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CATALOG DESCRIPTION OF COURSE

COUNSELING 580:   Covers a broad range of topics related to chemical dependency that school, community, student affairs, marriage/family, career, and other counselors should know. Topics include prevention, abused substances and their effects, symptoms of chemical dependency, an introduction to various chemical dependency treatment models, applications in a multicultural society, chemical dependency counseling with children and families, twelve-step and other support groups, employee assistance programs, relapse prevention, HIV/AIDS and other current issues.

GENERAL COURSE INFORMATION
This course is intended to provide an overview of substance abuse counseling. It will cover such areas as counseling strategies, diagnosis, treatment planning, program development and evaluation, substance abuse prevention, and drug effects.

II.   Course Objectives include, but are not limited to, the following:

Students will develop:

1.   a working knowledge of the role and function of a substance abuse counselor;
2.   an understanding of basic models for counseling substance abusers and their families;
3.   an awareness of the multiple factors effecting treatment outcome and efficacy;
5.   a working knowledge of substance abuse/addictive behavior within the context of special populations, e.g. adolescents, women, various cultural groups, HIV positive individuals, etc.;
6.   a working knowledge and understanding of substance abuse program planning, prevention, management and evaluation of inpatient and outpatient programs;
7.   a working knowledge of assessments used in the substance abuse field; and a working knowledge of the code of ethics;

Content Areas include, but are not limited to the following:

Students will be able to:

1. identify characteristics of substance use, abuse, and addiction;
2. diagnosis and develop an effective treatment plans from case studies;
3. identify appropriate treatment modalities;
4. identify resources in their area for substance abuse treatment as well as local support groups; and
5. develop a six week group treatment plan.

III. **Course Requirements**

1. Complete all required and supplemental readings appropriate to class needs and personal interests; be prepared to discuss in class.
2. Complete all class assignments within specified time frames.

IV. **Textbooks and Supplemental Readings**

Johnson, Jerry, L. *Fundamentals of Substance Abuse Counseling* Brooks/Cole: Pacific Grove, CA.

Supplemental Readings

NAADAC Code of Ethics

Selected Substance Abuse Periodicals

Addictive Behaviors
Advances in Alcohol and Substance Abuse
Alcohol Health and Research World
Alcohol Treatment Quarterly
American Journal of Drug and Alcohol Abuse
International Journal of the Addictions
Journal of Chemical Dependency Treatment
Journal of Studies in Alcohol
Journal of Substance Abuse Treatment
Psychology of Addictive Behaviors

V. Course Requirements

1. Examinations (50 points each) – There will be two examinations covering the text and the code of ethics. Examinations may consist of multiple choice, matching, or short answer. **(Exam #1 will October 8 And Exam #2 will be December 3)**

   2. Annotated bibliography. These articles will come from professional journals as listed above and no later than 2000. **(Due December 6)**

3. Support Group Meetings (10 points each) – Each student will be required to attend two support group meetings. **(First group meeting report is due September 30 and second group meeting is due November 18, 2016)** Meetings can be any 12 Step meeting (if you are in recovery it will be expected that you will attend meetings outside your normal area. ex: If you normally attend AA then attend Alanon or NA

Your course grade will be determined on the basis of your performance in each of the following areas:

1.	Class attendance and participation (on line discussions)	20%
2.	Midterm examination	20%
3.	Journal article annotated bibliography	20%
4.	Site visits to support groups	20%
5.	Final examination	20%

NOTE: The annotated journal bibliography must be word processed or typed double-spaced and adhere to APA publication format. A part of the evaluation will involve assessment against APA format as well as clarity of written form and grammatical accuracy. All papers will be retained by the instructor, therefore it is suggested that each student retain a copy of their work. **Please take note of the due dates listed below for the journal article manuscript. The final grade of this project will be adversely affected by any work submitted late.**

A. **Journal Article Annotated Bibliography**

   Each student will select a substance abuse or addictive behavior topic of personal and/or professional interest, one that is believed to be worthy of

theoretical/conceptual or application consideration. Research and review ten (10) *journal articles* that contain a specific theme, e.g. group work with substance abusing adolescents, outpatient treatment efficacy, solution focused therapy with substance abusers, a family therapy substance abuse approach, substance abuse assessment, women's issues in addiction, spirituality and addiction counseling, etc. Prepare an annotated bibliography (a brief summary and critical analysis) of the ten articles selected . **Please note:** Students must consult with the instructor for topic approval <u>prior</u> to beginning work on their journal article annotated bibliography. This consultation will be done either prior to or after class starts, or scheduling an appointment with the instructor.

In addition, each student is to attend two meetings of the following: an open AA or NA meeting, Al-Anon, ACOA meeting or another self-help support meeting. You are to develop a 1-2 page summary of your observations and reactions of each visit.

Note: <u>The type written summaries of these assignments are to be turned in to the dropbox/or email.</u>

C. **Examinations**

The midterm and final examinations will assess the student's knowledge of the material presented in the textbooks, reserved readings, lectures and class discussions. The format of the exams will consist of multiple choice, short answer essay and more in-depth essays.

<u>VI.</u>   <u>Class Format</u>

The class format will consist of a combination of posted lectures, discussions, and reading of book chapters.

Honor Statement

By accepting admission to Texas A&M University-Commerce, each student makes a commitment to understand, support and abide by the *University Honor Code* without compromise or exception. Violations of academic integrity will not be tolerated. This class will be conducted in strict observance of the Honor Code. Refer to your *Student Handbook* for details.

VIII.   **Course Schedule**

Review of the syllabus; introduction: working definitions and the scope of substance abuse and addiction. The role of the counselor working with addictive behavior problems

Historical perspectives; harm reduction and other strengths based strategies (motivational interviewing and solution-focused therapy).

Addictive behavior effects as viewed from physiological, psychological and socio- cultural perspectives. Introduction to theories of addictive behavior; Traditional models of addiction: disease model, behavioral model, social learning model

:   Assessment, diagnosis and treatment planning with substance abuse and dependency; Therapeutic interventions I: individual counseling

Addiction across the life span; "other" addictions

Competing and emerging models, Dual-diagnosis clients; Issues of race, ethnicity, culture, gender and sexual orientation

Therapeutic interventions: family, codependence and COA's; "intervention" with abuser/addict; strategies and methods. Substance abuse and the family: codependency, enabling and the effect on children

Group treatment and self-help groups

Recovery and growth issues: 12-step models and additional self-help support groups

Relapse prevention/change maintenance: models and strategies

Public policy, prevention, and professional issues (how to survive as a substance abuse counselor), course summary.

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Man has such a predilection for systems and abstract deductions that he is ready to distort the truth intentionally,
he is ready to deny evidence of his senses only to justify his logic.
-Dostoyevsky-

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Experiential Teacher's Paradox

It's as though the teacher said something like this: "I can tell you that there's something you need to know and I can tell you that with my help you can probably learn it. But I cannot tell you what it is in a way that you can understand. You must be willing therefore, to undergo certain experiences as I direct you to undergo them, so that you can learn what it is you need to know and what I mean by the words I use. Then and only then can you make an informed choice about whether you wish to learn this new competence. If you are unwilling to step into this new experience without knowing ahead of time what it will be like, then I cannot help you. You must trust me."

Donald Schon

A&M-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

TECHNOLOGY REQUIREMENTS

- To fully participate in online courses you will need to use a current Flash enabled internet browser. For PC and Mac users the suggested browser is Mozilla Firefox.

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
    - 512 MB of RAM, 1 GB or more preferred
    - Broadband connection required courses are heavily video intensive
    - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution

- You must have a:

- o Sound card, which is usually integrated into your desktop or laptop computer
- o Speakers or headphones.
- o *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.

- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: JAVA web site http://www.java.com/en/download/manual.jsp

- Current anti-virus software must be installed and kept up to date.

- Run a browser check through the Pearson LearningStudio Technical Requirements website. Browser Check http://help.ecollege.com/LS_Tech_Req_WebHelp/en-us/#LS_Technical_Requirements.htm#Browset

Running the browser check will ensure your internet browser is supported.
   Pop-ups are allowed.
   JavaScript is enabled.
   Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
  - o Adobe Reader https://get.adobe.com/reader/
  - o Adobe Flash Player *(version 17 or later)* https://get.adobe.com/flashplayer/
  - o Adobe Shockwave Player   https://get.adobe.com/shockwave/
  - o Apple Quick Time   http://www.apple.com/quicktime/download/

- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

- For additional information about system requirements, please see: System Requirements for LearningStudio https://secure.ecollege.com/tamuc/index.learn?action=technical

ACCESS AND NAVIGATION

Pearson LearningStudio (eCollege) Access and Log in Information

This course will be facilitated using Pearson LearningStudio, the learning management system used by Texas A&M University-Commerce. To get started with the course, go to myLeo and from the top menu ribbon select eCollege. Then on the upper left side of the screen click on the My Courses tab.   http://www.tamuc.edu/myleo.aspx

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: It is strongly recommended you perform a "Browser Test" prior to the start of your course. To launch a browser test login to Pearson LearningStudio, click on the My Courses tab, and then select the Browser Test link under Support Services.

Pearson LearningStudio Student Technical Support

Texas A&M University-Commerce provides students technical support for the use of Pearson LearningStudio.

Technical assistance is available 24/7 (24 hours, 7 days a week).

If you experience LearningStudio (eCollege) technical problems, contact the LearningStudio helpdesk at 1-866-656-5511 (toll free) or visit Pearson 24/7 Customer Support Site   http://247support.custhelp.com/

The student help desk may be reached in the following ways:

- **Chat Support:** Click on *'Live Support'* on the tool bar within your course to chat with a Pearson LearningStudio Representative.

- **Phone:** 1-866-656-5511 (Toll Free) to speak with Pearson LearningStudio Technical Support Representative.

Accessing Help from within Your Course: Click on the *'Tech Support'* icon on the upper left side of the screen inside the course. Then you will be able to get assistance via online chat or by phone.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

Policy for Reporting Problems with Pearson LearningStudio

Should students encounter Pearson LearningStudio based problems while submitting assignments/discussions/comments/exams, the following procedure must be followed:

1. Students must report the problem to the help desk. You may reach the helpdesk at 1-866-656-5511.
2. Students must file their problem with the helpdesk and obtain a helpdesk ticket number
3. Once a helpdesk ticket number is in your possession, students should email me to advise me of the problem and provide me with the helpdesk ticket number.

4. I will call the helpdesk to confirm your problem and follow up with you

PLEASE NOTE: Your personal computer and internet access problems are not a legitimate excuses for filing a ticket with the Pearson LearningStudio Help Desk. Only Pearson LearningStudio based problems are legitimate reasons to contact the Help Desk.

You strongly are encouraged to check for your internet browser compatibility **BEFORE** the course begins and take the Pearson LearningStudio tutorial offered for students who may require some extra assistance in navigating the Pearson LearningStudio platform.

myLeo Support
Your myLeo email address is required to send and receive all student correspondence. Please email helpdesk@tamuc.edu or call us at 903-468-6000 with any questions about setting up your myLeo email account. You may also access information at myLeo. https://leo.tamuc.edu

Learner Support
The One Stop Shop was created to serve you by providing as many resources as possible in one location.
http://www.tamuc.edu/admissions/onestopshop/

The Academic Success Center provides academic resources to help you achieve academic success.
http://www.tamuc.edu/campusLife/campusServices/academicSuccessCenter/

FREE MobilE APPS

The Courses apps for phones have been adapted to support the tasks students can easily complete on a smaller device. Due to the smaller screen size course content is not presented.

The Courses app is free of charge. The mobile Courses Apps are designed and adapted for different devices.

PEARSON COURSES	**App Title:**	**iPhone – Pearson LearningStudio Courses for iPhone** **Android – LearningStudio Courses - Phone**
	Operating System:	**iPhone** - OS 6 and above **Android** – Jelly Bean, Kitkat, and Lollipop OS
	iPhone App URL:	https://itunes.apple.com/us/app/pearson-learningstudio-courses/id977280011?mt=8
	Android App URL:	https://play.google.com/store/apps/details?id=com.pearson.lsphone

Once downloaded, search for Texas A&M University-Commerce, and it should appear on the list. Then you will need to sign into the myLeo Mobile portal.

The Courses App for Android and iPhone contain the following feature set:

• View titles/code/Instructor of all Courses enrolled in online
• View and respond to all discussions in individual Courses
• View Instructor Announcements in individual Courses
• View Graded items, Grades and comments in individual Courses
• Grade to Date
• View Events (assignments) and Calendar in individual Courses
• View Activity Feed for all courses
• View course filters on activities
• View link to Privacy Policy
• Ability to Sign out
• Send Feedback

LearningStudio Notifications

Students can be alerted to course activities via text on their mobile phones or up to two email addresses.

Based on their preferences, students can automatically receive a push notification with every new: course announcement, threaded discussion post, grade, and/or assignment without having to login to the course. Enrolled students will automatically receive email notifications for announcements and can opt out of this feature. To receive text notifications, students must opt in.

To begin setting up notifications, go into your course in LearningStudio and click on the bell-shaped Notifications icon on the main menu ribbon.

By default the student's university email address will appear. This cannot be changed in LearningStudio. Additional email addresses may be added by clicking the Add button. After all of the other selections are completed be sure to click the Save and Finish button.

COMMUNICATION AND SUPPORT

Interaction with Instructor Statement

The instructor's communication response time and feedback on assessments are stated clearly.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies
Attendance/Lateness, Late Work, Missed Exams and Quizzes and Extra Credit

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.
http://www.tamuc.edu/admissions/registrar/documents/studentGuidebook.pdf

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: Netiquette http://www.albion.com/netiquette/corerules.html

TAMUC Attendance

For more information about the attendance policy please visit the Attendance webpage and Procedure 13.99.99.R0.01.
http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Undergraduate Academic Dishonesty 13.99.99.R0.03

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf

Graduate Student Academic Dishonesty 13.99.99.R0.10

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf

ADA Statement

Students with Disabilities

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce
Gee Library- Room 132
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
Email: Rebecca.Tuerk@tamuc.edu

Website: Office of Student Disability Resources and Services

http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the Carrying Concealed Handguns On Campus document and/or consult your event organizer.

Web url:
http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.