SANTA CLARA UNIVERSITY
Division of Counseling Psychology and Education
Substance Abuse Treatment (CPSY 320)

Instructor: Bob Navarra, PsyD, MFT, MAC
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Texts:
3. Denning & Little, (2017), Over the Influence (Second edition)
4. Selected Handouts, videos, and readings on Camino

Catalog Course Description:
This class focuses on substances that are abused, the effect on the abuser, and treatment strategies in both individual and group psychotherapy modalities. Included are various clinical approaches to treatment; coordination of treatment with 12-step programs; co-occurrence of substance use with other disorders; understanding the stages of recovery; and working with adolescents. (3 units) Prerequisite: None (3 units)

Course Content:
- Treating the Individual: Covers current neurological and biological theories of addiction; assessment; developmental stages and tasks in recovery; use of 12-step programs, as well as alternatives to 12-step approaches; motivational interviewing; relapse prevention, developmental considerations; and special treatment issues. Students will participate in role plays to practice basic assessment and treatment strategies.
- Treating the Addicted System. Working within a systemic system, the Couple Recovery Development Approach (CRDA) is a research-based relational approach aimed at helping couples at all stages of recovery. Students will practice in role-plays specific strategies aimed at facilitating “Couple Recovery”.

Course Objectives:
After completing this course student will be able to:
1. summarize the bio-psycho-social-cultural model of addiction
2. apply therapeutic and assessment techniques for addiction as it relates to practice with individual clients and the couple system
3. describe a comprehensive model of addiction treatment inclusive of a relational perspective
4. demonstrate familiarity with mutual aid groups and describe ways to incorporate them into treatment

Course Requirements:
1. Read the required assignments by the appointed class date
2. Participate in class discussions and role plays
3. Attend an AA open meeting and an Al-Anon meeting and write a reaction paper for both meetings
4. Final paper
Assignment Due Dates:

- AA & Al-Anon Reflection Papers: February 14
- Final Paper: March 14

AA & Al-Anon Reflection Papers:

Attend an Alcoholics Anonymous “Open” meeting and an Al-Anon Family Meeting. Write a paper on each experience. **Each paper should include Part A and Part B** (4-6-pages, 12 font, double spaced):

1) **PART A: YOUR PERSONAL EXPERIENCE** (not academic). What was your experience like attending the meeting? Focus on your feelings and awareness in the context of your own history, family history, and previous beliefs and attitudes about addiction. Describe your process, i.e., what was it like to find and attend the meetings? Do not write a recap of what happened the focus is your experience of the meeting Recap = redo

2) **PART B: AS A PROFESSIONAL.** Also, address your insights of these awareness’s as a clinician and implications for treatment, and how you might incorporate these insights into your clinical practice. As a clinician, how might you use what you learned in practice.

If you already attend AA or Al-Anon regularly, or have extensive experience attending either of these groups, plan with the instructor to pick another group you are not familiar with or have experience with, i.e. Cocaine Anon, Narcotics Anon., and Gamblers Anon.

Keep in mind, one of the groups will need to address a primary addiction (substance or behavioral addiction), and the other group should be a support group for family and friends of the addict, i.e., Codependents Anon, Adult Children of Alcoholics, Nar-Anon, S-Anon (help for family/friends of sexaholics)

Final Paper

Pick an area of interest related to a substance use disorder or process addiction, excluding eating disorders other than compulsive eating. **The instructor must approve the topic**, in APA format, include at least three references, and approximately 7-10 pages.

**Grading Criteria:**

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<thead>
<tr>
<th>Assignment</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>AA Paper</td>
<td>25%</td>
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<tr>
<td>Al-Anon paper</td>
<td>25%</td>
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<tr>
<td>Final Paper</td>
<td>50%</td>
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**Class Participation & Attendance**

Because this class is structured combining readings, lectures, and experiential exercises, attendance is especially important. Participation is graded based on your full attention and presence in the class room, including involvement in discussions, group exercises, and class activities.

Students are expected to attend every class in a punctual and consistent manner. By department policy you can miss one class. Missing two classes results in a one grade reduction. Missing three or more results in failing the class. Please email me at the earliest possible time if you will be missing class.
Class #1: January 10
- Course overview, defining relational therapies, historical considerations of addiction and system theories
- Bio-Psycho-Social-Spiritual-Cultural model of addiction,
- Process addictions
- Video: Addiction

Class #2: January 17
- Cultural Considerations in assessment and treatment
- Assessing for alcohol use disorder, interpreting risk, screens.
- SBIRT - Screening Protocol
- Video: HBO Addiction - “Topiramate: A New Clinical Trial”

Read: Read: Clinical Textbook: Chs. 5, 16, 17; Addiction and Brain PowerPoint file – read presenter notes (Camino); Alcohol Dependence; Screening, Brief Intervention & Referral to Treatment (SBIRT): pp. 8-24, 130-138

Class #3: January 24
- Sedatives/hypnotics and benzodiazepines
- Co-occurring disorders
- Providing Feedback, brief interventions, and referral
Read: Clinical Textbook: Chs. 13, 15, 25; SBIRT: pp. 26-52; AUDIT Manual (Camino file); DSM V Substance Use Disorders (Camino file)

Class #4: January 31
- Opioids & chronic pain
- Counseling techniques and strategies – Motivational interviewing
- Video: HBO Addiction – “Opiate Addiction: A New Medication”
Read: Clinical Textbook: Chs. 7, 20, 30; SBIRT: 54-79 (Motivational skills 1-7)

Class #5: February 7
Psychotherapy, Group Therapy
- Pharmacotherapy
- Video: Moyers on Addiction – “Changing Lives”
Read: Clinical Textbook: Chs. 23, 26, 28, 32; SBIRT: 80-103 (Motivational skill 8)

Class #6: February 14
AA and Al-Anon Papers Due
- Stimulants, cocaine, nicotine, caffeine
- Relapse prevention
- Medications used in addiction treatment
- Video: HBO Addiction – “Brain Imaging”
- HBO Video - “The Science of Relapse”
Read: Clinical Textbook: Chs. 6, 10, 11, 12; SBIRT: 106-110
Class #7: February 21
- Hallucinogens and inhalants
- 12-step and alternative mutual aid groups
- (Tentative) Speakers Panel: Alcoholics Anonymous
Read: Clinical Textbook: Ch. 9; SBIRT: pp. 121-128, 154-155, 161

Class #8: February 28
- Cannabis, polysubstance use
- SBIRT and older adults, and young adults (CRAFFT Screening tool)
- Video: HBO Addiction – “The Adolescent Addict”
Read: Clinical Textbook: Chs. 8, 14, 21, 24; SBIRT: pp. 111-120, 134, 153

Class #9: March 7
**Final Paper DUE**
- Couple Recovery Development Approach (CRDA)
Read: Clinical Textbook: Ch. 29, *Family Response to Adults and Alcohol* (Camino file)

Class #10: March 14
- Trends in the recovery movement
- Wrap up and integration
- Video: Anonymous People