# LEWIS & CLARK COLLEGE GRADUATE SCHOOL OF EDUCATION & COUNSELING

# SYLLABUS – CPSY 546

Models and Theories of Addiction and Recovery
Spring Semester 2010
Mondays 5:30 p.m. to 8:45 p.m. – Howard Hall, Room 116
January 11, 2010 to April 26, 2010

#### **Class Instructor:**

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#### **Course Description:**

This class provides an overview of the major theories and models that account for the etiology of addictive behaviors and recovery from those behaviors. Special emphasis is placed upon the critical evaluation of biological predispositions, psychological factors, socialization processes, and spiritual influences implicated in the development of addictive behaviors and recovery. Additionally, risk and resiliency factors that mediate and moderate the intergenerational transmission of addiction, socio-cultural factors, effects on psychosocial development, and the impact of culture and gender differences will be examined. The successful integration, adaptation, and application of a working model of addiction/recovery into the counseling setting are the ultimate goals for each student.

Prerequisite: CPSY 545 or by permission of the instructor.

# **Course Objectives:**

- 1) To gain an understanding of the basic assumptions that underlie the various theoretical models of addiction and recovery.
- 2) To appreciate the historical and cultural meanings of addiction for the understandings (and misunderstandings) of both counselors as well as clients.
- 3) To compare and evaluate select models of addiction and treatment through a structured critical analysis using discussion and focused readings.
- 4) To confront select current key topics in addictions, often controversial, and critically evaluate them.

- 5) To tease out one's own biases and long-standing assumptions about addictions and the addicted and learn to appreciate how these color one's therapeutic strategies and relationships with clients.
- 6) To develop a well defined personal theory of addiction and recovery that respects cultural diversities and has meaningful application in the counseling field.

#### **Required Texts:**

West, Robert (2006). *Theory of Addiction.* Blackwell Publishing, Addiction Press, Oxford, UK & Malden, MA (USA).

Anonymous (1976). Alcoholics Anonymous. New York, NY.

#### Required Readings:

NOTE: The required readings are referred to in the course outline below. The source material will be presented either in class handouts or posted on the class Moodle page. They are required reading. Following is the bibliography of those readings.

\_\_\_\_ Institute of Medicine (1990). "A Brief History of Treatment" an excerpt from "Broadening the Base of Treatment for Alcohol Problems" (pp. 15-17). National Academy Press, Washington DC.

Basil, Saint (4<sup>th</sup> Century). Excerpts from: "The Sermon of St. Basil the Great on How it is Seemly to Abstain from Drunkenness." In Jellinek, E. M., *Classics of the Alcohol Literature: Old Russian Views on Inebriety.* 

Goldberg, Raymond (2000). *Taking Sides: Clashing Vies on Controversial Issue in Drugs and Society, Fourth Edition.* Dushkin/McGraw Hill, Guilford, Conneticut.

Hester, Reid. K and William R. Miller ((1989). *Handbook of Alcoholism Treatment Approaches, Second Edition*. Alyan & Bacon, Simon and Schuster Company, Needham Heights, Massachusetts.

Homer (800 BCE), Excerpts from *The Odyssey,* (pp. 146-163) Translated by Robert Fitzgerald, Anchor Books, Doubleday & Company, Inc., Garden City, NY.

Howle M.D., W.P. (1894). "Inebriety" in JAMA, February 16, 1994-Vol 271, No 7.

Kinney, Jean and Gwen Leaton (1987), *Loosening the Grip, Third Edition.* (pp. 1-6) Times Mirror/Mosby College Publishing, St. Louis, Toronto, Santa Clara.

Lemanski, Michael (2001). *A History of Addiction & Recovery in the United States.* Sharp Press, Tuscon, AZ.

Lesko, Leonard H. (1978). "Egyptian Wines" (pp. 11-29) in *King Tut's Wine Cellar*. B.C. Scribe Publications, Berkeley, Calif.

Levine, Harry Gene (1978). "The Discovery of Addiction: Changing Conceptions of Habitual Drunkenness in America" in "Journal of Studies on Alcohol, Vol. 39, No. 1, 143-174.

Lumm, Emma Griffith (1910). Selections from: *The New American Speaker, Elocutionist and Orator.* The American Conservatory of Music and Oratory.

Mandelbaum, David G. (1914). "Alcohol and Culture" (pp. 15-35) in "Beliefs, Behaviors and Alcoholic Beverages (1979), Mac Marshall, editor, University of Michigan Press, Ann Arbor, Michigan.

Margois, Robert D. and Joan E. Zyeben (1998). *Treating Patients with Alcohol and Other Drug Problems, An Integrated Approach.* American Psychological Association, Washington, DC.

Musto M.D., David F. "Historical Perspectives on Alcohol and Drug Abuse." Plato (400 BCE). Excerpts from *The Symposium,* Translated by Benjamin Jowett, The Library of Liberal Arts, The Bobbs-Merrill Company, Inc., New York.

Rorabaugh, W. J. (1979). "A National of Drunkards" (pp. 5-57) in *The Alcoholic Republic*. Oxford University Press, Inc.

Sandmaier, Marian (1991). "Bacchantic Maidens and Temperance Caughters" (pp. 25-57) in *The Invisible Alcoholics*. McGraw Hill.

Seneca (4 BCE to 65 AD). "Epistle LXXXIII: On Drunkenness." In *Classics of the Alcohol Literature.* 

Shrady M.D., George F. (1860). "Proceedings of the Fifteenth Annual Meeting of the Association of Medical Superintendents of American Institutions for the Insane" in "American Journal of Insanity, Vol. 17: 45-52.

Thomas, Dennis L. (1999). *Introduction to Addictive Behaviors, Second Edition.* The Guilford Press, New York, NY.

Visser, Margaret (1991). "The Red, White and the Gold" (pp. 242-262) in *The Rituals of Dinner*. Grove Weidenfeld, New York, NY.

White, William L. (1998). Slaying The Dragon: The History of Addiction Treatment and Recovery in America. Chestnut Health Systems/Lighthouse Institute, Bloomington, Illinois.

#### **Americans with Disabilities Act:**

Any student who because of a disability requires some special arrangements in order to meet course requirements should contact the instructor as soon as possible to make necessary accommodations.

#### **Academic Integrity:**

Students are expected to abide by all college rules concerning academic integrity. Any violations of these rules will be reported for appropriate disciplinary review.

#### **Assignments:**

#### 1) Theory of Addictions and Recovery Paper (DUE: April 19, 2010)

Each student will write a paper that will reflect their own personal theory of addiction and recovery. Special emphasis should be placed on integrating the personal model of addiction into a personal model of recovery that can further serve as the basis and underlying assumptions guiding your work in addiction counseling. The papers should be drawn from and supported from the empirical literature regarding models and theories of addiction and recovery reviewed during the course this semester. The paper will be typed and double-spaced. It is due at the class session on April 19. The length of the paper should be no more than 7-8 pages. In the last class you will be asked to discuss your paper and what you learned.

## 2) Weekly Journal (DUE: April 12, 2010)

Each week you will journal the following about the required reading. *Write only one sentence per following item:* 

- 1) What impressed you most?
- 2) How does the reading inform a "theory" of addiction?
- 3) How does it inform ideas about recovery?
- 4) Two <u>personal assumptions or biases</u> about addiction or its treatment or about addicts or alcoholics in general.

## 3) In Class Presentation:

In small groups of three, you will prepare a 15 to 20 minute presentation on a specific current controversial topic in the field of addictions. In it you will need to:

- 1) Define the issue;
- 2) Give the "pro" argument;
- 3) Give the "con" argument;
- 4) Summarize your current stance (in a sentence or two).

## TOPICS (three students each)

- A) Gateway theory: What is it? Is it true? (cf. West, pp. 64-65 (Box 3.10)
- B) Should drugs be legalized?
- C) Should needle exchange programs be expanded, eliminated?.

- D. Harm reduction: What does it mean? Should it drive public policy? Should total abstinence be the only goal for addiction treatment?
- E. Should marijuana be legalized? Is "medical marijuana" a legitimate medical issue?
- F. Are too many children receiving amphetamines (e.g., Ritalin)?
- G. Are SSRIs overprescribed?
- H. Does drug abuse treatment "work?" What does "work mean" in this context?

#### **Class Requirements:**

- 1) Attendance is required.
- 2) Readings must be done before each class.
- **3) Active participation** in expected and will be reflected in a percentage of your grade.

# **Grading:**

Attendance & Class Participation	30%	
Journal of Assumptions	20%	Due April 12, 2010
In-Class Presentation	25%	Assigned Due Dates
Paper on Personal Theory of Addictions	25%	Due April 19, 2010

100-92 points	А	Exemplary
92-88 points	A-	Excellent
88-84 points	B+	Very Good
84-75 points	В	Generally Good
75-70 points	B-	Acceptable
Below 70 points	F	Not Acceptable

# NOTE:

This class is interactive, based on the seminar model. It requires the student to <u>come prepared</u> by having read the readings. That material will then serve as background for <u>in class discussions</u> about each topic.

The <u>goal</u> is NOT to accumulate knowledge, but to wrestle with ideas that challenge one's own biases and begin to serve as a foundation for an in-depth personal understanding of addiction and recovery.

# **OUTLINE**

<u>NOTE:</u> You are <u>required to read before class</u> all resource material that is NOT "West" (which is our required text). You are <u>encouraged</u> to read the referenced pages in "West" before class to familiarize yourself with specific ideas and models of addiction and recovery since the in-class discussions will utilize the reading to approach and analyze specific models of addictive theory and recovery. To do this we will <u>read aloud</u> in class each "Box" referenced as a basis for that class discussion.

- I. Introduction
  - A. Subject: How to construct & deconstruct a theory

Resource: West: pp. ix-xi, pp. 123-145

B. Subject: The myth of addiction

**Resource: West: pp. 31-32 (Box 3.1)** 

- II. Global views and quick summaries
  - A. Subject: "Once upon a Time"

Resource: Kinney, excerpt from Loosening the Grip

B. Alcohol and Western culture of drinking and eating

Resource: Visser, excerpt from *The Rituals of Dinner* 

- C. Resource: Mandelbaum, "Alcohol and Culture"
- III. Ancient history of alcohol and drinking
  - A. Subject: Egyptian wine, beer and drinking cultural divisions **Resource**: **Egyptian Wines**
  - B. Subject: mythology and alcohol powerful associations with alcohol **Resource: Barbara Walker on Dionysius**
  - C. Subject: Importance of drinking and festivities social bonding Resource: Homer *The* Odyssey
  - D. Subject: Early drunkenness and compulsion Plato

Resource: Plato's Symposium

- E. Subject: Romans and drinking two kinds of "drunkards" Resource: Seneca's Epistle LXXXIII: On Drunkenness
- IV. Women and alcohol an historical perspective
  - A. Drinking and women

Resource: excerpt from The Invisible Alcoholics (Ch. 2)

- V. 19<sup>th</sup> Century America problem drinking and ways to address it
  - A. Drinking in America in the 1800s

Resource: "A Nation of Drunkards" etc.

B. Changing conceptions of habitual drunkenness in America

Resource: Levine, "The Discovery of Addiction"

C. Rise of Addiction Medicine and Personal Recovery Movements

Resource: White: pp. 1-21

Resource: excerpts from The New American Speaker,

Elocutionist and Orator, 1910

- VI. Birth of addiction treatment in America
  - A. Inebriate homes and asylums

Resource: Am Journal of Insanity (1860)

Resource: White: pp. 21-62

B. Miracle cures

Resource: White: pp. 64-70

C. Religious conversions

**Resources: White: 71-78** 

D. Backlash

Resource: JAMA editorial -1894

- VII. Alcoholics Anonymous and peer 12-Step movments
  - A. Overview

Resource: Zweben, pp.255-256 Resource: White: pp. 127-143

Resource: The Big Book, intro to chapter 5 – "How It Works"\

B. Structure of the program and how it works

Resource: White: pp. 143-155

- VIII. Models of addiction
  - A. Disease model

Resource: Zweben: pp. 42-55 Resource: Thombs: pp. 29-80

Resource: West: pp. 76-78 (Box 4.1) Resource: West pp. 85-87 (Box 4.5)

Resource: West pp. 95-99 (Boxes 5.2 and 5.3)\

Resource: West pp. 105-106 (Box 5.7)

- 1. Biochemical
- 2. Adoption studies
- 3. Twin studies
- 4. Animal studies
- 5. Sons of alcoholic fathers
- 6. Conclusions
- 7. Impulse control (OCD and addictions)
- B. Learning theory

Resource: Zweben: pp. 55-64 Resource: Thombs: pp. 109-144 Resource: West: pp. 92-95 (Box 5.1) Resource: West pp. 99-100 (Box 5.4) Resource: West pp. 106-108 (Box 5.8)

- 1. Classical conditioning
- 2. Operant conditioning
- 3. Modeling behaviors
- 4. CBT
- 5. Conclusion
- C. Cognitive models:

Resource: Thombs: pp. 144-183 Resource: West: pp. 40-45 (Box 3.4) Resource: Wes: pp. 89-90 (Box 4.7)

D. Psychoanalytic and personality/identity models

Resource: Zweben: 64-69

Resource: Thombs: pp. 81-108

Resource: West: pp. 36-38 (Box 3.3) Resource: West: pp. 72-73(Box 3.12) Resource: West: pp. 78-79 (Box 4.2)

E. Behavioral economic theories

Resource: West: pp. 59-63 Box 3.9)

F. Transtheoretical model (Stages of Change)

Resource: West: pp. 66-71 (Box 3.11) Resource: West: pp. 80-82 (Box 4.3)

G. Absence violation effect (effects of relapse)

Resource: West: pp. 82-85) (Box 4.4)

H. Family theory:

Resource: Zweben: 69-76

Resource: Thombs: pp. 184-235

Systems
 Behavioral

I. Bio-psycho-social model

Resource: Zweben: 76-87

The weekly class schedule below gives due dates for projects, papers, etc. The class readings and daily subjects will follow the outline and are not listed here since we may spend more or less time on a specific topic in the outline as per our in-class discussions.

DATE	OUTLINE REFERENCE	DUE DATES
Week I:	I.A.B.	
1/11		
1/18	HOLIDAY— NO CLASS	
Week II:	II.A. B.C.	
1/25	III. A.B.C.D.E.	
Week III:	IV. A	
2/1	V. A.B.	
Week IV:	V. C.D.E.	
2/8		
Week V:	VI. A.B.C.D	Topic A: Gateway theory.
2/15		
Week VI:	VII. A.B.	Topic B: Legalization of
2/ 22		drugs.
Week VII:	VIII. A.	Topic C: Needle exchange
3/1		programs.
Week VIII:	VIII. B	Topic D: Harm reduction.
3/8		
Week IX:	VIII.C.	Topic E: Legalization of
3/15		marijuana.
3/22	SPRING BREAK	
Week X:	VIII.D.	Topic F: Prescription
3/29		amphetamines and children.
Week XI:	VIII.E.D.G	Topic G: Over-prescription of
4/5		SSRIs.
Week XII:	VIII.H	Topic H: Efficacy of drug
4/12		treatments
		Journal of assumptions
Week XIII:	VIII.I	Topic I: Benefits of alcohol
4/19	Summary	Final Paper
Week XIV:	Discussion of papers.	
4/26		