Course number, Course CRN, COURSE TITLE COUN 5363-110, Substance Abuse Counseling

Spring 2022

Texas A&M University-Central Texas

COURSE DATES, MODALITY, AND LOCATION

January 18, 2022 to May 13, 2022

Thursday's

Warrior Hall 311

INSTRUCTOR AND CONTACT INFORMATION

Instructor: Dr. Lia Amuna Office: By Appointment Phone: By Appointment

Email: Be sure to use in class-Canvas email for ALL communications)

Office Hours:

Office Hours by Appointment Only, between 5:00pm and 6:00pm on Thursday **Student-instructor interaction**

Instructor will work diligently to respond to email within 48 hours and provide graded work within 7 days of submission. Emails received Saturday and Sunday will be addressed 24 to 48 hours from the next business day.

Emergency Warning System for Texas A&M University-Central Texas

SAFEZONE. SafeZone provides a public safety application that gives you the ability to call for help with the push of a button. It also provides Texas A&M University-Central Texas the ability to communicate emergency information quickly via push notifications, email, and text messages. All students automatically receive email and text messages via their myCT accounts.

Downloading SafeZone allows access to push notifications and enables you to connect directly for help through the app.

You can download SafeZone from the app store and use your myCT credentials to log in. If you would like more information, you can visit the <u>SafeZone</u> website [www.safezoneapp.com].

To register SafeZone on your phone, please follow these 3 easy steps:

- 1. Download the SafeZone App from your phone store using the link below:
 - o iPhone/iPad: [https://apps.apple.com/app/safezone/id533054756]
 - Android Phone / Tablet
 [https://play.google.com/store/apps/details?id=com.criticalarc.safezoneapp]
- 2. Launch the app and enter your myCT email address (e.g. {name}@tamuct.edu)
- 3. Complete your profile and accept the terms of service

COURSE INFORMATION

Course Overview and description

Study addiction counseling. Special emphasis is given to models of addiction, chemical dependence, process addictions, co-dependence and related ethical concerns. This course will focus on the theory and practice of addiction treatment. The course content requires a basic knowledge of substance abuse etiology and an understanding of counseling theories. All graded work in the course will be submitted online through the Canvas learning system.

Course Objective or Goal Student Learning Outcomes:

STUDENT LEARNING OUTCOMES:

- 1. Students will gain an understanding of the counseling profession and its specialty areas to include theories and etiologies of addition and addiction behavior, biopsychosocial case conceptualization and treatment planning, and diagnostic classifications system.
- 2. Students will demonstrate understanding of a variety of helping strategies for reducing the negative effects of substance use, abuse, dependence, and addictive disorders to include multi- cultural and pluralistic characteristics and spiritual beliefs.
- 3. Identify crisis intervention, trauma-informed, and community-based strategies, suicide prevention strategies and diagnostic processes.

Competency Goals Statements (certification or standards)

In accordance with CACREP best practices standards for all counselors-in-training development, the following areas will be promoted in this course:

CACREP Standard Activity SLOs	Activity	SLOs
Common Core for all students:		
a. history and philosophy of the counseling profession	Online Trainings	SLO 1
and its		
specialty areas (IIF1a);		
b. the multiple professional roles and functions of counselors across specialty areas, and their relationships with human service and integrated behavioral health care systems, including interagency and inter-organizational collaboration and consultation (IIF1b);	Interview Project	SLO 1
c. counselors' roles and responsibilities as members of	Interview Project	SLO 3
interdisciplinary community outreach and emergency		
management response teams (IIF1c);		
d. professional organizations, including membership	Online Trainings	SLO 3

benefits, activities, services to members, and current issues (IIF1f);		
e. professional credentialing, including certification, licensure, and accreditation practices and standards, and the effects of public policy on these issues (IIF1g);	Online Trainings	SLO 3
f. multicultural and pluralistic characteristics within and among diverse groups nationally and internationally (IIF2a);	Substance Abuse Case Conceptualization and Treatment Plan Paper	SLO 1
g. the impact of spiritual beliefs on clients' and counselors' worldview (IIF2g);	Abstinence Project	SLO 2
h. knowledge of theories and etiology of addictions and addictive behaviors (IIF3d);	Substance Abuse Case Conceptualization and Treatment Plan Paper	SLO 1, 2, 3
i. multicultural competencies (IIF2c).	Substance Abuse Case Conceptualization and Treatment Plan Paper	SLO 1
j. identification of evidence base practices(IIF8b)	Substance Abuse Case Conceptualization and Treatment Plan Paper	SLO 1
Standards for Clinical Mental Health Counseling		
1. Understands theories and models related to clinical mental health counseling (CMHC: 5C1b);	Online Trainings Substance Abuse Case Conceptualization and Treatment Plan Paper	SLO 1
2. Understands principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning (CMHC 5C1c);	Online Trainings Substance Abuse Case Conceptualization and Treatment Plan Paper	SLO 1
3. Knows the neurobiological and medical foundation and etiology of addiction and co-occurring disorders (CMHC: 5C1d);	Reflection Paper	SLO 3
4. Knows the etiology, nomenclature, treatment, referral, and prevention of mental and emotional disorders (CMHC: 5C2b);	Substance Abuse Case Conceptualization and Treatment Plan Paper	SLO 2
5. Understands the mental health service delivery modalities within the continuum of care, such as inpatient, outpatient, partial treatment and aftercare, and the mental health counseling services networks (CMHC: 5C2c);	Online Trainings Substance Abuse Case Conceptualization and Treatment Plan Paper	SLO 2

6. Understands the diagnostic process, including differential diagnosis and the use of current diagnostic classification systems, including the Diagnostic and Statistical Manual of Mental Disorders (DSM) and the International Classification of Diseases (ICD)(CMHC:5C2d);	Online Trainings Substance Abuse Case Conceptualization and Treatment Plan Paper	SLO 2
7. Understands the potential for substance use disorders to mimic and/or co-occur with a variety of neurological, medical, and psychological disorders (CMHC:C52e);	Online Trainings	SLO 3
8. Understands impact of crisis and trauma on individuals with mental health diagnoses (CMHC:5C2f);	Substance Abuse Case Conceptualization and Treatment Plan Pape	SLO 1
9. Understands the impact of biological and neurological mechanisms on mental health (CMHC:5C2g);	Substance Abuse Case Conceptualization and Treatment Plan Paper	SLO 3
10. Understands classifications, indications, and contraindications of commonly prescribed psychopharmacological medications for appropriate medical referral and consultation (CMHC:5C2h);	Substance Abuse Case Conceptualization and Treatment Plan Paper	SLO 1 & 3

Required Reading and Textbook(s)

Capuzzi, D and Stauffer, M. Foundations of Addictions Counseling. (2019) (4th ed.)

Recommended: American Psychological Association. (2020). *Publication manual of the American Psychological*

Association (7th ed.). Washington, DC: American Psychological Association

COURSE REQUIREMENTS

Course Requirements: (include point values for each- not just a percentage)

Online Trainings (10 points each x 2 = 20 points): Each student will individually complete 2 online trainings (Foundations of SBIRT and Essential Substance Abuse Skills: Foundations for Working with Addictions) by the dates designated in the course schedule and on Canvas. These are designed to deepen students' knowledge and skills in substance abuse counseling. Print the corresponding certificate of completion and turn in via Canvas. Students will need to register for a free account at https://healtheknowledge.org.

SBIRT Training: https://healtheknowledge.org/course/view.php?id=20

Essential Substance Abuse Skills: Foundations for Working with Addictions Training: https://healtheknowledge.org/course/view.php?id=17

Abstinence Project (20 points): This exercise is designed to help you experience some of the feelings/thoughts that individuals with substance abuse disorders experience when they quit their drug or behavior of choice. This exercise requires that you give up a substance (e.g., nicotine, caffeine, or alcohol) or a behavior (e.g., Internet use, eating sweets, playing video/computer games, watching television, cell-phone usage) for a period of 5 weeks. The purpose of this project is to increase empathy for those who are asked to abstain from something desirable. The project does not serve to emulate recovery, but rather to increase empathy and foster insight into the psychological aspects of abstinence. Students should brainstorm positive substitutes for the activity/item/behavior from which they are abstaining.

Rubric for the assignment posted on Canvas.

This assignment has two parts:

Part 1: Write a "Goodbye Letter to my Substance/Behavior:" (10 points) Written in the first person to the substance/behavior from which you are abstaining, will be due before the abstinence period begins.

- This 1 2 page paper (APA format to include a cover page) is to be written to the substance or behavior from which you are abstaining. This is to be written in the first person (e.g., "caffeine, you have always been there for me in the morning...") and should cover the following 5 areas:
 - How my addictive substance/behavior is loved and is considered a "friend"
 - How my addictive substance/behavior is sensual (appeals to my senses)
 - How my addictive substance/behavior provides "healing" or is a "balm" to my emotional wounds
 - How my addictive substance/behavior controls and promotes my feelings of helplessness and entrapment
 - How my addictive substance/behavior is hated what it has "cost" me.

Part 2: **Summary paper**: (10 points) This is to be a 3-page paper (APA format to include a cover page) describing the abstinence experience (e.g., did you succeed or fail, what influenced you, what was the process like for you, etc.) and will serve as the conclusion to your overall experience.

- o Did you succeed or fail?
- What influenced you?
- What was the process of abstinence like for you?
- O What did you learn from this project?
- What lessons can you take from this experience into your work with substance abuse issues?

<u>Interview Project</u> (20 points): Each student individually will interview a licensed chemical dependency counselor (LCDC). Students may not interview any of the current faculty in the CMHC program. The focus of the interview will be on the professional's experience in providing substance abuse counseling services. Students will write a 2-3 page paper summarizing the interview and must follow APA 7 formatting guidelines including cover page, citations, and a reference section. An abstract is not necessary. Rubric for the assignment posted on Canvas.

Use the following interview guide:

- What qualities or characteristics might enhance your ability to provide substance abuse counseling services?
- What professional training experiences are important in learning to be an effective LCDC?
- What settings have you worked in as a LCDC?
- Which setting was most rewarding? Which setting was most challenging?
- How do you manage the stress associated with substance abuse counseling?
- What self-care strategies do you engage in that help you manage stress?
- What advice would you give someone wanting to work as a substance abuse counselor?

Substance Abuse Case Conceptualization and Treatment Plan (30 points): Students will write a case conceptualization and intervention plan paper (5-6 pages minimum – without cover page & references; APA 7 formatting required including cover page and references) based on a character from one of these approved movies

(options: Rachel Getting Married, 28 Days, Shattered Spirits, When a Man Loves a Woman, Half Nelson, Walk the Line, A Star is Born, Flight, Gia).

Rubric for the assignment posted on Canvas.

Students will address the following:

- Substances abused and implications of abuse;
- Biological predispositions;
- Family considerations;
- Cultural considerations;
- Ethical considerations;
- Legal considerations;
- Substance Abuse Diagnosis
- Proposed Substance Abuse Treatment Model (Therapy Model)
- Treatment Plan and Interventions

Weekly Quizzes (10 points): Students will be expected to complete participate in the weekly quizzes. Information will be provided in Canvas

Grading Criteria Rubric and Conversion

Rubrics will be provided in Canvas

Activity	Points
Online Trainings (2 x 10 points each)	20 points
Abstinence Project (2 parts x 10 points each)	20 points
Interview Project	20 points
Substance Abuse Case Conceptualization and	30 points
Treatment Plan Paper	
Weekly Quiz	10 points
Total	100 points

Grading Equivalent

93-100 = A

80-92 = B

70-79 = C

60-69 = D

59-Below = F

Posting of Grades

Grades will be posted within 7 days of assignment submission

Grading Policies

Late work will receive an automatic grade of zero

COURSE OUTLINE AND CALENDAR

Week	Assigned Readings	Assignments Due
Week 1: 1/20/22	Review Syllabus	Review the Syllabus
Week 2: 1/27/22	Chapters 1 & 2	Weekly Quiz
	Capuzzi & Stauffer	
Week 3: 02/03/22	Chapter 3 & 4 Capuzzi &	Weekly Quiz
	Stauffer	
Week 4: 02/10/22	Chapter 5 & 6 Capuzzi &	Weekly Quiz
	Stauffer	
Week 5: 02/17/22	Chapter 7 Capuzzi & Stauffer	Abstinence Project Part 1 Due
		by 6pm
Week 6 : 02/24/22	Chapter 8 Capuzzi & Stauffer	Weekly quiz
Week 7: 03/03/22	Chapter 9 Capuzzi & Stauffer	Online Training # 1 Due by 6pm
Week 8: 03/10/22	Chapter 10 Capuzzi & Stauffer	Weekly Quiz
Spring Break 03/14 - 03/18		
Week 9: 03/24/22	Chapter 11 Capuzzi & Stauffer	Online Training # 2 Due by 6pm
		Weekly Quiz
Week 10: 03/31/22	Chapter 12 & 13 Capuzzi & Stauffer	Interview Project Due by 6pm
Week 11: 04/04/22	Chapter 14 Capuzzi & Stauffer	Weekly Quiz
Week 12: 04/21/22	Chapter 15 Capuzzi & Stauffer	Weekly Quiz
Week 13: 04/28/22	Chapter 16 Capuzzi & Stauffer	Abstinence Project Part 2 Due
		by 6pm
		Weekly Quiz
Week 14: 05/05/22	Chapter 17, 18, 19 Capuzzi &	
	Stauffer	Weekly Quiz
Finals Week: 05/12/2022		Substance Abuse Case &
		Treatment Plan Due by 6:00pm

^{*}Professor reserves the right to amend the syllabus at any time*

Important University Dates

<u>http://catalog.tamuct.edu/undergraduate_catalog/general-information/academic20calendars20and20final20exam20schedule/</u>

TECHNOLOGY REQUIREMENTS AND SUPPORT

Technology Requirements

This course will use the A&M-Central Texas Instructure Canvas learning management system. **We** strongly recommend the latest versions of Chrome or Firefox browsers. Canvas no longer supports any version of Internet Explorer.

Logon to A&M-Central Texas Canvas [https://tamuct.instructure.com/] or access Canvas through the TAMUCT Online link in myCT [https://tamuct.onecampus.com/]. You will log in through our Microsoft portal.

Username: Your MyCT email address. Password: Your MyCT password

Canvas Support

Use the Canvas Help link, located at the bottom of the left-hand menu, for issues with Canvas. You can select "Chat with Canvas Support," submit a support request through "Report a Problem," or call the Canvas support line: 1-844-757-0953.

For issues related to course content and requirements, contact your instructor.

Online Proctored Testing

A&M-Central Texas uses Proctorio for online identity verification and proctored testing. This service is provided at no direct cost to students. If the course requires identity verification or proctored testing, the technology requirements are: Any computer meeting the minimum computing requirements, plus web camera, speaker, and microphone (or headset). Proctorio also requires the Chrome web browser with their custom plug in.

Other Technology Support

For log-in problems, students should contact Help Desk Central, 24 hours a day, 7 days a week

Email: helpdesk@tamu.edu Phone: (254) 519-5466

Web Chat: [http://hdc.tamu.edu]

Please let the support technician know you are an A&M-Central Texas student.

UNIVERSITY RESOURCES, PROCEDURES, AND GUIDELINES

Drop Policy

If you discover that you need to drop this class, you must complete the <u>Drop Request</u> Dynamic Form through Warrior Web.

[https://dynamicforms.ngwebsolutions.com/casAuthentication.ashx?InstID=eaed95b9-f2be-45f3-a37d-46928168bc10&targetUrl=https%3A%2F%2Fdynamicforms.ngwebsolutions.com%2FSubmit%2FForm%2FStart%2F53b8369e-0502-4f36-be43-f02a4202f612].

Faculty cannot drop students; this is always the responsibility of the student. The Registrar's Office will

provide a deadline on the Academic Calendar for which the form must be completed. Once you submit the completed form to the Registrar's Office, you must go into Warrior Web and confirm that you are no longer enrolled. If you still show as enrolled, FOLLOW-UP with the Registrar's Office immediately. You are to attend class until the procedure is complete to avoid penalty for absence. Should you miss the drop deadline or fail to follow the procedure, you will receive an F in the course, which may affect your financial aid and/or VA educational benefits.

Academic Integrity

Texas A&M University-Central Texas values the integrity of the academic enterprise and strives for the highest standards of academic conduct. A&M-Central Texas expects its students, faculty, and staff to support the adherence to high standards of personal and scholarly conduct to preserve the honor and integrity of the creative community. Any deviation by students from this expectation may result in a failing grade for the assignment and potentially a failing grade for the course. All academic misconduct concerns will be referred to the Office of Student Conduct. When in doubt on collaboration, citation, or any issue, please contact your instructor before taking a course of action.

For more <u>information regarding the Student Conduct process</u>, [https://www.tamuct.edu/student-affairs/student-conduct.html].

If you know of potential honor violations by other students, you may <u>submit a report</u>, [https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=0].

Academic Accommodations

At Texas A&M University-Central Texas, we value an inclusive learning environment where every student has an equal chance to succeed and has the right to a barrier-free education. The Warrior Center for Student Success, Equity and Inclusion is responsible for ensuring that students with a disability receive equal access to the university's programs, services and activities. If you believe you have a disability requiring reasonable accommodations, please contact the Office of Access and Inclusion, WH-212; or call (254) 501-5836. Any information you provide is private and confidential and will be treated as such.

For more information, please visit our <u>Access & Inclusion</u> Canvas page (log-in required) [https://tamuct.instructure.com/courses/717]

Important information for Pregnant and/or Parenting Students

Texas A&M University-Central Texas supports students who are pregnant and/or parenting. In accordance with requirements of Title IX and related guidance from US Department of Education's Office of Civil Rights, the Dean of Student Affairs' Office can assist students who are pregnant and/or parenting in seeking accommodations related to pregnancy and/or parenting. Students should seek out assistance as early in the pregnancy as possible. For more information, please visit Student Affairs [https://www.tamuct.edu/student-affairs/pregnant-and-parenting-students.html]. Students may also contact the institution's Title IX Coordinator. If you would like to read more about these requirements and guidelines online, please visit the website

[http://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.pdf].

Title IX of the Education Amendments Act of 1972 prohibits discrimination on the basis of sex and gender—including pregnancy, parenting, and all related conditions. A&M-Central Texas is able to provide flexible and individualized reasonable accommodation to pregnant and parenting students. All pregnant and parenting students should contact the Associate Dean in the Division of Student Affairs at (254) 501-5909 to seek out assistance. Students may also contact the University's Title IX Coordinator.

Tutoring

Tutoring is available to all A&M-Central Texas students, both virtually and in-person. Student success coaching is available online upon request.

If you have a question, are interested in becoming a tutor, or in need of success coaching contact the Warrior Center for Student Success, Equity and Inclusion at (254) 501-5836, visit the Warrior Center at 212 Warrior Hall, or by emailing WarriorCenter@tamuct.edu.

To schedule tutoring sessions and view tutor availability, please visit <u>Tutor Matching</u>
Services [https://tutormatchingservice.com/TAMUCT] or visit the Tutoring Center in 111 Warrior Hall.

Chat live with a remote tutor 24/7 for almost any subject from on your computer! Tutor.com is an online tutoring platform that enables A&M-Central Texas students to log in and receive online tutoring support at no additional cost. This tool provides tutoring in over 40 subject areas except writing support. Access Tutor.com through Canvas.

University Writing Center

University Writing Center: Located in Warrior Hall 416, the University Writing Center (UWC) at Texas A&M University—Central Texas (A&M—Central Texas) is a free service open to all A&M—Central Texas students. For the Spring 2022 semester, the hours of operation are from 10:00 a.m.-5:00 p.m. Monday thru Thursday in Warrior Hall 416 (with online tutoring available every hour as well) with satellite hours available online only Monday thru Thursday from 6:00-9:00 p.m. and Saturday 12:00-3:00 p.m.

Tutors are prepared to help writers of all levels and abilities at any stage of the writing process. While tutors will not write, edit, or grade papers, they will assist students in developing more effective composing practices. By providing a practice audience for students' ideas and writing, our tutors highlight the ways in which they read and interpret students' texts, offering guidance and support throughout the various stages of the writing process. In addition, students may work independently in the UWC by checking out a laptop that runs the Microsoft Office suite and connects to WIFI, or by consulting our resources on writing, including all of the relevant style guides. Whether you need help brainstorming ideas, organizing an essay, proofreading, understanding proper citation practices, or just want a quiet place to work, the UWC is here to help!

Students may arrange a one-to-one session with a trained and experienced writing tutor by making an appointment via <u>WCOnline</u> [https://tamuct.mywconline.com/]. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor by making an appointment via <u>WCOnline</u> [https://tamuct.mywconline.com/]. In addition, you can email Dr. Bruce Bowles Jr. at bruce.bowles@tamuct.edu if you have any questions about the UWC, need any assistance with scheduling, or would like to schedule a recurring appointment with your favorite tutor.

University Library

The University Library provides many services in support of research across campus and at a distance. We offer over 200 electronic databases containing approximately 400,000 eBooks and 82,000 journals, in addition to the 96,000 items in our print collection, which can be mailed to students who live more than 50 miles from campus. Research guides for each subject taught at A&M-Central Texas are available through our website to help students navigate these resources. On campus, the library offers technology including cameras, laptops, microphones, webcams, and digital sound recorders.

Research assistance from a librarian is also available 24 hours a day through our online chat service, and at the reference desk when the library is open. Research sessions can be scheduled for more comprehensive assistance, and may take place virtually through WebEx, Microsoft Teams or in-person at the library. Schedule an appointment

<u>here</u> [https://tamuct.libcal.com/appointments/?g=6956]. Assistance may cover many topics, including how to find articles in peer-reviewed journals, how to cite resources, and how to piece together research for written assignments.

Our 27,000-square-foot facility on the A&M-Central Texas main campus includes student lounges, private study rooms, group work spaces, computer labs, family areas suitable for all ages, and many other features. Services such as interlibrary loan, TexShare, binding, and laminating are available. The library frequently offers workshops, tours, readings, and other events. For more information, please visit our Library website

[http://tamuct.libguides.com/index].

OPTIONAL POLICY STATEMENTS

A Note about Sexual Violence at A&M-Central Texas

Sexual violence is a serious safety, social justice, and public health issue. The university offers support for anyone struggling with these issues. University faculty are mandated reporters, so if someone discloses that they were sexually assaulted (or a victim of Domestic/Dating Violence or Stalking) while a student at TAMUCT, faculty members are required to inform the Title IX Office. If you want to discuss any of these issues confidentially, you can do so through Student Wellness and Counseling (254-501-5955) located on the second floor of Warrior Hall (207L).

Sexual violence can occur on our campus because predators often feel emboldened, and victims often feel silenced or shamed. It is incumbent on ALL of us to find ways to actively create environments that tell predators we don't agree with their behaviors and tell survivors we will support them. Your actions matter. Don't be a bystander; be an agent of change. For additional information on campus policy and resources visit the Title IX webpage [https://www.tamuct.edu/compliance/titleix.html].

Behavioral Intervention

Texas A&M University-Central Texas cares about the safety, health, and well-being of its students, faculty, staff, and community. If you are aware of individuals for whom you have a concern, please make a referral to the Behavioral Intervention Team. Referring your concern shows you care. You can complete the referral online

[https://cm.maxient.com/reportingform.php?TAMUCentralTexas&layout_id=2].

Anonymous referrals are accepted. Please see the <u>Behavioral Intervention Team</u> website for more information [https://www.tamuct.edu/bit]. If a person's behavior poses an imminent threat to you or another, contact 911 or A&M-Central Texas University Police at 254-501-5805.

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