

COUN 595: Addictions and Treatment
University of Bridgeport
Summer 2022

Instructor: Fredrick Dombrowski, PhD, LPC, LADC, NCC, CCMHC, MAC

Course Day/Time: Tuesday 6:00pm to 8:30pm

Class Location: Mandeville Hall Room 316

Zoom link: <https://bridgeport.zoom.us/j/94886366462>

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Office: 304 Bates Hall

Office Hours: Tuesdays, 2:00-3:30pm, Thursdays, 11:00am-12:30pm, by appointment

Course Description: This course is designed to provide a practical experience for counselors learning to work with individuals living with co-occurring mental health disorders and substance use disorders. Covered in the course will be a survey of the various psychoactive drugs and behavioral addictions along with diagnosis and treatment modalities in working with persons with substance use disorders, and those affected by persons with substance use disorders. Prerequisites include: Counseling 505, 512 and 540.

Students are expected to attend every class; attendance will be mandatory and monitored due to the short timeframe. Students are expected to complete all reading assignments and actively participate in class discussions and activities.

Course Texts:

Capuzzi, D., Stauffer, M. (2019). *Foundations of Addictions Counseling* (4th ed.). Pearson Publishing. ISBN-13: 978-0135166932

Course Objectives: By the end of this course, through satisfactory performance, students should be able to demonstrate the following:

1. The multiple professional roles and functions of counselors across specialty areas, and their relationships with human service, and integrated behavioral healthcare systems, including interagency and interorganizational collaboration and consultation (CACREP II.F.1.b.)
2. Advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients (CACREP II.F.1.e.)

3. Ethical standards of professional counseling organizations and credentialing bodies, and applications of ethical and legal considerations in professional counseling (CACREP II.F.1.i.)
4. Multicultural counseling competencies (CACREP II.F.2.c.)
5. Theories and etiology of addictions and behavior (CACREP II.F.3.d.)
6. Theories and models of counseling (CACREP II.F.5.a.)
7. A systems approach to conceptualizing clients (CACREP II.F.5.b.)
8. Counselor characteristics and behaviors that influence the counseling process (CACREP II.F.5.f.)
9. Essential interviewing, counseling, and case conceptualization skills (CACREP II.F.5.g.)
10. Evidenced-based counseling strategies and techniques for prevention and intervention (CACREP II.F.5.j.)
11. Approaches to group formation, including recruiting, screening, and selecting members (CACREP II.F.6.e.)
12. Neurobiological and medical foundation and etiology of addiction and co-occurring disorders (V.C.1.d.)
13. Potential for substance use disorders to mimic and/or co-occur with a variety of neurological, medical, and psychological disorders (CACREP V.C.2.e.)

Professional Standards Addressed:

UB Learning Outcomes	CACREP 2016 Standards	Curriculum Experience	Outcome Assessment
Demonstrate the ability to screen for substance use disorders using screening tools and the ability to assess the presence of substance use disorders using the DSM	II.F.5.g.	<ul style="list-style-type: none"> • Students will be exposed to substance abuse screening tools through weekly readings, didactic lecture, and class discussion • Students will practice identifying signs of substance abuse using the DSM in interactive class activities 	<ul style="list-style-type: none"> • Participation in structured discussion via online format (see requirements) • Case Studies • Quizzes

Describe major theoretical perspectives regarding the process of addiction; discuss risk factors for the development of addiction including: genetic, developmental, personality and social risk factors	II.F.3.d. V.C.1.d.	<ul style="list-style-type: none"> • Through weekly readings, didactic lecture, and class discussion, students will be introduced to various theoretical perspectives that explore the process of and risk factors for addiction 	<ul style="list-style-type: none"> • Participation in structured discussion via online format (see requirements) • Case Studies • Quizzes
Describe major theoretical perspectives and modalities of addiction treatment	II.F.3.d. II.F.5.a. II.F.5.b. II.F.5.j. II.F.6.e.	<ul style="list-style-type: none"> • Students will explore the nature of addiction treatment by engaging in class discussion, course readings, and quizzes • Students will apply knowledge of various theoretical perspectives to compose multiple case studies 	<ul style="list-style-type: none"> • Participation in structured discussion via online format (see requirements) • Case Studies • Quizzes
Discuss the continuum of care with respect to the treatment of addiction	II.F.1.b. II.F.1.e.	<ul style="list-style-type: none"> • Students will engage in class discussions that adapt the continuum of care concept to addiction treatment • Students will attend guest lectures by experienced addiction counselors working in the field 	<ul style="list-style-type: none"> • Participation in structured discussion via online format (see requirements) • Case Studies • Quizzes
Explore student's own beliefs and biases with respect to substance use and substance use disorders	II.F.2.c. II.F.5.f. .	<ul style="list-style-type: none"> • Students will reflect on their own and others' beliefs regarding substance abuse through class discussion and interactive activities 	<ul style="list-style-type: none"> • Participation in structured discussion via online format (see requirements) • Case Studies • Quizzes
Demonstrate knowledge of the pertinent issues within the field of addictions including the manner in which social and cultural factors that impact addiction counseling	II.F.2.c. II.F.3.d. II.F.5.b.	<ul style="list-style-type: none"> • Students will be informed of relevant current issues through weekly readings, quizzes, and subsequent discussion • Students will explore the various social and cultural factors that impact addiction counseling through course readings and class discussion 	<ul style="list-style-type: none"> • Participation in structured discussion via online format (see requirements) • Case Studies • Quizzes
Demonstrate ability to assess clients for co-occurring disorders and apply counseling strategies appropriate to co-occurring	II.F.5.g. V.C.2.e.	<ul style="list-style-type: none"> • Students will apply appropriate counseling strategies to addiction treatment through class interactive course exercises 	<ul style="list-style-type: none"> • Participation in structured discussion via online format (see requirements) • Case Studies • Quizzes

disorders			
Students will identify behaviors that increase risk for acquiring HIV and HCV; Students will be able to counsel clients regarding the CDC HIV screening recommendations	II.F.1.e. II.F.5.j.	<ul style="list-style-type: none"> Through weekly readings, quizzes, and exams, students will be exposed to and tested on the various behaviors that can increase the risk of contracting HIV and HCV 	<ul style="list-style-type: none"> Participation in structured discussion via online format (see requirements) Case Studies Quizzes
Explore the ethical and professional dimensions of addiction counseling	II.F.1.i. II.F.3.d	<ul style="list-style-type: none"> Students will participate in course discussions and interactive activities that introduce them to the ethical issues of addiction counseling 	<ul style="list-style-type: none"> Participation in structured discussion via online format (see requirements) Case Studies Quizzes

Course Requirements and Evaluation of Student Performance:

1. Course Requirements: Each student will complete the following:

- a. Attendance (15 points)
- b. Class Participation (15 points)
- c. Discussions (50 points total)
- d. Case Studies (25 points each: 50 points total)
- e. Quizzes (25 points each: 100 points total)

2. Methods of Instruction: This course will incorporate didactic lectures, which will be supplemented with other methods. Please see the instructor as soon as possible if you have special needs or problems with any aspect of this course.

3. Homework: Your homework each week is to complete the assigned readings prior to each class as well as assigned homework when given that includes discussion.

4. Class Attendance: Attendance in this course is required and expected. Formal attendance will be taken and recorded each class. Students should make sure they are on time to class and refrain from leaving early. If you cannot attend a class, you will lose the points for the time missed for that class.

Excused absence: An excused absence requires that a student provide written request to his/her faculty member. An excused absence is limited to the circumstances and deadlines narrowly defined below:

- **Religious Holidays:** must be requested in writing to the faculty member at least three (3) days before the religious holiday. Ex post facto (after the fact) notice is not accepted;
- **Known Medical or Legal Reason for Student:** must be requested in writing at least three (3) days before the absence. Documentation may be required by the faculty member. Ex post facto notice is not accepted;

- **Death in Immediate Family:** includes death of significant other, child, mother, father, siblings and/or grandparents. Written notice must be provided within three (3) days of the absence;

- **Medical:** unplanned medical or health issue, including without limitation: car accident, illness, injury to body, etc. Written notice must be provided within three (3) days of absence. Documentation may be required by the faculty member; or

- **Miscellaneous Extenuating Circumstances:** unexpected or unplanned circumstances, including without limitation: inclement weather or serious illness of dependent.

Written notice must be provided within three (3) days of absence. Documentation may be required by the faculty member.

Any missed assignment or examination must be made up within one week of the excused absence. If the student fails to timely do so, s/he shall receive an automatic grade of zero for the missed work.

Unexcused Absence: An unexcused absence is defined as follows:

- An absence which, in the faculty member's discretion, does not qualify as excused absence (as defined above); or
- Any instance where a student arrives to class more than 15 minutes late to class or leaves class more than 15) minutes early. It is the student's responsibility to confirm with the faculty member that s/he has been marked present.

5. Class Participation: This course is geared to be partly lecture and partly discussion. Therefore, it is important and expected that you participate throughout the course.

Additional Topics for Discussion

1. Marijuana Licenses & Treatment of Disorders with Marijuana
2. Synthetic Drugs
3. Geographical Differences for Preferred Drugs of Use
4. Naloxone/Narcan
5. Buprenorphine vs. Methadone
6. E-Cigarettes
7. Detox

6. Case Studies: Students will complete 2 sets of case studies provided to evaluate and answer questions about.

- a. Each case study assignment should be 1-3 pages in length, well organized, and well written. Responses should be in essay format (consistent with APA style formatting) and not simply a listing of facts.
- b. If you choose to cite any external sources/research (not required) these must be in comply with APA formatting.
- c. These will be graded on adherence to the assignment, quality of the answers, and quality of the writing

7. Quizzes: You will have four quizzes consisting of multiple choice questions. Questions will come from material discussed or presented in class as well as provided in the text. Each quiz will be worth 25 points and will be available on Canvas.

8. Final Grade: Final grade for the course will be calculated as the percentage of points earned out of 230 possible points. At a minimum, students are required to earn a B in order to pass this course and apply for practicum placement. Students who receive a grade lower than a B will need to retake the course.

(Points earned/230 possible points) * 100 = % Final Grade

Example: 205 points earned 205/230 = .891 * 100 = 89%

Letter grades will be assigned to the calculated numerical percentage after the final distribution of total students' points is determined. The following is a general guideline for letter grades. The instructor reserves the right to adjust the grade distribution.

Grade	% of Total Points	Grade	% of Total Points
A	93-100	C	73-76
A-	90-92	C-	70-72
B+	87-89	D+	67-69
B	83-86	D	63-66
B-	80-82	D-	60-62
C+	77-79	E	59 and below

Course Policies:

- 1. **In-class Behavior:** The goal of this course is to prepare you to become professionals. It is expected that all students exhibit appropriate professional behavior in class. Cell phones and pagers must be set to silent mode. Disruptive or inappropriate behavior will not be tolerated. Included in this is respect for the instructor and your fellow student colleagues when speaking.

2. **Confidentiality and Ethics:** You are studying at an advanced level in a professional program, therefore you are held not only to regular academic standards but are expected to act ethically as a professional in the field. Naturally, in the course of discussion, it is possible for a student colleague to say something personally important and confidential. It is your duty to maintain confidentiality. You are expected to abide by the ethical codes of your profession at all times.
3. **Principles of Integrity/Academic Honesty:** The University of Bridgeport is committed to fostering an environment of academic integrity, mutual respect and individual responsibility. We are a community that values the voice of students in their pursuit of academic excellence and personal growth. By choosing to be a member of this community, each student demonstrates respect for the core values of trust, honesty and ethical behavior and commits to upholding these standards. These principles guide conduct both in and out of the classroom and on and off campus. This applies to interactions with all members of the community as well as the use of university resources and facilities.

In addition to the guidelines outlined in the Key to UB <http://www.bridgeport.edu/pages/2623.asp> and the Catalog of the University of Bridgeport, note that students that are found to be responsible for plagiarism may be separated from the Counseling program immediately.

Currently, university policy calls for the following:

- 1st offense – fail the assignment
- 2nd offense- fail the class
- 3rd offense – separation from school

4. **Make-Ups:** Appropriate written documentation is **REQUIRED** for ***ALL*** make-ups. All of the assignments in this class are clearly delineated ahead of time; as such, I will not negotiate on this policy.
5. **Drops/Incompletes:** Please refer to the Academic Calendar to see the dates (and any fees) related to dropping the course or grades of Incomplete (“I”). *Please note that missed classes, exams that are not excused, failing grades, or grades that are lower than expected are NOT valid reasons for requesting an incomplete.*
6. **Disability Accommodation:** The University of Bridgeport is committed to providing services to qualified students with disabilities so that they receive an equal educational opportunity. Student Accessibility Services (SAS) offers a private and confidential atmosphere for students to talk about their disabilities and accommodations requests. All accommodations are determined on an individual basis. To receive services or accommodations, students are advised to provide appropriate documentation well in advance of the beginning of the semester, preferably at least two months prior to the beginning of each academic semester. While every effort will be made to arrange accommodations in a timely fashion, failure to provide sufficient advance notice may impede delivery service. In order to begin the process of requesting accommodations,

students can contact Student Accessibility Services (SAS) at 203-576-4454 or email accessibilityservices@bridgeport.edu.

Students who have not yet addressed and need accommodations are asked to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If there is a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me through email. I aim to work collaboratively with students and UB Student Accessibility Services in order to ensure students are learning in an environment conducive for their success.

Information on Class Contact Hours: The federal government and NEASC both define credit hours and contact hours in the following ways:

1. This class meets for two and a half hours each week for approximately fifteen weeks for one semester. This means there are approximately 36 hours of direct contact time – either face-to-face classroom or direct faculty instruction.
2. An additional 6 hours of work (i.e., assignments) outside of class are required per week for this 3-credit course.

Other Matters:

1. As a policy I do not curve grades.
2. If you are having difficulty in the class, please see me **immediately**. Do **NOT** approach me at the end of the semester dissatisfied with your grade and seeking a way to change it.
3. This syllabus is a binding contract between the instructor and students. I will do my best to follow the syllabus as it is presented; however, I reserve the right to modify it as I see fit during the semester (any changes will be announced to the class). ****It is your responsibility to familiarize yourself with ALL course requirements ****
4. As I am not a full-time faculty member at UB with an office space/phone, **email** is the best way to reach me. Please use your UB email address when emailing me.

Course Schedule

Date	Lecture Topic	Chapter	2016 CACREP Standards
Week 1			
5/9/22	Course Introduction: Language of Addiction		
Week 2			
5/16/22	Theories of Counseling Related to Addiction Treatment Is Addiction a Disease?	1&2	II.F.1.b, II.F.1.e, II.F.1.i. II.F.2.c, II.F.3.d, II.F.5.a, II.F.5.b, II.F.5.f, II.F.5.g, II.F.5.j, II.F.6.e., V.C.1.d, V.C.2.e
Week 3			
5/23/22	Assessment and Diagnosis	3	II.F.5.G, V.C.1.d, V.C.2.e.

Week 4			
5/30/22	Quiz 1 (1-3) Co-Occurring Disorders and Behavioral Addiction	4	II.F.1.b II.F.1.e. II.F.1.i. II.F.2.c. II.F.3.d. II.F.5.a. II.F.5.b. II.F.5.f. II.F.5.g. II.F.5.j. II.F.6.e.. V.C.1.d. V.C.2.e.
Week 5			
6/6/22	Core Treatment Process for Addictions E-cigarettes: Harm reduction or new addiction?	5	II.F.1.b. II.F.1.e. II.F.1.i. II.F.2.c. II.F.3.d. II.F.5.a. II.F.5.b. II.F.5.f. II.F.5.g. II.F.5.j. II.F.6.e.. V.C.1.d. V.C.2.e
Week 6			
6/13/22	Treatment Related Issues Marijuana to treat PTSD?	6	II.F.1.b. II.F.1.e. II.F.1.i. II.F.2.c. II.F.3.d. II.F.5.a. II.F.5.b. II.F.5.f. II.F.5.g. II.F.5.j. II.F.6.e.. V.C.1.d. V.C.2.e
Week 7			
6/20/22	Quiz #2 (4-6) Relapse Prevention	7	II.F.1.b. II.F.1.e. II.F.1.i. II.F.2.c. II.F.3.d. II.F.5.a. II.F.5.b. II.F.5.f. II.F.5.g. II.F.5.j. II.F.6.e.. V.C.1.d. V.C.2.e
Week 8			
6/27/22	Self Help Groups IN CLASS DISCUSSION: Geographical Considerations CASE STUDIES #1 DUE	8	II.F.1.b. II.F.1.e. II.F.1.i. II.F.2.c. II.F.3.d. II.F.5.a. II.F.5.b. II.F.5.f. II.F.5.g. II.F.5.j. II.F.6.e.. V.C.1.d. V.C.2.e
Week 9			
7/5/22	Elaboration on Therapies and Techniques IN CLASS DISCUSSION: Buprenorphine vs. Methadone ONLINE DISCUSSION QUESTION: OUD Medications	9	II.F.1.b. II.F.1.e. II.F.1.i. II.F.2.c. II.F.3.d. II.F.5.a. II.F.5.b. II.F.5.f. II.F.5.g. II.F.5.j. II.F.6.e.. V.C.1.d. V.C.2.e
Week 10			
7/12/22	Quiz 3 (7-9) Culturally Sensitive Addiction Counseling	10	II.F.1.b. II.F.1.e. II.F.1.i. II.F.2.c. II.F.3.d. II.F.5.a. II.F.5.b. II.F.5.f. II.F.5.g. II.F.5.j. II.F.6.e.. V.C.1.d. V.C.2.e
Week 11			
7/19/22	Chronic Pain Assessment and Treatment THC to treat chronic pain?	11	II.F.1.b. II.F.1.e. II.F.1.i. II.F.2.c. II.F.3.d. II.F.5.a. II.F.5.b. II.F.5.f. II.F.5.g. II.F.5.j. II.F.6.e.. V.C.1.d. V.C.2.e
Week 12			
7/26/22	Spirituality and Addiction Counseling	12	II.F.2.c. II.F.5.f.
Week 14			
8/2/22	Quiz 4 (10-12) Personal and Professional Development of the Counselor	13	II.F.1.b. II.F.1.e. II.F.1.i. II.F.2.c. II.F.3.d. II.F.5.a. II.F.5.b. II.F.5.f. II.F.5.g. II.F.5.j. II.F.6.e.. V.C.1.d. V.C.2.e
Week 15			
8/9/22	Obtaining Addictions Credentials	14	II.F.1.b. II.F.1.i.
Week 16			

