

# APCE 624 - ASSESSMENT AND TREATMENT OF SUBSTANCE ABUSE

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Dec 4-6 & 18-20, F 4:05-10:00, S 8-5pm, N 8-4pm  
Lowry

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## **Course Description:**

Examination of the major treatment approaches to substance abuse and their accompanying theories of etiology. Investigation of the pharmacological and neurological aspects of commonly abused substances. Explore meaning of addiction and abuse in relationship to other compulsive behaviors. This course incorporates content required by the Alcohol and Drug Abuse Division of the Colorado Department of Human Services to meet the standards for the ADAD I required course, *Principles of Addiction Treatment*. Dr. Faragher is an ADAD approved trainer for this course. Course content will include:

## **Models of addiction**

- Temperance
- Moral
- Spiritual
- Disease
- Psychological
- Biological (neurobiological)
- Biopsychosocial

## **Evidenced-Based Treatment Approaches**

- Motivational Interviewing
- Cognitive Behavioral Therapy (Relapse Prevention)
- Disulfiram
- Methadone Maintenance (Opioid Replacement Therapy)

## **Course Objectives:**

Gain familiarity with major treatment models and their underlying theories in order to generate comparative critiques. Develop basic assessment skills to identify and differentiate substance abuse from other clinical disorders. Develop an understanding of the interpersonal function of substance abuse and related compulsive behaviors.

## **Required Reading:**

One packet of selected readings compiled by Dr. J. Michael Faragher is available at:  
The Book Stop  
931 16th St  
Greeley, CO 80631-5511  
(970) 356-1687

## **Course Content:**

### ***Theories of Addiction -***

Personal values and addiction models.  
Understanding research.  
Definition of addiction/substance dependence.  
Assumptions of each model.

Anomalies associated with each model.  
Precursors to substance abuse.  
Personality dynamics and substance abuse.  
Family systems and substance abuse.  
Current textbook science.

**Assessment of Addiction -** Behaviors associated with substance abuse.  
Substance abuse assessment methods.  
Assessment tools.  
DSM IV and substance abuse.

**Treatment of Addiction -** NIDA – Thirteen Principles of Effective Treatment  
History of substance abuse treatment.  
Current treatment strategies.  
Stages of Change  
Substitute or cross addictions (non substance).  
Emerging trends in treatment  
Relapse prevention.

**Requirements:**

1. **Annotated Bibliography:** This is a literature review of some aspect of addiction based on a critique of five state-of-the-art references. The annotations are your personal critical commentaries or explanatory notes, not simply copies of the journal abstracts or summaries. Resources must be refereed journals and photocopies of the journal articles must be submitted with the annotated bibliographies. *See required readings packet pp. 2-4 for sample and description.*
2. **Report and presentation** on visit to a licensed treatment facility. A copy of the one page report (pg. 1) will be distributed to all members of the class at the time of the presentation.
3. **Midterm Exam** covering selected readings, videos and class discussion. The exam will be objective, i.e., multiple choice and true-false.
4. **Final Exam** covering the selected readings, videos and class discussion. The final exam will be objective, i.e., multiple choice and true-false, covering material from midterm forward.

**Grades:**

Final grades will be determined by the quality of the above four requirements. The annotated bibliography and agency report/presentation will each count 2 points to be added to the scores on the midterm and final exams.

93% - 100%	A
85% - 92%	B
78% - 84%	C
70% - 77%	D
below 70%	F

## Course Schedule

Dec 4	<p>Introduction. Discuss syllabus.</p> <p>HANDOUTS:</p> <ul style="list-style-type: none"> <li>• <b><u>Syllabus</u></b></li> </ul> <p>VIDEOS:</p> <ul style="list-style-type: none"> <li>• <b><u>John Stossel: Help Me: I Can't Help Myself</u></b></li> <li>• <b><u>Ecstasy Rising</u></b> (optional)</li> </ul> <p>READINGS:</p> <ul style="list-style-type: none"> <li>• <b><u>Licensed Treatment Program Directory</u></b> 322</li> <li>• <b><u>Addiction Counselor Competencies – TAP21</u></b> (reference) 347 TAP 21 <a href="http://www.nattc.org/resPubs/tap21/accksa.html">http://www.nattc.org/resPubs/tap21/accksa.html</a></li> <li>• <b><u>Annotated Bibliography</u></b> 1-3</li> <li>• <b><u>Op-Ed/Editorial: Private Interest vs. Public Interest</u></b> 355</li> <li>• <b><u>Hidden Tobacco Money</u></b> 19</li> <li>• <b><u>Scientists Urge Journal Policy on Disclosures</u></b> 22</li> <li>• <b><u>NIH Needs “Drastic Changes”.....</u></b> 23</li> <li>• <b><u>Report of Ecstasy Drug’s Great Risks.....</u></b> 25</li> <li>• <b><u>Is There a Dangerous Epidemic of Crystal Meth....?</u></b> 27</li> <li>• <b><u>ADAD-Theories of Addiction</u></b> 29</li> <li>• <b><u>What is addiction:</u></b> Discussion with overheads 38</li> <li>• <b><u>What’s in a Word? Addiction vs Dependence in DSM-V</u></b> 4</li> <li>• <b><u>The Origins of Addiction: Evidence from the ACE Study</u></b> 6</li> </ul>
Dec 5	<p>VIDEOS:</p> <ul style="list-style-type: none"> <li>• <b><u>Primetime: Critical learning periods</u></b> (transcript in packet)</li> <li>• <b><u>I Am Your Child</u></b></li> </ul> <p>READINGS:</p> <ul style="list-style-type: none"> <li>• <b><u>Addiction: A Brain Ailment, Not a Moral Lapse</u></b> 32</li> <li>• <b><u>“Hijacking” the Brain</u></b> 34</li> <li>• <b><u>Unconscious Signals Can Trigger Drug Craving</u></b> 41</li> <li>• <b><u>Decision Making May Be Surprisingly Unconscious Activity</u></b> 42</li> <li>• <b><u>Cause &amp; Affect: Emotions .. Unconsciously &amp; Subliminally Evoked</u></b> 44</li> <li>• <b><u>Primetime: Critical learning periods</u></b> – transcript from video 47</li> <li>• <b><u>Your Child’s Brain</u></b> – Newsweek 49</li> <li>• <b><u>The Brain: Our Universe Within - Evolution</u></b> - notes from video 46</li> <li>• <b><u>Twins’ Distress Differs.....</u></b> 68</li> <li>• <b><u>Anxiety in Pregnancy Linked to Child’s Behavior Problems</u></b> 69</li> <li>• <b><u>Co-Alcoholic, Para-Alcoholic: .....(overheads – p 81) – Greenleaf</u></b> 82</li> <li>• <b><u>Early Neglect Predicts Aggressive Behavior in Children</u></b> 98</li> </ul>
Dec 6	<p><b>ALCOHOL ADDICTION</b></p> <p>VIDEOS:</p> <ul style="list-style-type: none"> <li>• <b><u>Are You in Control – ABC 20/20</u></b></li> <li>• <b><u>Under the Influence</u></b></li> </ul>

- **Methodonia (optional)**

READINGS:

- **Survivor Roles** 100
- **Adolescent Drug Use and Psychological Health** - Shedler & Block 103  
[http://www.druglibrary.org/schaffer/kids/Adolescent\\_Drug\\_Use\\_ALL.htm](http://www.druglibrary.org/schaffer/kids/Adolescent_Drug_Use_ALL.htm)  
 (Overheads at end of article)
- **The "Monkey Model" of Addiction: A Dangerous Myth** – Wilbanks 133
- **Allelic Association of Human Dopamine D<sub>2</sub> Receptor Gene** .... – JAMA 137
- **Finding the Gene(s) for Alcoholism** – JAMA 143
- **The A1 Allele at the D<sub>2</sub> Dopamine Receptor Gene** ..... – JAMA 145
- **Broadening the Base of Treatment** - Institute of Medicine Report 154  
 600+ page report – [www.nap.edu/catalog/1341.html](http://www.nap.edu/catalog/1341.html)

Skim

**Midterm Exam**

Dec 18

**TREATMENT**

VIDEOS: **Assessment (outline - pg 162)**  
**Relapse Prevention (outline - pg 164)**

READINGS:

- **NIDA-13 Principles of Effective Treatment** 158
- **Influences on Help-Seeking for Drinking Problems** ..... - Tucker & Sobell 165
- **Antabuse** 171
- **Buprenorphine** 172
- **Methodone Maintenance** 173
- **Naltrexone** 174

Dec 19

VIDEOS: **Motivational Interviewing for Addictions** – William Miller  
**Cognitive Therapy for Addictions** – Bruce Liese  
**Meth** (optional)

READINGS:

- **12 Steps of Alcoholics Anonymous** 175
- **Sobriety Spreadsheet** (Rational Recovery) 178
- **AVRT in a Nutshell** – Jack Trimpey 180
- **SMART Recovery (Self Management and Recovery Training)** 182
- **A Toast to Moderation** - Audrey Kishline 184
- **Stages of Change** - Prochaska & DiClemente 205
- **Motivational Interviewing** (overheads – 198)- Miller & Rollnick 189
- **Motivational Interviewing** 200
- **What is Cognitive Behavior Therapy** 215
- **CBT in the Scientific Era** 217
- **12 Irrational Ideas** 220
- **Checklist of Cognitive Distortions** 221
- **Thought Record** 222
- **Assumptions and Core Beliefs** 223
- **Socratic Questioning** 224
- **Identifying Problem Behavior & Conducting Functional Assessment** 225
- **Finding Evidence that Doesn't Support Hot Thought** 227
- **Socratic Questioning Cheat Sheet** 228

**SMOKING**

VIDEO: **Showdown on Tobacco Road** (optional)

READINGS:

- **Smoking Tied to Unhappy Childhood** 232
- **Publication of Surgeon General's Report on Smoking & Health** 234

- **Treating Tobacco Use and Dependence** 235

**SEX ADDICTION**

VIDEO: **Sex Mania**

READINGS:

- **Levels of Sexual Addiction**.....Carnes 240

**LOVE ADDICTION**

- **Addicted to Love** 244

**RELATIONSHIP ADDICTION**

VIDEO: **Obsessive Love**

READINGS:

- **Addictive Relationships** 245
- **Characteristics of Relationship Addiction** 247
- **The Three Faces of Love (skim & look at diagrams)** 248

**EATING DISORDERS**

VIDEO: **The Secret Life of Mary Margaret**

READINGS:

- **Characteristics Common to Females**.....Kerr, Skok & McLaughlin 251
- **Eating Disorders** 253
- **Dopamine Deficiencies Linked to Obesity** 257
- **Sufferers Often Socialize with Others Having Same Problem** 261

Dec 20

**GAMBLING ADDICTION**

VIDEO: **Kids, Cards, & Dice** - Al Roker Gambling Special – (optional)

READINGS: **Draft of DSM-IV** 262

**CULT ADDICTION** (Optional)

VIDEOS: **In the Name of God; Scientology**

READINGS:

- **Are You Curious About Yourself** 270
- **Differences Between a Cult and a Religion** 271

**Final Exam** - covers videos, readings and class discussion from midterm forward.  
Annotated Bibliography with copies of articles due.  
Agency Visit Presentations / Agency Visit Reports due.

**Other Resources in Reading Packet**

- Brain Facts: A Primer on the Brain and Nervous System – www.sfn.org
- Youth Drug Statistics
- List of Psychoactive Drugs
- DSM IV
- DSM Criteria of Substance Dependence
- VA's Rule on Alcoholics
- Blum Patent
- Talbot Conviction
- Scientific Revolution Paradigm (Kuhn)
- Most Alcoholics Die of....; AA Found to be Religious by Courts
- Stages of Change – Therapeutic Goals & Interventions
- Link to article on Scientology in Time Magazine  
<http://www.crackpots.org/time-con.htm>
- Description of Life in a Cult – Steve Hassan

- Exercise, Work and On-Line Stock Trading Addictions
- Assessment and Assessment Instruments
- Alcohol and Drug Web Sites
- Colorado Treatment Centers
- Addiction Counseling Competencies
- The Change Book - ATTC (Addiction Technology Transfer Center)