

PSYCHOLOGY 67
COUNSELING TECHNIQUES FOR THE CHEMICALLY DEPENDENT
SYLLABUS

- INSTRUCTOR:** Glenn White, Ph.D.
- TEXTBOOK:** Perkinson, Robert R. Chemical Dependency Counseling-A Practical Guide. Fourth Edition. SAGE Publications, Inc., Los Angeles. Copyright 2014.
- TIME:** Thursday 6:45pm—10:00pm
- COURSE DESCRIPTION:** This course emphasizes counseling techniques for the chemically addicted. Major elements include ethics and confidentiality, interview and assessment techniques, observation and listening skills, dual diagnosis, crisis intervention, and documentation processes.
- REQUIREMENTS:** There will be four tests in this class plus a Final Exam/paper. Each is worth a total of 100 points. Your lowest score among the first four tests will be dropped. It is mandatory that the Final Examination/(paper) be taken. No make-up tests will be given under any circumstances.

Tests are based on material presented in class lectures which are almost entirely based on material in your textbook, Chemical Dependency Counseling-A Practical Guide, Fourth Edition by Perkinson. The majority of questions will be covered in class lectures, however, all students are responsible for the material in each chapter listed in the course syllabus regardless if it is presented or not.

The scoring range for each test and the final grade will be based on the following scales below:

<u>Semester Exams</u>	<u>Final Grade</u>
100-90 A	360-400 A
89-80 B	320-359 B
79-70 C	280-319 C
69-60 D	240-279 D
59-0 F	0-239 F

Course Outcomes Related to College-Wide Student Learning Outcomes (SLO)

To successfully complete this course, students will be able to meet the following institution-wide student learning outcomes:

Critical Thinking

Analyze social issues as presented from your text, using sound theoretical paradigms that are presented and discussed in your textbook and lecture notes.

- * Read and critically evaluate college-level material from a variety of resources.
- * Evaluate the validity and soundness of arguments; recognize and avoid logical fallacies.
- * Distinguish factual statements from judgmental statements and distinguish knowledge from opinion.

Cultural Diversity

Respectfully engage with other cultures in an effort to understand them.

- * Read and participate in class discussion on a variety of viewpoints on culturally relevant issues.

Ethics

Practice and demonstrate standards of personal and professional integrity, honesty and fairness; apply ethical principals in submission of all class work.

- * Participate in in-class exams.
- * Write a research paper documenting your references.

Course Objectives

Content Knowledge—Upon completion of this course, the student will have an understanding of, or be able to apply, the following principles and concepts:

- * Clinical practices in chemical dependency
- * Motivational Interviewing Techniques, and Biopsychosocial Interviews
- * Working with people in Chemical Dependency Treatment-Individual and Group
- * Writing treatment plans and discharge summaries, and continuing care

Exit Skills—Upon completion of this course, the student will have the following skills:

- * To describe and differentiate between individual and group therapy counseling techniques
- * Apply knowledge of treatment modalities
- * Understand the biopsychosocial effects on chemical dependency
- * How to understand and write a variety of treatment and discharge plans for the chemically dependent person

Finally, here are a few items of importance that will affect your grade.

The class schedule states the hours of the class. Students are required to be in attendance the duration of those stated hours. Tardiness, absences and/or early departure will affect your grade.

Students who are absent 2 times or more (students are allowed 2 tardies or absences per semester) have three options:

1. To drop the class
2. To take a lower final grade in the class. For example, for a student with a letter grade of "A" who accrues 3 or more tardies or absences, their grade will be dropped to a "B".

3. To complete a twenty page written double-spaced report on a psychology related topic. The topic will be decided between the student and instructor prior to commencement of this project.

Talking to other students during lecture or while another student is speaking is rude and not acceptable and will compromise your grade. If a lecture has to be halted because a student is talking, this student may be asked to leave the lecture. And, if this behavior continues throughout other lectures, this student will be asked to leave the class permanently and drop the class.

Cell Phones and pagers have absolutely no place in the classroom. If yours go off you will be asked to leave.

Consistent attendance is required. If a student's absences exceed two classes, the student may be dropped from the class roster. If a student is absent, it is their responsibility to follow the material in the course syllabus. If you decide to stop attending class, it is your responsibility to drop yourself at the Admissions Office. Students who do not follow this procedure as found in the class schedule run the possibility of receiving the letter grade of "F".

Standard of Student Conduct

It is requested that students read the *Code of Conduct* in the **Class Schedule** regarding appropriate behavior in the classroom setting. **Under no circumstances will verbal intimidation towards other students or the instructor be tolerated--the student will be asked to immediately leave the classroom and disciplinary actions will be taken through the Dean of Student Services.**

Faculty members are charged with responsibility for building and maintaining a classroom atmosphere conducive to learning. Disruptive, disrespectful, or obstructive behavior will be dealt with in terms specific to this syllabus and in accordance with the LACCD Standard of Student Conduct. Select forms of disciplinary action appropriate to the misconduct may be taken by an instructor when there is evidence that the student's behavior interferes with classroom instruction.

The following types of disciplinary action may be taken by an instructor:

- 1) **Warning** - A verbal or written notice, given to the student by an instructor. Continuation or repetition of the specified conduct may be cause for further disciplinary action.
- 2) **Removal by Instructor** - An instructor may remove (suspend) a student from his or her class for the day of the incident and the next class meeting. During this period of removal, the student shall not return to the class from which he or she was removed without the permission of the instructor of the class.

Students may refer to the College Catalog or the online student orientation at www.wlac.edu; click "Counseling, Assessment and Orientation," then scroll down to "Orientation" for complete details regarding the aforementioned policies.

Discussions are fully welcome in class, however, there is a difference between discussion and arguing with other students and/or the professor in class. This is uncalled for and disciplinary action will be taken by this professor.

It is requested that students read the *Code of Conduct* in the **Class Schedule** regarding appropriate behavior in the classroom setting. **Under no circumstances will verbal intimidation towards other students or the instructor be tolerated--the student will be asked to immediately leave the classroom and disciplinary actions will be taken through the Dean of Students.**

Students are encouraged to participate in class lectures. Your thoughts and ideas are important and can assist you and other students in comprehending course material. **Scantrons are required for each test. Office hours are to be arranged by appointment.**

COURSE SCHEDULE

DATES

TOPICS

WEEK 1

Feb. 12

Introduction: Overview of class
Chapter 2: The Drugs

WEEK 2

Feb. 19

Chapter 1: The First Contact

WEEK 3

Feb 26

Chapter 3: The First Hours of Treatment

WEEK 4

March 5

Chapter 3: The First Hours of Treatment (Continued)
Test 1 Chapters 1, 2, & 3

WEEK 5

March 12

Chapter 4: Biopsychosocial Interview

WEEK 6

March 19

Chapter 5: The Treatment Plan
Chapter 6: Individual Treatment

WEEK 7

March 26

Test 2 Chapters 4, 5, & 6
Chapter 7: Group Therapy

WEEK 8

April 2

Spring Break

WEEK 9

April 4-10

Chapter 8: Recovery Skills

WEEK 10

April 16

Chapter 9: The Steps
Chapter 10: The Lectures

WEEK 11

April 23

Chapter 11: Special Issues

WEEK 12

April 30

Test 3 Chapters 8, 9, 10, & 11
Chapter 12: Adolescent Treatment

WEEK 13

May 7

Chapter 13: The Family Program

WEEK 14

May 14

Chapter 14: The Clinical Staff

WEEK 15

May 21

Test 4 Chapters 12, 13, & 14

Chapter 15: Discharge Summary and Continuing Care

WEEK 16

May 28

Chapter 16: The Good Counselor

WEEK 17

June 4

FINAL EXAMINATION/PAPER

***** Occasionally, there may be slight adjustments in the syllabus, including chapter substitutions, depending on the needs of the class. *****

***** Office Hours to be arranged by appointment**

***** Scantrons needed for each test**

Special Instructional Accommodation

If there are special accommodations that you require to be successful in this course, please discuss your situation with the professor. To receive accommodations for a special need or disability, students must register with the Office of Disabled Student Program and Services, HLRC. Tape recording of lectures and discussions will not be permitted without the consent of the instructor.