

COURSE OUTLINE

Alcohol/Drug Studies 111 Family Dynamics and Addiction

I. Catalog Statement

Alcohol/Drug Studies 111 introduces the student to the individual and group dynamics present within the family in which chemical dependency exists. Family systems and personality theories are presented and applied to the treatment of the family as a unit. The theoretical and practical aspects of counseling are presented and cover the active phases of addiction and early stages of recovery.

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 and 103

Recommended Preparation: PSYCH 101

II. Course Entry Expectations

Prior to enrolling in the course, the student should 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;
- discuss rudimentary skills in crisis intervention techniques, interpersonal communications, and problem solving with specific application to the alcoholic/addict and chemically dependent family.

III. Course Exit Standards

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

- identify the effects of alcohol/drug dependency on the family unit;
- identify and apply techniques and tools used in assessing the effects of alcohol/drug dependency on the family unit;
- summarize current theories as applied to the treatment of the chemically dependent family;
- describe interpersonal skills and counseling techniques applicable to the treatment of the chemically dependent family;
- discuss the skills required in case management for the chemically dependent family.

IV. Course Content

Total Faculty Contact Hours = 48.0

- A. Conceptual Framework (**4 hours**)
 - 1. Old myths and new insights
 - 2. Whole person model and other contemporary models
 - 3. Anatomy of a family
- B. The Family Disease (**12 hours**)
 - 1. Addiction spiral
 - 2. Family rules and roles
 - 3. Adult children of alcoholics
- C. Techniques and theories of family counseling (**12**)
 - 1. Family group functions
 - 2. Family case management
 - 3. Counselor transference vs. countertransference
- D. The Family Treatment Plan (**12 hours**)
 - 1. Intervention
 - 2. Continuum of care
 - 3. Philosophies of recovery
 - 4. Staffing
- E. The Whole Person Counselor and Self-Awareness (**8 hours**)
 - 1. Burnout
 - 2. Relapse
 - 3. Self-care

V. Methods of Instruction

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

- lecture;
- discussion;
- audiovisuals;
- guest speakers;
- role playing.

VI. Out of Class Assignments

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

- written assignments (e.g. family case study on a chemical dependency issue);
- term paper (e.g. applying a counseling theory with a therapeutic model).

VII. Methods of Evaluation

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

- class participation;
- quizzes;
- midterm and final examination.

VIII. Textbook(s)

Alcoholism and Substance Abuse in Diverse Populations, 2nd edition. Gary W. Lawson and Ann W. Lawson ISBN 978-1-4164-0439-2.

United States. Dept. of Health and Human Services. Substance Abuse and Mental Health Services Administration. *Substance Abuse Treatment and Family Therapy*.

Washington, D.C.: U.S. Department of Health and Human Service Addiction Counseling Treatment Improvement Protocol (TIP) Series 39, 2004.
Publication No. (SMS) 02-3750

Edwards PhD, John T, *Treating Chemically Dependent Families*:
Center City, MN: Hazelden Publishing 1998. Print
14th Grade Reading Level. ISBN: 978-0-935908-56-5.

Napier, Augustus, and Carl A. Whitaker. *The Family Crucible: The Intense Experience of Family Therapy*. New York: HarperCollins, 2011. Digital file.
(When I deleted the old copy of the text the caption also deleted. I am using the digital file instead per the suggestion.)

IX. Student Learning Outcomes

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

- identify and label effects of alcohol/drug dependency on the family unit;
- assess and interpret dynamics of early intervention process and techniques;
- describe interpersonal skills, and counseling techniques applicable to family systems;
- critique and define skills required in case management for the chemical dependent family.