

Course Title: Issues of Substance Abuse in Family Systems Term and Year: Spring 2024

Course and Section Number: PSY 433 Time and Place: Asynchronous, Online

**Number of Credit Hours: 3** 

Instructor: TBD Office Location/Hours: TBD

Office Phone: TBD Email: TBD

**Course Description:** This course is designed to increase understanding of the impact addiction has on the family system and methods to work with families to promote recovery. Course can be used toward NAADAC certification for Addiction Professional in Training.

Learning Outcomes: Upon completion of this course, the student should be able to:

- 1. Identify the impact of addiction on the family system.
- 2. Discuss the theoretical models of the family approach to substance abuse treatment.
- 3. Identify the role of the family system in the recovery process.
- 4. Describe strategies to engage family members in the recovery process.
- 5. Analyze family based interventions utilized to encourage individuals with a substance abuse issue to engage in treatment.
- 6. Demonstrate techniques to assist the family in recovering from the effects of addiction.

Prerequisites: PSY 113 Principles of Psychology

**Required Text:** This course utilizes Open Educational Resources at no cost to learners. All required reading and learning material is available in the online course room.

## **Course Requirements:**

**Attendance/Participation:** All students are expected to log in to their courses regularly throughout the week to receive instruction, materials, and updates from the instructor. It is your responsibility to check in and submit your assignments, complete your discussion board postings, and finish quizzes and exams by the due dates.

If you do not participate in the course, you will be counted absent. Simply logging in is not enough; you must submit/complete an assignment, post to a discussion board, or other similar assignment

tasks to avoid being counted absent. Instructors are required to submit attendance the Monday following each week of class.

This attendance is reported to the Financial Aid Department and may result in the loss of any financial aid refund you are expecting if you have not been participating in your courses. **In addition, you will be administratively dropped from the course if you are reported absent a total of three weeks.** 

## **Grading/Evaluation:**

The undergraduate course grading scale is as follows:

90-100% A	75-79% C+	60-64% D
85-89% B+	70-74% C	59% and below F
80-84% B	65-69% D+	

Grading will be based on discussion forum entries, course projects, and quizzes. Please see the written assignment rubric and discussion forum rubric found in the Start Here page for grading criteria and assignment expectations.

Discussion Forums (40 points each)	.360 points
Course Projects (115 points each)	.460 points
Quizzes (60 points each)	180 points

Note: Initial discussion forum posts are due on Wednesdays at 11:59PM EST. Two discussion forum replies and other assignments are due on Sundays at 11:59PM EST. Assignments for the final week of class will be due on Saturday at 11:59PM EST.

### Other Policies:

# Late Policy:

There is a 20% penalty for each day an assignment is past due, up to 2 days. After 2 days, the assignment will not be accepted. Late discussion forum posts will not be accepted for credit. No assignments will be accepted for credit after the last day of the course.

### **Academic Misconduct:**

The University prohibits all forms of academic misconduct. Academic misconduct refers to dishonesty in examinations (cheating), presenting the ideas or the writing of someone else as one's own (plagiarism) or knowingly furnishing false information to the University by forgery, alteration, or misuse of University documents, records, or identification. Academic dishonesty includes, but is not limited to, the following examples: permitting another student to plagiarize or cheat from one's own work, submitting an academic exercise (written work, printing, design, computer program) that has been prepared totally or in part by another, acquiring improper knowledge of the contents of an exam, using unauthorized material during an exam, submitting the same paper in two different courses without knowledge and consent of professors, or submitting a forged grade change slip or computer tampering. The faculty member has the authority to grant a failing grade in cases of academic misconduct as well as referring the case to Student Life.

## Plagiarism:

You are expected to submit your own work and to identify any portion of work that has been borrowed from others in any form. An ignorant act of plagiarism on final versions and minor

projects, such as attributing or citing inadequately, will be considered a failure to master an essential course skill and will result in an F for that assignment. A deliberate act of plagiarism, such as having someone else do your work, or submitting someone else's work as your own (e.g., from the Internet, fraternity file, etc., including homework and in-class exercises), will at least result in an F for that assignment and could result in an F for the course.

## **Electronic Devices:**

Use of electronic devices including smart watches and cell phones is prohibited during exams or quizzes unless directly allowed by the instructor.

# **Course Mapping:**

Week One: Substance Abuse (LO1,2)		
Learning Activities and Materials	Assessments	
Read:	Discussion Forum	
<ol> <li>SAMHSA TIP 39 – Chapter One (Pgs. 1-21) (LO1)(LO2)</li> <li>Watch:</li> <li>Everything you think you know About</li> </ol>	<ul> <li>1. Discussion Forum - Introduction: Let's get to know each other. Tell your peers:</li> <li>Area you are from</li> <li>The degree program you are</li> </ul>	
Addiction is Wrong (14:42 mins)(LO1)(LO2)  2. Dr. Claudia Black on the Family Dynamics of Addiction (31:22 mins) (LO1)(LO2)	<ul> <li>pursuing</li> <li>Your professional end goal</li> <li>Share one photo or video that will help us get to know you better (family, exciting event photo, pets or anything else that is of interest to you)</li> </ul>	
	2. Discussion Forum One: What does the TED Talk clip say about the importance of family and relationships? Describe and pay close attention to the rat study. In your own words, please also describe Claudia Black's "Dysfunctional Family Rules" from the podcast video for the week and provide one example. (LO1)(LO2)	
Week Two: Impact on Families (LO1		
Learning Activities and Materials	Assessments	
Read:  1. <u>SAMHSA TIP 39 – Chapter Two</u> (Pgs. 23 -42)(LO1)(LO2)	1. Discussion Forum Two: Watch the Ted Talk clip, the podcast with Dr. Tian Dayton and read	

Watch:	addiction differ? (LO2)
<ol> <li>SAMHSA TIP 39 – Chapter Three, (Pgs. 42 – 44) (LO2)(LO6)</li> <li>Substance Abuse and the Family - Chapter One (LO2)(LO6)</li> </ol>	Discussion Forum Three:     What benefits does creating and utilizing a genogram have in addiction treatment? How do the moral model, disease model, and family models of
Read:	Discussion Forum:
Learning Activities and Materials	Assessments
Week Three: Models of Addiction (L	(LO1)
	Quiz One: Weeks One and Two
Dynamics (28:53 mins) (LO1)(LO2)	Tian Dayton how does this relate to trauma in the family system?  • There are six patterns of interaction that are likely to be present in a family system with a member abusing illicit substances. These are described in your reading for this week.  Choose one of the patterns that you felt were present in the family system described in Sam Fowler's TedTalk. Please describe it and explain how it applies.  (LO2)  Quiz
<ol> <li>Wasted: Exposing the Family Effect of Addiction (15:18 mins)(LO1)(LO2)</li> <li>Dr. Tian Dayton on Mirroring Drunken</li> </ol>	<ul> <li>In your own words, please describe the term, "adult children of alcoholics." According to Dr.</li> </ul>
Watch:	chapter two in SAMHSA's TIP 39, then answer the two questions below:

2. Adding Relational Dynamics (8:00 mins)(LO6)	<ol> <li>Course Project One: Genogram         Assignment (LO6)     </li> </ol>		
Week Four: Approaches to Therapy (LO3)			
Learning Activities and Materials	Assessments		

1. Course Project One: Genogram

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Read:	Discussion Forum
<ol> <li>Substance Abuse and the Family - Chapter Six (Pgs. 98 – 116)(LO3)</li> <li>Watch:</li> <li>Dysfunctional Family Roles (6:09 mins)(LO3)</li> <li>Family Roles When Addiction Takes Place Podcast (17:19 mins)(LO3)</li> </ol>	1. Discussion Forum four: Think about the family roles that you learned in your reading and videos for the week. Maintaining strict confidentiality and anonymity, describe someone you know that fits into one of these roles. What behavior have you witnessed? (LO3)  Course Project  1. Course Project Two: Roles in the Family System Presentation (LO3)
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Week Five: Enhancing Motivation to Change (LO4,5)	
Learning Activities and Materials	Assessments
Read:	Discussion Forum
1. SAMHSA TIP 35 – Chapter One (Pgs. 1 - 16)(LO4)(LO5)  2. Stages of Change Described (Pgs. 1 - 7)(LO4)(LO5)  Watch:  1. Introduction to Motivational Interviewing (17:22 mins)(LO4)(LO5)	1. Discussion Forum Five: Watch the video on Motivational Interviewing. What is the difference between resistance and ambivalence to change? How does Motivational Interviewing help clients work through their ambivalence? Can you think of a time when you or someone you know was ambivalent about change? Using terms found in Motivational Interviewing, how did you/they work through this? (LO4)(LO5)  Course Project
	Course Project
W 1 01 0 101 D 1 11 0 0	1. Course Project Three: Stages of Change Assignment (LO4)(LO5)
Week Six: Specific Populations (LO1	
Learning Activities and Materials	Assessments
Read:	Discussion Forum
1. SAMHSA TIP 39 – Chapter Five (Pgs. 95 – 117)(LO1)(LO3) Review:	Discussion Forum Six:     Your module for this week is about specific populations. As a counselor or individual in the helping profession

you will eventually work with individuals who have backgrounds 1. Cultural Competencies (LO1)(LO3) and experiences vastly different from your own. Choose one or more of the Watch: populations discussed in your learning materials this week and 1. Challenges and Rewards of Culturallydescribe some of the factors that are Informed Approach to Mental Health (17:57 important to consider when working mins)(LO1)(LO3) with someone from this population. Explain why it is important for counselors to be culturally competent in their practices. (LO1)(LO3) Quiz 1. Quiz 2: Weeks Three through Six (LO1)(LO3) Week Seven: Recovery Group Treatment (LO4) **Learning Activities and Materials Assessments** Discussion Forum Read: 1. SAMHSA TIP 41 – Chapter Two (Pgs. 9 1. Discussion Forum Seven: <u>- 29)(LO4)</u> Read chapter two from TIP 41 and watch the Self-Help and Support Groups video. Imagine that you are a Watch: counselor and suggest to your client that they attend group sessions for 1. Self Help and Support Groups Overview additional support. What type of (21:24 mins)(LO4) group would you recommend? Describe the group you chose in your 2. Addiction Impacts Addiction Impacts the own words and explain how attending Entire Family: Pearls for Providers (7:20 this group will benefit your client. mins) (LO4) When replying to other students, suggest alternative options. (LO4) Course Project 1. Course Project Three: 12-Step Assignment (LO4) Week Eight: Family Therapy Application (LO2,4) **Learning Activities and Materials Assessments** Discussion Forum Read: Discussion Forum Eight:

- 1. <u>Substance Abuse and the Family Chapter Fifteen</u> (Pgs. 320 344)(LO2)(LO4)
- 2. <u>TIP 39 Chapter Four (Pgs. 75 94)</u>(LO2)(LO4)

#### Watch:

1. <u>Integrated Treatment Models (5:00 mins)</u>(LO2)(LO4)

You are introduced to numerous models for family substance abuse treatment in the integrated treatment models video for this week as well as your readings. Choose two of these models and describe them in your own words. What are the benefits of each? Do you see any disadvantages with one model compared to the other? When replying to other students, help to expand on their identified model and suggest alternative models. (LO2)(LO4)

Quiz

Quiz 3: Weeks Seven and Eight (LO2)(LO4)

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