

Course Syllabus

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 <p>POINT LOMA NAZARENE UNIVERSITY</p>	<p>College of Health Sciences</p> <p>MA in Clinical Counseling</p> <p>PSY6075: Treatment of Substance Use Disorders</p> <p>3 Units</p>
<p>Fall 2023, Quad 1</p> <p>August 28 - October 22, 2023</p>	
<p>Meeting days/times: Tuesday and Thursday 2-4:45pm</p>	<p>Instructor: Prof. Jenna Hillman</p>
<p>Meeting location: MV302</p>	<p>Email: jhillman@pointloma.edu jhillman@pointloma.edu</p> <p>Cell: 619.888.3378 (text is best)</p>

PLNU MISSION

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

This course emphasizes evidence-based assessment and intervention skills in the treatment of addictions and compulsive behaviors, as well as co-occurring disorders. All facets of alcohol and substance abuse/chemical dependency will be examined.

GROUND RULES OF THE COURSE

Together we will create a dynamic learning environment where:



1. Learning is challenging but safe
2. Learning is experiential and active
3. Communication is open . . . opposing viewpoints are welcomed
4. All are learners and all are teachers . . . we will learn from each other
5. Mistakes are okay . . . this is a no-guilt, no-blame zone
6. The point is to learn and grow ... grades are a by-product and not the goal
7. Integrity and honesty are expected

Please jot down some of your expectations for this course.

INSTITUTIONAL LEARNING OUTCOMES (ILO)

1. Learning, Informed by our Faith in Christ

Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.

2. Growing, In a Christ-Centered Faith Community

Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.

3. Serving, In a Context of Christian Faith

Students will serve locally and/or globally in vocational and social settings.

PROGRAM LEARNING OUTCOMES (PLO)

1. Students will articulate a clear, accurate understanding of their professional identity as either an LMFT or LPCC, or both.
2. Students will demonstrate knowledge of the fundamental domains in their selected area of specialization, in professional clinical counseling (i.e., foundations; counseling prevention, and intervention, diversity & advocacy; assessment; research & evaluation; and diagnosis) or marriage and family therapy (i.e., human development, family dynamics, systemic thinking, interactional theories, traditional and contemporary marriage and family theories, research and cultural context).
3. Students will demonstrate ability to apply relevant research and evaluation models in practice of clinical counseling.
4. Students will demonstrate skills and practices of clinical counseling in the delivery of mental health services (e.g., assessment, diagnosis, treatment, termination, documentation, & ethical practice).
5. Students will deliver mental health services with multicultural competence and sensitivity.
6. Students will demonstrate ability to integrate faith with clinical counseling practice in clinically appropriate, culturally sensitive, and ethical manner.

COURSE LEARNING OUTCOMES

After completing this course, you should be able to:

1. Identify the history and etiological models of addiction
 - o Understand the neurobiology and physiology of substance addiction



- Understand ethical and legal considerations related to the practice of addiction counseling
- Know the professional organizations, competencies, preparation standards, and state credentials relevant to the practice of addiction counseling
- Screening, assessment and diagnosis of substance use disorders and familiarity with the various treatment programs
- An overview of Motivational Interviewing
- Evaluate the various psychotherapeutic approaches in addictions counseling
- Understand the prevalence of co-morbidity of substance use disorders and other mental health disorders
- An overview of key terms and concepts related to addiction pharmacotherapy
- An introduction to the 12-step facilitation of treatment

REQUIRED TEXTS AND RECOMMENDED RESOURCES

Capuzzi, D & Stauffer, M. D. (2019). *Foundations of addictions counseling* (4th ed.) Pearson Education, Inc.

ADDITIONAL READINGS

American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). American Psychological Association.

COURSE REQUIREMENTS

1. Attendance and Participation (25-points)

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. All classes will be in person. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See the Attendance and Participation policies below for additional detail.

In the event of an officially excused absence on the due date of an assignment, the assignment will be due the next class time. All penalties for late assignments will then be assessed from that revised due date.

Class participation is necessary to demonstrate familiarity with the assignments and the ability to transfer theory into practice. The following criteria will be used to evaluate participation:

- Participation in discussions
- Appropriateness of comments
- Comments useful for clarification or meaningful contribution to the class
- Willingness to participate in exercises and simulations
- Sensitivity to participation of others in the class; avoid dominating discussions



- Class participation demonstrates understanding of learned theory

2. **Weekly Quizzes (100-Points)**

Ten quizzes (10 points per quiz) will be administered. They are to be taken on your own time outside of class and are open book. The quizzes are designed to help students stay on track with the reading requirements and, therefore, will cover the assigned reading material for that week. They will consist of multiple-choice, true/false and matching statements.

3. **Student Presentations (100-Points)**

- Students will present on one of the topics given by the professor.
- Depending on the size of the class, this may be assigned as a group presentation project.
- The presentation must include PowerPoint slides
- The presentation length is 20-30 minutes (depending on the size of the group).
- Requirements vary by topic. Please read each option carefully before selecting. Some topics require role plays while others require more outside research.
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4. **Statement of Belief About Addictions (175-Points)**

Students are required to develop a "statement of belief" about addictions. This is a multi-step project culminating in a final paper due towards the conclusion of the class. The project includes the following elements:

- **Part One: Rough Draft (10 points)**
 - Students will answer question prompts given by the professor to begin thinking about concepts related to addiction, such as- Who can become an addict? How does addiction develop?
 - This assignment focuses on helping the student begin to conceptualize how they view addictions
- **Part Two: Outline (20 points)**
 - Students now begin to add supporting details to their rough draft and explore how a clinician's perspective on addict impacts case conceptualizations and treatment planning
 - This assignment focuses on bring thoughts into a logical order via an outline that can be used to write the paper
- **Part Three: Group Feedback (5 Points)**
 - Students will be broken into small groups of 2-3 (depending on class size)
 - Students will share their outlines and receive feedback from peers
 - This assignment asks students to reflect on the group discussion and identify specific revisions/additions they will make based on the peer review.
- **Part Four: Final Paper (140 Points)**
 - Students will write a 8-10 page paper using the previous steps.
 - This assignment is an informal paper but should be in APA formatting and be consistent with graduate level writing skills.



5. Experiential Encounters (100-Points)

There will be five "experiential encounters" (worth 20 points each for a total of 100 points) throughout the class times. "Experiential encounters" will take place during class time. Students will be responsible for a 1-2 page write up addressing the prompts assigned by the professor. These assignments are designed to help the student build clinical skills necessary when working with this population. Skills addressed include, but are not limited to:

1. Maintaining relational empathy even when frustrated with the client
2. Understanding the powerlessness often experienced by loved ones of substance use disorder clients
3. Conceptualizing the various factors (emotional, logistical, biological) that can make sobriety hard to achieve and maintain.
4. Remaining hopeful in the midst of the repeated relapse of clients
5. Practicing consistent self-care to build resilience against professional burnout
6. Understanding the various frustrations often experienced by clients who are trying to achieve/maintain sobriety

6. Discussion points (20 points)

1. There will be two discussion post assignments worth 10 points each. Please see list of assignments for more details.

APA Papers

All papers written in the Graduate Counseling program should be in APA style. Here are some helpful websites to help you write and format your paper:

- [APA 7th Edition Help File \(https://canvas.pointloma.edu/courses/70361/pages/apa-7th-edition-help-file\)](https://canvas.pointloma.edu/courses/70361/pages/apa-7th-edition-help-file)
- [The OWL at Purdue: APA Style \(https://owl.english.purdue.edu/owl/section/2/10/\)](https://owl.english.purdue.edu/owl/section/2/10/)

All papers should include the following sections unless indicated otherwise:

1. Title page
2. Abstract
3. Main body with headings
4. Reference page

Please check the *APA Manual* or the websites for further formatting helps.

This course meets PLNU and WASC credit hour policy requirements for contact hours as evidenced by the table below (3 credit units):

Distribution of Course Hours

Assignments	Pre-Course Hours	Course Hours	Post-Course Hours
Face-to-face Class Sessions		40	



Assignments	Pre-Course Hours	Course Hours	Post-Course Hours
Online Participation in forums, groups, etc.	5		5
Reading	10	5	10
Writing		10	20
Other Assignments and Learning Activities	5	5	5
Quizzes	4	5	5
	24	65	45
TOTAL HOURS			134

ASSESSMENT AND GRADING

Distribution of Points

Assignments	Points
Attendance and Participation	25
Quizzes (10)	100
Group Presentation	100
Statement of Belief About Addictions Paper (4 parts)	175
Experiential Encounters	100
Discussion posts (2)	20
Total	520

NOTE: It is your responsibility to maintain your class schedule. Should the need arise to drop this course (personal emergencies, poor performance, etc.); you have the responsibility to first contact the professor. Then if no accommodations can be made, you are responsible to follow through (provided the drop date meets the stated calendar deadline established by the University).

Late Policy

Assignments submitted up to 24 hours past the due date will be deducted 10% of the grade.
 Assignments submitted up to 48 hours past the due date will be deducted 20% of the grade.
 Assignments submitted up to 72 hours past the due date will be deducted 30% of the grade. Any assignment turned in after 72 hours past the due date will receive no credit.

Grade Scale

Standard Grade Scale Based on Percentage of Points Earned				
A	B	C	D	F



A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F ≤ 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

Students must achieve a minimum grade of B- to pass this class.

COURSE POLICIES

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

1. Academic Honesty

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See Academic Policies in the [current PLNU catalog](https://catalog.pointloma.edu/). (<https://catalog.pointloma.edu/>) for further information.

2. Identity Fraud

Committing identity fraud is considered particularly serious and could have legal as well as institutional implications. Any student who has another individual impersonate or in any other way commit identity fraud in any course, assignment, exam, or any type of academic exercise will be permanently suspended from Point Loma.

3. Final Examination Policy

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](http://www.pointloma.edu/experience/academics/class-schedules) (<http://www.pointloma.edu/experience/academics/class-schedules>) site. No requests for early examinations will be approved.

4. Participation

Class participation is necessary to demonstrate familiarity with the assignments and the ability to transfer theory into practice, especially during your practicum. The following criteria will be used to evaluate participation.

Participation in discussions and Practicum



- Appropriateness of comments
- Comments useful for clarification or meaningful contribution to the class
- Willingness to participate in exercises and simulations
- Sensitivity to participation of others in the class; avoids dominating discussions
- Class participation demonstrates understanding of concepts reviewed

5. Attendance

PLNU Attendance and Participation Policy: Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See Academic Policies in the Graduate and Professional Studies Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition: A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

6. Classroom Etiquette

Students are expected to actively engage in an adult learning environment. Behaviors that disrupt the classroom environment and interfere with the learning of others are prohibited. Examples include talking with other students during a presentation or when others are speaking, texting, gaming, internet browsing, or reading non-course related materials. All pagers, cellphones, and other electronic communication devices will be turned off at the beginning of class. Tablets and computers are allowed in class for note-taking purposes only, unless otherwise directed by the instructor. Arriving late and leaving early are strongly discouraged and disruptive to the class.

Respect each person's opinions. Be considerate while your peers are speaking and actively engage them only when they have completed their point. Discourteous comments and side conversations will not be tolerated and will be addressed openly and directly by the instructor. Should a student's behavior become disruptive to the productivity of the course they will be asked to leave the classroom and not receive credit for attendance.

7. Withdrawal

If you need to withdraw from the class, please notify the instructor **and** your Point Loma advisor immediately. A student may withdraw by the end of the first week of class and receive a grade



a student withdraws from the program, he/she must submit a letter for withdrawal. A last date to withdraw is posted in the Academic Calendar on the PLNU website. Students will be assigned a grade of W or WF consistent with Point Loma Nazarene University policy in the grading section of the catalog. Failure to attend class does not constitute a withdrawal and students will receive an "F" if not properly withdrawn. Withdrawing from a class may result in a graduated refund and may affect your financial aid. Be sure to contact your financial aid counselor.

8. Use of Technology

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements \(https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) page. Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work. If you do need technical help you may click on the HELP button (located on the top-right corner of Canvas) and choose from whom you want assistance, or you may contact the campus help desk (619.849.2222).

9. University Catalog

For additional Point Loma policy items, review the latest [Point Loma Nazarene University Catalog \(https://catalog.pointloma.edu/index.php\)](https://catalog.pointloma.edu/index.php).

10. Confidentiality of Course Discussion and Assignments

Materials posted to the class discussion or to an assignment thread are for class use only. Students and faculty are to protect the confidentiality of all classroom materials and should never transmit any classroom materials without specific written permission of the person quoted and the instructor.

11. Academic Accommodations

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu (<mailto:EAC@pointloma.edu>) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.



12. Sexual Misconduct and Discrimination

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the Title IX Office at pointloma.edu/Title-IX (<http://pointloma.edu/Title-IX>). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu (<mailto:counselingservices@pointloma.edu>) or find a list of campus pastors at pointloma.edu/title-ix (<http://pointloma.edu/title-ix>).

13. Spiritual Care

PLNU strives to be a place where you grow as a whole person. To this end we provide resources for our Graduate and Adult Degree Completion students to encounter God and grow in their Christian faith. If you have questions for, desire to meet or share a prayer request with a chaplain you can contact one mvchaplain@pointloma.edu (<mailto:mvchaplain@pointloma.edu>).

In addition, on the MV campus there is a prayer chapel on the third floor which is open for use as a space set apart for quiet reflection and prayer.

14. Copyright Policy

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

COURSE SCHEDULE AND ASSIGNMENTS

The schedule of topics and assignments can be found on the [Course Schedule](https://canvas.pointloma.edu/courses/70361/pages/course-schedule) (<https://canvas.pointloma.edu/courses/70361/pages/course-schedule>) page. Note that this schedule is subject to changes. All changes will be announced in class, via e-mail and/or Canvas Announcements.

Course Summary:

Date	Details	Due
Mon Aug 28, 2023	 Academic Honesty Verification Statement (https://canvas.pointloma.edu/courses/70361/assignments/942516)	due by 11:59pm
Sun Sep 3, 2023	 Quiz 1 - Chapters 1 and 2 (https://canvas.pointloma.edu/courses/70361/assignments/942518)	due by 11:59pm



Date	Details	Due
		
	 Session 1 Agenda	to do: 11:59pm
	 Session 2 Agenda	to do: 11:59pm
	 Introductory Discussion Post (https://canvas.pointloma.edu/courses/70361/assignments/959652)	due by 11:59pm
		
	 Statement of Belief About Addictions- Rough Draft (https://canvas.pointloma.edu/courses/70361/assignments/959655)	due by 11:59pm
		
Tue Sep 5, 2023	 Quiz 2 - Chapter 4 (https://canvas.pointloma.edu/courses/70361/assignments/942516)	due by 1:59pm
		
	 Session 3 Agenda	to do: 2pm
Thu Sep 7, 2023	 Quiz 3 - Chapter 5, 6, 20 (https://canvas.pointloma.edu/courses/70361/assignments/942517)	due by 1:59pm
		
	 Session 4 Agenda	to do: 2pm
Tue Sep 12, 2023	 PSY6075-17 FA23 - Treatment Of Substance Use Disorders (https://canvas.pointloma.edu/calendar?event_id=146627&include_contexts=course_70361)	1:30pm to 5:30pm
	 Quiz 4 - Chapter 8 (https://canvas.pointloma.edu/courses/70361/assignments/942518)	due by 1:59pm
		
	 Session 5 Agenda	to do: 2pm
Thu Sep 14, 2023	 Session 6 Agenda	to do: 2pm



Date	Details	Due
	 Experiential Encounter #1 Reflection Assignment https://canvas.pointloma.edu/courses/70361/assignments/942529	due by 11:59pm
	■	
	 Quiz 5 - Chapter 7 https://canvas.pointloma.edu/courses/70361/assignments/942518	due by 1:59pm
	■	
Tue Sep 19, 2023	 Discussion on Grayson's class https://canvas.pointloma.edu/courses/70361/assignments/960608	due by 1:59pm
	■	
	 Session 7 Agenda	to do: 2pm
	 Quiz 6 - Chapters 13-14 https://canvas.pointloma.edu/courses/70361/assignments/942518	due by 1:59pm
	■	
Thu Sep 21, 2023	 Session 8 Agenda	to do: 2pm
	 Presentation Topic is Due https://canvas.pointloma.edu/courses/70361/assignments/942534	due by 11:59pm
	■	
Sun Sep 24, 2023	 Mid-Course Survey https://canvas.pointloma.edu/courses/70361/assignments/942513	due by 11:59pm
	■	
Tue Sep 26, 2023	 Quiz 7 - Chapter 10 and 12 https://canvas.pointloma.edu/courses/70361/assignments/942508	due by 1:59pm
	■	
	 Experiential Encounter #2 Reflection Assignment https://canvas.pointloma.edu/courses/70361/assignments/942530	due by 1:59pm
	■	
	 Session 9 Agenda	to do: 2pm



Date	Details	Due
	 Statement of Belief About Addictions- Outline https://canvas.pointloma.edu/courses/70361/assignments/959734	due by 11:59pm
Thu Sep 28, 2023	 Quiz 8 - Chapter 9 https://canvas.pointloma.edu/courses/70361/assignments/942516	due by 1:59pm
	 Session 10 Agenda	to do: 2pm
	 Quiz 9 - Chapter 11 https://canvas.pointloma.edu/courses/70361/assignments/942508	due by 1:59pm
Tue Oct 3, 2023	 Experiential Encounter #3 Reflection Assignment https://canvas.pointloma.edu/courses/70361/assignments/942531	due by 1:59pm
	 Session 11 Agenda	to do: 2pm
	 Quiz 10 - Chapter 17, 18, and 19 https://canvas.pointloma.edu/courses/70361/assignments/942520	due by 1:59pm
Thu Oct 5, 2023	 Session 12 Agenda	to do: 2pm
	 Statement of Belief About Addictions- Group Feedback https://canvas.pointloma.edu/courses/70361/assignments/959731	due by 11:59pm
Tue Oct 10, 2023	 Student Presentations https://canvas.pointloma.edu/courses/70361/assignments/942537	due by 1:59pm
	 Session 13 Agenda	to do: 2pm



Date	Details	Due
	 Statement of Belief About Addictions- Final Draft https://canvas.pointloma.edu/courses/70361/assignments/959752	due by 11:59pm
		
Thu Oct 12, 2023	 Experiential Encounter #4 Reflection Assignment https://canvas.pointloma.edu/courses/70361/assignments/942532	due by 1:59pm
		
	 Session 14 Agenda	to do: 2pm
Tue Oct 17, 2023	 Recovery Group Experience Reflection Paper https://canvas.pointloma.edu/courses/70361/assignments/942535	due by 2pm
		
	 Session 15 Agenda	to do: 2pm
Thu Oct 19, 2023	 Experiential Encounter #5 Reflection Assignment https://canvas.pointloma.edu/courses/70361/assignments/942533	due by 1:59pm
		
	 Session 16 Agenda	to do: 2pm
	 End-of-Course Evaluation https://canvas.pointloma.edu/courses/70361/assignments/942528	due by 11:59pm
		
	 Attendance & Participation https://canvas.pointloma.edu/courses/70361/assignments/942521	
		
	 Case Study- Bailey, p. 35 https://canvas.pointloma.edu/courses/70361/assignments/942522	
		
	 Case Study- Bette, p. 37 https://canvas.pointloma.edu/courses/70361/assignments/942523	



Date	Details	Due
		
	 Case Study- ChangeNOW, p. 34 (https://canvas.pointloma.edu/courses/70361/assignments/942524)	
		
	 Case Study- Daphne p.30 (https://canvas.pointloma.edu/courses/70361/assignments/942525)	
		
	 Case Study- Ellen p.29 (https://canvas.pointloma.edu/courses/70361/assignments/942526)	
		
	 Case Study- Peter, p. 33 (https://canvas.pointloma.edu/courses/70361/assignments/942527)	
		
	 Final Exam (https://canvas.pointloma.edu/courses/70361/assignments/942511)	
		
	 Roll Call Attendance (https://canvas.pointloma.edu/courses/70361/assignments/942536)	
		

