

**Nova Southeastern University
Center for Psychological Studies**

Course Outline

- Course # and Title:** PSY 612: Substance Abuse
- Credit Hours:** 3
- Location:** Orlando/ OR2
- Dates:** May 2, 3, 4, 2008
May 16, 17, 18, 2008
- Instructor:** Mark B. Sobell, Ph.D., ABPP
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- Class Times:** Fridays 6:00 p.m. – 10:00 p.m.
Saturdays 8:30 a.m. – 6:00 p.m.
Sundays 8:30 a.m. – 5:30 p.m.
- Required Texts:** Maisto, Stephen A., Galizio, M., & Connors, G.J. *Drug Use and Abuse*, 5th edition. Belmont, CA: Wadsworth/Thomson Learning, 2008, ISBN-10: 049509207X; ISBN-13: 9780495092070.
- Recommended Texts:** Substance Abuse and Mental Health Administration. (1999). *Enhancing Motivation for Change in Substance Use Disorder Treatment (Treatment Improvement Protocol Series No. 35)*. Rockville, MD: U.S. Department of Health and Human Services. **(Note: Can be obtained free of charge from National Clearinghouse for Alcohol and Drug Dependence by calling 1-800-729-6686 and asking for DHHS Pub #99-3354).** There will be no assigned readings from this book, but you will find it very helpful and are strongly recommended to obtain a copy while it is still free. **(VERY HIGHLY RECOMMENDED)**

Course Description:

This course investigates the etiology of alcoholism and drug dependency. Attention is given to assessment and treatment in both individual and family therapy approaches. **Prerequisites: PSY 502; PSY 511.**

Substance use problems are a major public health issue, yet alcohol and drug use are regular features of many peoples' lives. Because of this intermingling of sanctioned and unsanctioned substance use, there has been increasing overlap between treatment and prevention approaches. Thus, although the focus of this course is largely clinical, there will also be consideration of preventive interventions, such as harm reduction, the war on drugs, and legalization. Clinical content will include assessment, intervention methods, and treatment outcome evaluation with an emphasis on the empirical literature. A wide variety of clinical methods and issues will be reviewed and evaluated. Examples include: the validity of self-reports; motivational interventions; relapse prevention; tolerance; physical dependence; self-help groups; natural recoveries (i.e., without formal treatment); and cost-effective and efficient approaches to treatment.

Course Objectives:

1. Be knowledgeable about alcohol and other illicit street drugs, their chemical and addictive properties and effects on the brain and body.
2. Be able to differentiate among use, abuse, and dependency on alcohol and drugs.
3. Be knowledgeable about various treatment models for substance abuse.
4. Be knowledgeable about the role of self-help groups in the recovery process.
5. Be able to differentially diagnosed persons with co-occurring substance related and mental disorders.
6. Be knowledgeable about the organization of the substance abuse delivery system.
7. Be knowledgeable about evaluative models assessing the effectiveness of self help and dual diagnosis services.

Calendar of Assignments: A note about the readings. The textbook goes into a fair amount of detail on many topics. I am only concerned about the BIG points, not about minor details. In addition, the tests will be open book and open notes.

Prior to May 2, 2008:

Read: Chapters 1–12.

Prior to May 16, 2008:

Read: Chapters 15, 16.

Due: May 16, 2008: Attend One Self-Help Group Meeting and Write a Brief Paper on -- For What Types of Persons This Group Might be Helpful and For What Types of Persons This Group Would Probably Not be Helpful, and WHY: Write a 1-2 page double spaced paper describing your visit. Describe what happened during the meeting and your reactions. Based on your experience, **describe what types of people you think might find such meetings helpful and what kinds of people might be unwilling to attend such meetings or unlikely to**

find them helpful. Remember do not just report on what your experience was like, but also answer the question that has been posed (what types of people would fit best into that self-help group). You may be asked to discuss your impressions in the class.

Description of Examinations: There will be an examination each weekend. The examinations will **not** be cumulative in content. They will cover assigned readings and the material presented during class, and they will be open book and open note. The exams will consist of mostly short answer and some multiple-choice questions.

Class Format and Topics: The class format will be a mix of lecture, discussion, and videotapes.

Grading Criteria: Course grading will be based mainly on performance on examinations, with a small contribution also coming from students' short papers. The short paper assignment should be taken seriously because it should be obvious that the grade on the paper could constitute a "swing vote" should exam performance put a student right in the middle between two grades. Examinations will be open note and open book and will be graded on a curve.

Mid-term examination	Mid-term examination	45%
	Short paper	10%
	Final examination	<u>45%</u>
	Total Grade	100%

Books & Journal in Library for Psychology 612: Substance Abuse

Journals:

Addictive Behaviors; Journal of Studies on Alcohol; Addiction; Psychology of Addictive Behaviors; Journal of Substance Abuse; Alcoholism: Clinical and Experimental Research

Allen, J. P., & Wilson, V. (2003). *Assessing alcohol problems (2nd ed.)*. Rockville, MD: National Institute on Alcohol Abuse and Alcoholism.

Bishop, F. Michler. (2001). *Managing Addictions*. Northvale, NJ: Aronson.

Blane, H. T. & Leonard, K. E. (1987). Psychological theories of drinking and alcoholism. In (pp. *addictive behavior*. New York: Guilford.

Brust, J.C.M. (1993). *Neurologic aspects of substance abuse*. Boston: Butterworth-Heinemann.

Carson-DeWitt, R., (Editor in chief). (2001). *Encyclopedia of drugs, alcohol, & addictive behavior*. New York: Macmillan Reference USA.

Cox, T.C., et al. (Eds.) (1983). *Drugs and drug abuse: a reference text*. Toronto: Addiction Research Foundation.

Demming, P. (2000). *Practicing harm reduction: an alternative approach to addictions*. New York: Guilford Publications.

Ettorre, E.M. (1992). *Women and substance use*. New Brunswick, NJ: Rutgers University Press.

Gold, M.S. (1995). *Tobacco*. New York: Plenum Medical Book Co.

Goldberg, R. (Ed.) (1995). *Taking sides: clashing views on controversial issues in drugs and society, 2nd ed.* Guilford, CONN: Dushkin Pub. Group/Brown & Benchmark Publishers.

Goode, E. (1984). *Drugs in American society, 2nd ed.* New York: Knopf.

Hester, R.K. & Miller, W.R. (Eds.) (1995). *Handbook of alcoholism treatment approaches: Effective alternatives. 2nd Edition*. Boston: Allyn & Bacon.

Hutchings, D. (1985). *Methadone, treatment for addiction*. New York: Chelsea House.

Klingemann, H. K., Sobell, L. C., Barker, J., Blomqvist, J., Cloud, W., Ellingstad, T. P., et al. (2001). *Promoting self-change from problem substance use: Implications for policy, prevention and treatment*. Boston, MA: Kluwer Academic Publishers.

Levison, P.K., Gerstein, D.R., & Maloff, D.R. (Eds.) (1983). *Commonalities in substance abuse and habitual behavior*. Lexington, MASS: Lexington Books.

Lowinson, J.H., Ruiz, P., Millman, R.B. (Eds.) (1992). *Substance abuse: a comprehensive textbook*. Baltimore: Williams & Wilkins.

- Maisto, S. A., Galizio, M., & Connors, G. J. (1995). *Drug use and abuse (2nd edition)*. Fort Worth, TX: Harcourt Press.
- Marlatt, G. A., & Donovan, D.M. (2005). *Relapse prevention, 2nd edition*. New York: Guilford Press.
- Marlatt, G. A., & Witkiewitz, K. (2002). Harm reduction approaches to alcohol use: Health promotion, prevention, and treatment. *Addictive Behaviors, 27*(6), 867-886.
- Miller, W. R. & Rollnick, S. (1991). *Motivational interviewing: Preparing people to change*. New York: Guilford.
- Orford, J. (1985). *Excessive appetites: A psychological view of addictions*. New York: Wiley.
- Orleans, C.T. & Slade, J. (Eds.) (1993). *Nicotine addiction: principles and management*. New York: Oxford University Press.
- Schuckit, M.A. (2000). *Drug and alcohol abuse: a clinical guide to diagnosis and treatment, 5th Ed.* New York: Kluwer Academic/Plenum Publishers.
- Seivewright, N. (2000). *Community treatment of drug misuse: more than methadone*. Cambridge: Cambridge University Press.
- Sobell, M.B., & Sobell, L.C. (1993). *Problem drinkers: guided self-change treatment*. New York: Guilford Press.
- Watson, R.R. (Ed.) (1994). *Addictive behaviors in women*. Totowa, NJ: Humana Press.
- Weiss, R.D. & Mirin, S.M. (1987). *Cocaine*. Washington, D.C.: American Psychiatric Press.
- Whelan, E.M. (1984). *A smoking gun: how the tobacco industry gets away with murder*. Philadelphia: George F. Stickley.
- White, W.L. (1998). *Slaying the Dragon: The History of Addiction Treatment and Recovery in America*. Lighthouse Training Institute.
- Winger, G., Hofmann, F.G., & Woods, J.H. (1992). *A handbook on drug and alcohol abuse: the biomedical aspects*. New York: Oxford University Press.
- Zinberg, N.E. (1984). *Drug, set, and setting*. New Haven: Yale University Press.