiz: Learning Commitments (10 pts.)  
- Gearing Up for Change! (50 pts.)  
- Week 1 Journal (25 pts.) | |
| 2      |      | Textbook:  
- Ch. 2 – Substance Addictions  
- Ch. 3 – Process Addictions  
- Ch. 4 – Professional Issues in Addictions Counseling | Course Videos:  
- “Junk Food, Porn, Video Games - Addictions?”  
- “Learning Bad Habits: Addiction”  
- “Managing Ethical Pitfalls in Addiction Counseling” | Assignments:  
- Dear Addiction Letter (50 pts.; SafeAssign submission required)  
- Participate in 12-step group (40 pts.)  
- Week 2 Journal (25 pts.) |
| 2 | 3 | Textbook:  
- Ch. 5 – Introduction to Assessment  
- Ch. 6 – Assessment & Diagnosis of Substance-Related and Addictive Disorders | Course Video:  
- “Addictive Disorders” | Assignments:  
- Participate in 12-step group (40 pts.)  
- Week 3 Journal (25 pts.)  
- Diagnosing Substance-Related Disorders (100 pts.) |
|---|---|---|---|---|
| 4 | 5 | Textbook:  
- Ch. 13 – Maintenance & Relapse Prevention  
- Ch. 16 – Substance Addiction Prevention Programs Across the Lifespan | Course Videos:  
- “Recovering Out Loud”  
- “A Simple Way to Change a Bad Habit” | Assignments:  
- Participate in 12-step group (40 pts.)  
- Week 4 Journal (25 pts.)  
- Prevention Campaign (50 pts.; SafeAssign submission required) |
| 3 | 5 | Textbook:  
- Ch. 7 – Motivational Interviewing  
- Ch. 8 – Psychotherapeutic Approaches | Course Video:  
- “An Introduction to Motivational Interviewing: Resolving Ambivalence and Changing Behavior” | Assignments:  
- Week 5 Journal (25 pts.) |
| 6 | 6 | Textbook:  
- Ch. 9 – Treatment of Comorbid Disorders  
- Ch. 11 – Addiction Psychopharmacology | Course Video:  
- “How I Overcame Alcoholism” | Assignments:  
- Participate in 12-step group (40 pts.)  
- Week 6 Journal (25 pts.)  
- Mid-Term Exam Prep Quiz (50 pts.) |
<table>
<thead>
<tr>
<th>Week</th>
<th>Textbook</th>
<th>Course Video</th>
<th>Assignments</th>
</tr>
</thead>
</table>
| 4 7  | Ch. 10 – Group Counseling for Treatment of Addictions  
       Ch. 20 – Inpatient & Outpatient Addiction Treatment | "Group Therapy: An Addictions Perspective" |  
 - Participate in 12-step group (40 pts.)  
 - Week 7 Journal (25 pts.)  
 - Screenplay Scenario (100 pts.; SafeAssign submission required) |
| 8 5  | Ch. 17 – Cross-Cultural Counseling: Engaging Ethnic Diversity  
       Ch. 18 – Gender, Sex, & Addictions | "Escaping Porn Addiction"  
 "Searching for Love to Escape Ourselves" |  
 - Participate in 12-step group (40 pts.)  
 - Week 8 Journal (25 pts.) |
| 9    | Ch. 15 – Persons with Disabilities & Substance-Related and Addictive Disorders  
       Ch. 19 – Lesbian, Gay, Bisexual, Transgender, & Queer Affirmative Addictions Treatment | "Exploring Substance Use Disorders in the LGBTQ Population" |  
 - Abstinence Project paper (100 pts.; SafeAssign submission required)  
 - Week 9 Journal (25 pts.) |
| 10   | Ch. 14 – Substance Addiction & Families | "The Addictive Family: The Legacy of Trauma" |  
 - Week 10 Journal (25 pts.) |

**Articles:**
- [On Emptiness and Closeness: Part I](Fogarty, 1973-1978)
- [On Emptiness and Closeness: Part II](Fogarty, 1973-1978)
Academic Honesty Policy

Lamar University expects all students to engage in academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in their academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action.

The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion, and the abuse of resource materials.

All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include failure of the assignment and/or course up to suspension or expulsion from the university. The penalty may vary by instructor.

Additional information is available on the Academic Policy website (https://students.lamar.edu/academic-support/academic-policies.html).

Course Drop Policy

Students may drop a course and receive a grade of “Q” during the penalty-free period of the semester or session. For drops after this penalty-free period, grades are recorded as “Q” or “F,” indicating the student was passing or failing at the time of the drop. A grade of “Q” may not be assigned unless an official drop has been processed through the Records Office. Students may drop a course online up to the census day by logging into Self-Service Banner. After the census day, courses must be dropped through the Records Office. For additional help, contact the academic advisor or the Records Office at registration@lamar.edu. Students may not drop a course during the last 20 percent of the term. Students should check the academic calendar at https://www.lamar.edu/academic-calendar for specific dates.

Students with Disability Policy

Lamar University is committed to providing equitable access to learning opportunities for all students. The Accessibility Resource Center (ARC) is located in the Communication building, room 105. Office staff collaborate with students who have disabilities to provide and/or arrange reasonable accommodations.

If you have, or think you may have, a disability (e.g. mental health, attentional, learning, chronic health, sensory, or physical), please contact the ARC at 409-880-8347 or arc@lamar.edu to arrange a confidential appointment with the Director of the ARC to explore possible options regarding equitable access and reasonable accommodations.

If you are registered with the ARC and have a current letter requesting reasonable accommodations, we encourage you to contact your instructor early in the semester to review how the accommodations will be applied in the course.

Additional information is available at the ARC website (http://www.lamar.edu/disability-resource-center/).

Academic Support

Academic Support can be located at https://www.lamar.edu/students/#acad-supp.

There are many areas (i.e. Advising, Writing Center, etc.) of academic support. Each area provides their own specific contact information and days and hours of operation.

Student Services

Lamar University recognizes that students may experience challenges that hinder success in their academics and/or college experience. We believe in giving all students access to resources that allow them to overcome these challenges. If you are struggling with stress, procrastination, anger management, depression, anxiety, substance abuse and/or eating disorders, please reach out to our counseling professionals at the Student Health Center at 880-8466 to call for an appointment or visit our website.
Academic Continuity Policy

In the event of an announced campus closure in excess of four days due to a hurricane or other disaster, students are expected to check Lamar University’s website and login to LU Connect for instructions about continuing courses remotely.

Emergency Procedures

Many types of emergencies can occur on campus; instructions for severe weather or violence/active shooter, fire, or chemical release can be found at the Office of Environmental Health/Safety and Risk Management webpage.

Severe Weather

- Follow the directions of the instructor or emergency personnel.
- Seek shelter in an interior room or hallway on the lowest floor, putting as many walls as possible between you and the outside.
- If you are in a multi-story building and you cannot get to the ground floor, pick a hallway in the center of the building.
- Stay in the center of the room, away from exterior walls, windows, and doors.

Violence/Active Shooter

- CALL - 7777 from a campus phone (Text 409-241-8002 from a cell phone). Note: Calling 911 from either a campus or cell phone will contact the City of Beaumont dispatch rather than the LU police.
- AVOID - If possible, self-evacuate to a safe area outside the building. Follow directions of police officers.
- DENY - Barricade the door with desks, chairs, bookcases or any other items. Move to a place inside the room where you are not visible. Turn off the lights and remain quiet. Remain there until told by police it is safe.
- DEFEND - Use chairs, desks, cell phones or whatever is immediately available to distract and/or defend yourself and others from attack.

Copyright Policy Statement

Copyright is defined as the ownership and control of the intellectual property in original works of authorship, which are subject to copyright law. As an institution of higher learning that values intellectual integrity, Lamar University prohibits the distribution of published materials (print or electronic) in violation of copyright law.

LU Connect Portal

Students are asked to obtain a Lamar Electronic Account username and password so they can log onto the LU CONNECT website. Students may get information on how to get into the LU CONNECT website from the University’s homepage by clicking on the LU CONNECT link on the left top corner of the screen. Follow the steps to secure your LU CONNECT username and password.

LU Learn/Blackboard Learning Management System (LMS)

Students will utilize Lamar University’s Learning Management System (LMS), Blackboard, for online courses.
For Blackboard technical support go to https://blackboardsupport.lamar.edu.

Phone: 866-585-1738

Phone and chat are available 24/7/365

Exams and quizzes taken within LULearn (Blackboard) may require online proctoring. For additional information about online proctoring, click here and view details under proctoring services.

Network Use

ACCEPTABLE USE

Students must respect the integrity and security of Lamar University computer systems and network, and the privacy and preferences of other users. Responsibility for learning about and complying with Lamar University Acceptable Use Policy ultimately rests with the individual. The network may be used to download, copy, or store any software, shareware, digital media files or freeware, as long as the use complies with copyright law licensing agreements, and campus policies, such as storage space limitations and network bandwidth restrictions. The network may not be used for any activity, or to transmit any material, that violates United States or local laws.

UNACCEPTABLE USE

The network may not be used for commercial purposes. Advertising and sponsorships on Lamar University websites is restricted. In addition, students may not permit other persons to use their usernames, passwords, accounts or disk space, or disclose their usernames, passwords or account information to any third party. Students may not log on to someone else’s account, internet address, or other network codes, or attempt to access another user’s files. Students may not create false or dummy accounts to impersonate someone else. Students may not try to gain unauthorized access (“hacking”) to the files or computer systems of any other person or organization. Students may not impersonate another person by forging e-mail, web pages or other electronic media. Students who maliciously access, alter, delete, damage or destroy any computer system, computer network, computer program, or data will be subject to disciplinary action by Lamar University, and criminal prosecution as well. Students may not disrupt or attempt to disrupt network traffic, and they may not attempt to monitor or capture network traffic in any way. Finally, students may not intentionally create, store, display, print or transmit information that violates the university’s Sexual Harassment Policy.

Netiquette (Online Etiquette) Statement

Please adhere to the same standards of behavior and professional respect online that you would follow in face-to-face communication with others, but most particularly when writing emails and when taking part in collaborative and discussion board activities. Lamar provides access to network resources, including the Internet, in order to support learning and to prepare students for the 21st century world. Students, however, are expected to adhere to the Lamar University Acceptable Use Policies when Using Networks. A more comprehensive student code of conduct can be found at https://students.lamar.edu/academic-support/code-of-conduct.html.

GENERAL GUIDELINES TO RESPECT ALL PARTICIPANTS

- Respect the right of each person to disagree with others.
- Treat people the same as you would face-to-face.
- Respect the time of others.

GUIDELINES WHEN COMMUNICATING WITH OTHERS (EMAIL, DISCUSSIONS, BLOGGING, AND ETC.)

- Always sign your name to any contribution you choose to make.
- Be constructive in your responses to others in the class.
- Do not use all caps (Doing so may be interpreted as shouting).
- Re-read your postings before sending them.
- Always think before you write.
- Respond respectfully.
- Use appropriate grammar and structure.
- Spell-check your postings.
- Use short paragraphs focused on one idea.
- Use appropriate business language at all times.
Technical Support


Phone: 409-880-2222
Email: servicedesk@lamar.edu

Hours of Operation (CST):
Monday - Thursday 7:30 a.m.-12:00 a.m.
Friday 7:30 a.m. - 7:30 p.m.
Saturday 9:00 a.m. - 6:00 p.m.
Sunday 3:00 p.m. - 12:00 a.m.

Attendance Verification

Students must complete an Attendance Verification Quiz for ALL COURSES - both on-campus and online - in which they are enrolled each term by the third class day to comply with U.S. Department of Education attendance requirements. Failure to complete this quiz by the deadline may result in loss of course enrollment and/or financial aid. The quiz is located in EVERY COURSE through LULearn (Blackboard), even if the course meets on campus.

COVID-19 Statement

As we begin the new academic year, the COVID-19 virus that has challenged us since 2020 persists. Important differences in outcomes are observed, however, as safe and effective vaccines and therapeutic agents that reduce the risk of severe illness are now available. Consequently, we anticipate that our campus community will continue to be impacted by the virus and we encourage all faculty, staff, and students to practice individual safety protocols at their discretion.

We recommend good personal hygiene practices including regular handwashing and/or use of hand sanitizing products when soap and water are not readily available. Please show respect to those who choose to practice social distancing measures and wear face coverings.

Vaccines are available to those who seek them throughout the region and at the Student Health Center. Please self-screen for any signs or symptoms of COVID-19 and seek medical attention if you begin to feel ill.