Syllabus
Addictions: Assessment & Interventions
Spring 2011

Professor: Dr. Jeremiah Weinstock
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Course: PSY 669
Class Room: Shannon Hall 123
Time: Tuesday & Thursday
9:30am - 10:45am

Dr. Weinstock's Office Hours: Tuesday & Thursday 11:00am-12:00pm & by appointment.

Course Description: The aim of this graduate level course is to provide an overview of basic concepts relevant to understanding the etiology, diagnosis and treatment of substance use disorders and other addictions (e.g., pathological gambling) from a scientist-practitioner perspective.

Course Objectives: The course has the following objectives:
1. Promote critical thinking and use of these skills while reading, discussing, and writing about current models of addictions and their treatment.
2. Review and summarize current scientific understanding regarding the etiology of addictions including genetic, psychological, environmental, and social/cultural factors.
3. Present clinical assessment tools commonly used and understand their role in diagnosis, treatment planning, and treatment outcome.
4. Provide exposure to current treatments for addictions, including manual-driven, empirically-supported treatment approaches and medications.
5. Consider the diverse influences of (but not limited to) gender, ethnicity, culture, sexuality, and social class in relation to addictions.
6. Discuss the ethical considerations related to research and the treatment of addictions.

Text:

Assorted selected journal articles and book chapters provided by Dr. Weinstock. See reading assignments in Schedule of Topics section.

Course Requirements:
1. **Self-Help Group Observation (20 points):** The St. Louis area has several different self-help groups for various addictions, including Alcoholics Anonymous (AA), Moderation Management, Narcotics Anonymous, Gamblers Anonymous, Al-Anon, S.M.A.R.T. Recovery, and Women for Sobriety. Many of these meetings are open to the public (in the listing frequently called “Open Meeting”). In order to get a good understanding of the structure and function that these groups provide you must
attend 3 different self-help meetings. One of the meetings must be AA, and you can attend more than one AA meeting; however, it must be at a different location or at a different time. Write a 3-5 page reaction paper incorporating both the scientific literature on self-help groups and your experiences at these meetings. **DUE: March 10, 2011**

2. **Conduct a Motivational Interview (20 points):** Dr. Weinstock will provide you with an opportunity to conduct a recorded motivational interview with a person who desires to change some aspect of his/her life. Afterwards, listen to your motivational interview and write-up a two page critique. Your grade will be based upon the quality of your critique and not on the quality of your motivational interview. **DUE: April 12, 2011**

3. **Create a contingency management intervention (20 points):** Design a contingency management intervention for a specific target behavior based upon criteria provided. **DUE: April 26, 2011**

4. **Interview with a person who has a resolved addiction problem (50 points):** Conduct an interview with a person who has successfully resolved his or her problem with an addiction. Spend at least two hours talking with the person about the following topics: development of the problem, signs and symptoms, problem recognition and willingness to get help, unsuccessful attempts to change, how successful change was realized, and perspectives on how the person’s life is different today. Write an 8-10 page paper that is a critical analysis of the individual's story in relation to the empirical literature covered in this course. **DUE: May 12, 2011**

5. **Student presentations (20 points):** Most classes have an additional reading assigned under the heading, “student presentation” (N = 15). For each student presentation, one student will lead a 20 minute presentation and discussion about the article. The remaining students are not required to read the additional reading.

6. **Class attendance and participation (20 points):** Readings are assigned each week. You are expected to do all of the required reading. Readings generally include chapters from a book and several journal articles. The readings can be found on the T-Drive:

   T:\College of Arts and Sciences\Psychology\Clinical\PSY669 - Addictions Readings

Classes will have a discussion of the material that requires active participation from all students, which includes asking questions and providing comments. Lastly, many classes will incorporate an active learning component: role plays, small group discussions, etc. Please inform me ahead of time if you are going to miss class. If it appears based upon class discussion that all students have not completed the assigned readings, reading quizzes will be instituted.

**Note:** All writing assignments are to be 12-point font, double-spaced, one inch margins, APA style, and stapled. Late assignments will not be accepted.
GRADE FOR THE COURSE: Your grade will be based on a total of 150 points.

- **A** = 90.0% to 100.0%
- **B+** = 87.5% to 89.9%
- **B** = 80.0% to 87.4%
- **C** = 70.0% to 79.9%
- **D** = 60.0% to 69.9%
- **F** = 59.9% and below

**Academic Integrity and Honesty:** The University is a community of learning, whose effectiveness requires an environment of mutual trust and integrity. As members of this community, students share with faculty and administrators the responsibility to maintain this environment of academic integrity. Academic integrity is violated by any dishonesty in submitting for academic evaluation the assignments and tests required to validate the student is learning.

Any clear violation of academic integrity will be met with appropriate sanctions. Possible sanctions for violation of academic integrity may include, but are not limited to assignment of a failing grade in a course, disciplinary probation, suspension, and dismissal from the University. Students should review the College of Arts and Sciences policy on Academic Honesty. The policy can be found online at: [http://www.slu.edu/x12657.xml](http://www.slu.edu/x12657.xml)

**Disability Accommodations:** Saint Louis University is committed to providing equal educational access for all students by ensuring that students with documented clinical or medical disabilities receive reasonable accommodations that support effective participation in all aspects of the educational experience.

Any students requiring accommodations are encouraged to contact Disability Services in order for the requested accommodation to be approved and officially recognized ([http://www.slu.edu/x24491.xml](http://www.slu.edu/x24491.xml); 314-977-8885). Please inform me at least one week prior to the need for an accommodation so we can make suitable arrangements.

**Schedule of Topics:**

**January 18th**
- Class Introduction & Review of Syllabus
- Assignment of Student Presentations
- Review of Addictive Behaviors and Substances: Alcohol, Cocaine, Marijuana, Heroin, Gambling, Prescription Drugs, Methamphetamine.

**January 20th**
- Introduction & Prevalence

**2011 Academic Calendar – Important Dates**
- 01.28.11 – Last day to drop without a “W”
- 03.25.11 – Last day to withdrawal from course

**Presentation (By Dr. Weinstock):**

**January 25th**

**Course, Correlates, and Consequences**

**Student Presentation:**

**January 27th**

**Neurobasis of Addiction**

**Student Presentation:**

**February 1st**

**Etiology**


**Student Presentation:**

**February 3rd**
- **Natural Recovery**

**Student Presentation:**

**February 8th**
- **Treatment Seeking**

**Student Presentation:**

**February 10th**
- **Screening**

**Additional AUDIT resources:** Babor, T.F., Higgins-Biddle, J.C., Saunders, J.B., & Monteiro, M.G. (2001). *The Alcohol Use Disorders Identification Test:*

- [http://whqlibdoc.who.int/hq/2001/who MSD MSB 01 6a.pdf](http://whqlibdoc.who.int/hq/2001/who_MSD_MSB_01.6a.pdf)

**Additional Assessment resources:**


### Student Presentation:


**February 15th**

**Clinical Assessment**

  - Timeline Followback forms: [http://www.nova.edu/gsc/online_files.html](http://www.nova.edu/gsc/online_files.html)
  - Addiction Severity Index website: [http://www.trseach.org/ASI.htm](http://www.trseach.org/ASI.htm)

**February 17th**

**Overview of Addictions Treatment**


**Student Presentation:**

February 22nd

• Controlled drinking/Moderation

• Student Presentation:

February 24th

• Group Treatment
    ▪ Found here: http://www.ncbi.nlm.nih.gov/books/NBK14531/

• Student Presentation:

March 1st

• Group Treatment (continued)

• Brief Interventions

• Student Presentation:

March 3rd

• Twelve Step Facilitation and Self-Help

**March 8th**

• **Twelve Step Facilitation and Self-Help (continued)**

**March 10th**

• **Motivational Interviewing**

**March 15th & March 17th – Spring Break (No Class)**

**March 22nd**

• **Motivational Interviewing (continued)**

**March 24th**

• **Motivational Interviewing (continued)**

**March 29th**

• **Motivational Interviewing (continued)**

**March 31st**

• **Motivational Interviewing (continued)**

**April 5th**

• **Cognitive Behavioral Therapy**
Additional Resources:


April 7th

- Cognitive Behavioral Therapy (continued)

April 12th

- Contingency Management

April 14th

- Contingency Management (continued)

April 19th - Guest lecture – Dr. Jeffrey Benware, (Psychologist @ St. Louis VA – SUD)

- Treating Comorbid Psychopathology
  - Borderline Personality Disorder
  - PTSD


○ Gambling

April 21st

• Substance Use and Suicide

• Student Presentation:

April 26th

• Community Reinforcement and Family Therapy (CRAFT)


• Student Presentation:

April 28th

• Relapse Prevention
• **Student Presentation:**
  

**May 3rd**

• **Harm Reduction**
  
  
  

• **Student Presentation:**
  

**May 5th**

• **Medications**
  
  
  

• **Concluding Reading**
  

• **Student Presentation:**
  