

INTERVENTION STRATEGIES IN ALCOHOL AND DRUG PROBLEMS

SYLLABUS: SPRING, 2012

INSTRUCTOR: NORA E. NOEL, PH.D.
UNCW PSYCHOLOGY DEPARTMENT

OFFICE 110-D

910-962-4044

NOELN@UNCW.EDU

Website: www.beachlab.com

COURSE CONTENT: This course is a graduate seminar on multidisciplinary theory and practice in the treatment of clients with alcohol and drug problems. The focus will be on evidence-based approaches (including individual, couples, family, and group techniques as well as motivational techniques, brief therapy and cognitive-behavioral interventions), but topics will also include 12 step, non-directive and other approaches. In addition, cultural issues and diversity and the problems of "dual diagnosis," or the presence of additional psychiatric symptoms and disorders, will be addressed. The format includes lecture and experiential exercises.

READINGS: Readings this semester will be very exciting. We will be using chapters from a book on evidence-based addiction treatment edited by Dr. Peter M. Miller: Miller, P.M. (ed.) (2009) Evidence-Based Addiction Treatment. Amsterdam: Elsevier. Also, I will post supplementary material, chapters and case histories, which will be assigned from week to week. Readings must be completed before the class so that you are ready to discuss and implement the material in the classroom setting. Finally, each student will be responsible for a short presentation of a related research topic (for example, a treatment outcome study) for the class. We will schedule these based on your interest and class requirements.

COURSE PREREQUISITES: To take this course, the student must be enrolled in the UNCW Psychology Department Graduate Program (Substance Abuse Concentration), or have special permission from the Instructor (usually given only to people with graduate degrees in Psychology and qualifying clinical experience). In addition, the prerequisite courses are: 1) Chemical Dependency (Psych 545) and 2) Advanced Psychotherapy (Psych 550).

COURSE REQUIREMENTS: First and foremost, this course requires the participation of the students. It is both a seminar and an experiential course, so the student must come to class. Missing any class for any reason other than something extreme (bring a note from the ER doctor) may result in a drop in a whole letter grade. Class is 5 – 8 every Thursday evening. Plan to arrive on time and stay for the entire three hours. Grades will be based on: 1) class participation (20%); 2) completion of homework assignments, readings and the class presentation (20%); 3) a midterm, which will be content-based (20%); and 4) a final exam (40%) which will be both content-based and experiential.

COURSE SCHEDULE

Part One: Overview

- 1/12 Substance Abuse Counseling:
Requirements, Duties, Training and Education specific to work in the area of substance abuse.
Types of certification/licensure and requirements for certification in North Carolina.
Supervision requirements.
- 1/19 Overview continued- Professional and Ethical Responsibilities, including Documentation
What Does "Evidence-Based" mean?

Readings:

Chapter 1, Sorenson et al

Noel and McCrady 1992 (will be posted)

Review APA Ethics for Psychologists

Read Substance Abuse Counseling Ethics from website (www.NCSAPPB.org)

HIPAA regulations discussed

In class exercise: Decisions regarding Cases of ethical and professional conduct violations

Part Two: Clinical Evaluation and Treatment Planning

1/26 Screening, Evaluation and Review of Drug Effects:

Readings:

Lewis et al (will be posted)

Chapter 3 Maisto and Krennek

Chapter 4 Stewart

In class exercise: demonstrating recognition and explanation of drug effects

2/2 Assessment, Functional Analysis and Treatment Planning

Readings: class handout on Functional analysis

Chapters 6 and 7

In class exercise: Role play functional analysis

Homework: Role play (and tape) a functional analysis, be prepared to show part of your tape in the next class (2/10)

Part Three: Implementing Treatment and Service Coordination

2/9 Counseling Individual Clients: Brief Interventions

Readings: Chapter 10; Chapter 14

Maisto et al (will be posted)

Class Handouts

In Class exercise: role play behavior change techniques described in handouts

Homework: Tape role play of one of the techniques you did NOT do in class

2/16 Counseling Individual Clients (cont): Motivational Interviewing, behavioral techniques

Readings: Chapters 8, 9 and 13

In class exercise: Observe and critique each other's role play tapes; role play new techniques

Homework: Tape role play of one of the techniques you did NOT do in class

2/23 Counseling Individual Clients (Cont) and

Dealing With Other Psychiatric Problems (Dual Diagnosis)

Readings: Chapters 5 and 17

Breeder, A. & Millman, R. (1997) Patients with psychopathology. In Lowinson, J et al

Substance Abuse: A Comprehensive Textbook 3rd Edition Williams and Wilkins: Baltimore

Class Handouts

In class exercise: Observe and critique each other's role play tapes; role play new techniques

Homework: Attend at least one self-help group session before 3/31 (special note, if you

regularly attend a self-help group for yourself, you must go to a new one with which you are

unfamiliar. Consult with me ahead of time with questions)

3/1 Family and Marital Therapy

Cultural Issues and Diversity

Readings: Chapters 12 and 16

Class Handout

In class exercise: role play of family therapy session

3/8 Midterm

3/22 Family/ Marital Diversity issues (continued)

Readings: Class Handout

Chapter on diversity and family issues for substance abusers TBA

3/29 Group Treatment and the Use of Self-Help Groups

Readings: Class Handout

Chapter on group therapy (posted)

In class exercise: role play of group treatment; discussion of choices and consequences

4/12 Relapse Prevention

Readings: Class handout

Chapter 11 and Chapter 2

In class exercise: Role play demonstration of relapse prevention techniques

Homework: role play and tape techniques not used in class

Part Four: Planning treatment

4/19 Treatment Planning, Referral and Consultation (putting it all together)

Readings: Class Handout on Treatment Planning

Chapters 21, 22 and 23

In class exercise: Play tape, Write treatment plan (with class assistance), role play discussing and modifying treatment plan with client

Homework: Write treatment plans for four clients (I will give you the cases)

4/26 Conclusions and cases

FINAL EXAM