

COURSE OUTLINE

Alcohol/Drug Studies 103 Chemical Dependency: Intervention, Treatment, and Recovery

I. Catalog Statement

Alcohol/Drug Studies 103 uses a bio-psycho-social perspective to introduce students to the process of intervention, treatment, and recovery. The course introduces crisis intervention, treatment techniques, and other essential tools and methodologies needed to help the chemically dependent person overcome addiction.

Total Lecture Units: 3.0

Total Laboratory Units: 0.0

Total Course Units: 3.0

Total Lecture Hours: 48.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 48.0

Prerequisite: AD ST 101 or equivalent (AD ST 101 may be taken concurrently)

Recommended Preparation: PSYCH 101

II. Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

- distinguish between alcohol use and abuse within various cultures and societies from a historical perspective;
- distinguish between the acute and chronic effects of alcohol and other drugs of abuse on the human body;
- organize and write thesis-based essays which meet the standards for English 101 entrance;
- use organized, detailed examples, facts, logical explanations, and other appropriate support for thesis statements;
- critically analyze selected prose works dealing with important contemporary issues;
- summarize, analyze, and synthesize information, express and apply standards for judgment, compare and contrast, and evaluate evidence in order to form and state reasoned opinions;
- gather and organize information through library research;
- demonstrate a command of basic grammar, diction, syntax and mechanics in essays sufficient for English 101 entrance.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- diagram and explain the bio-psycho-social perspective of the progression of alcohol and other drug dependencies;
- describe the dynamics of early intervention and its relationship to effective treatment and rehabilitation;
- explain the intervention process and various techniques used to move the chemically dependent person into treatment and through recovery;
- distinguish between rudimentary skills in crisis intervention techniques, interpersonal communications, and problem solving with specific application to the alcoholic/addict and the chemically dependent family.

IV. Course Content

Total Faculty Contact Hours = 48.0

- A. Development of Alcohol Dependency (**15 hours**)
 - 1. 4-stage process of progression
 - 2. Development of the delusional system
 - 3. Development of the alcoholic personality
- B. The Dynamics of Intervention (**6 hours**)
 - 1. Process
 - 2. Techniques
 - 3. Team
- C. Treatment (**12 hours**)
 - 1. Acute phase
 - 2. Recovery
 - 3. Rehabilitation
 - 4. Counseling the alcoholic
 - 5. Dynamics of forgiveness
- D. Treatment Process (**9 hours**)

1. Intake, screening, and evaluation
 2. Assessment and referral/treatment planning
 3. Discharge planning and aftercare
- E. Treatment Modalities (**6 hours**)
1. Individual counseling
 2. Group therapy
 3. Family therapy
 4. Alcoholics Anonymous/Alanon
 5. Alternative approaches
 6. Special considerations

V. Methods of Instruction

The following methods of instruction may be used in the course:

- lecture;
- class discussion;
- audiovisual materials.

VI. Out of Class Assignments

The following out of class assignments may be used in the course:

- written assignments (e.g. essay on intervention process);
- term paper (e.g. development of alcohol dependency).

VII. Methods of Evaluation

The following methods of evaluation may be used in the course:

- quizzes;
- midterm(s);
- final examination;
- synopsis on each of ten AA meetings visited.

VIII. Textbook(s)

Johnson, Vernon E. *I'll Quit Tomorrow: A Practical Guide to Alcoholism Treatment*. New York: Harper Collins, 1990. Print.

Print. 13th Grade Textbook Reading Level ISBN:

(this is the most recent edition of this book. See textbook recency evidence)

Kinney, Jean. *Loosening the Grip: A Handbook of Alcohol Information*. 12th ed. New York: McGraw-Hill, 2014. Print.

14th Grade textbook Reading Level ISBN: 9780078028557

IX. Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- diagram and explain the bio-psycho-social perspective of the progression of alcohol and drugs;
- describe the dynamics of early intervention and its relationship to effective treatment and rehabilitation;
- explain the intervention process and various techniques used to move the chemically dependent person into treatment and through recovery;
- discuss rudimentary skills in crisis intervention technique, interpersonal communications and problem solving with specific application to the alcoholic/addict and the chemically dependent family.