

GOVERNORS STATE UNIVERSITY
COLLEGE OF HEALTH PROFESSIONS
Division of Health and Human Services
Alcoholism Sciences

COURSE SYLLABUS

COURSE TITLE: ALCOHOLISM: TREATMENT ISSUES
COURSE NUMBER: ALC 815
TRIMESTER OFFERED: Spring/Summer, 1987
Block 3
TIME: Tuesdays and Thursdays
4:30 p.m. - 7:20 p.m.
INSTRUCTOR: Cheryl L. Mejta, Ph.D.
OFFICE HOURS: Tuesdays 2:00 p.m. - 4:30 p.m.
Thursdays 2:00 p.m. - 4:30 p.m.
Other hours by appointment.
OFFICE PHONE: 534-5000 ext. 2139

GSU ARCHIVES
ALC 815
SS 1987

REQUIRED TEXTS:

1. Vaillant, G. (1983). The natural history of alcoholism: Causes, patterns, and paths to recovery. Cambridge, Massachusetts: Harvard University Press.
2. Pattison, E., Sobell, M., and Sobell, L. (1977). Emerging concepts of alcohol dependence. New York: Springer Publishing Corporation, 1977.

JOURNAL ARTICLES:

1. Peele, S. (1984). The cultural content of psychological approaches to alcoholism: Can we control the effects of alcohol? American Psychologist, 39, 1337-1351.
2. Sobell, M.B., and Sobell, L.C. (1973a). Individualized behavior therapy for alcoholics. Behavior Therapy, 4, 49-72.
3. Sobell, M.B., and Sobell, L.C. (1973b). Alcoholics treated by individualized behavior therapy: One year treatment outcomes. Behavior Research and Therapy, 11, 599-618.
4. Caddy, G.R., Addington, H.J., and Perkins, D. (1978).

Individualized behavior therapy for alcoholics:
A third year independent double-blind and follow-
up. Behavior Research and Therapy, 16, 345-362.

5. Peele, S. (1983). Is alcoholism different from other substance abuse? American Psychologist, 38, 963-964.

COURSE DESCRIPTION:

This course will look at issues relative to treating alcoholics and substance abusers, e.g., characteristic resistance mechanisms and behavioral defects and goals and approaches for dealing with them. In addition, personal requisites of counselors in the field will be discussed.

COURSE OBJECTIVES:

Upon completion of this course, the student is able to:

1. Discuss in an informed and educated manner the following issues related to the treatment of alcoholics and substance abusers:
 - A. Are alcoholism and substance abuse symptoms, diseases, or learned behaviors?
 - B. Do alcoholism and substance abuse usually get progressively worse?
 - C. Are alcoholics and substance abusers, before they begin to abuse alcohol and drug, different from non-alcoholics and non-substance abusers?
 - D. What, if any, are the differences between alcoholics, drug abusers, and those who abuse both?
 - E. Is abstinence a necessary goal of treatment or can insisting on abstinence sometimes be counter-productive?
 - F. Is returning to safe, social (controlled) drinking possible for some alcoholics?
 - G. Is the concept of safe, social use applicable to drug abuse?
 - H. Does treatment alter the natural history of alcoholism and substance abuse?

- I. How helpful are Alcoholics Anonymous in the treatment of alcoholism and Narcotics Anonymous in the treatment of drug abuse?
2. Show knowledge of the alcoholism and substance abuse literature as it sheds light on a selected treatment issue of interest to the student.
3. Articulate and discuss existing models of alcoholism and substance abuse.

COURSE OUTLINE

| DATE | TOPICS | READINGS |
|------|---|---|
| 6/25 | Introduction and overview of course Defining the controversies, issues, and problems | Vaillant pp.1-11 Peele (1984) |
| 6/30 | Research methods and methodologies | Vaillant pp.239-250 pp.251-278, Appendix |
| 7/3 | The concept of alcoholism: Definition, diagnosis, and assessment | Vaillant pp.15-44 Pattison et al., pp. 1-40 |
| 7/7 | The etiology of alcoholism and substance abuse | Vaillant pp.45-106 Pattison et al., pp.40-95 |
| 7/9 | The natural history of the disorder | Vaillant pp.107-180 Pattison et al., pp.96-188 |
| 7/14 | Treatment: Process and outcome | Pattison et al., pp.257-281 |
| 7/16 | Abstinence: Necessary, useful, or sufficient as a treatment goal | Vaillant pp.183-216 Pattison et al., pp.212-256 |
| 7/16 | Controlled drinking | Vaillant pp.217-235 |
| 7/21 | Controlled drinking | Pattison et al., pp. 282-335 Sobell & Sobell, 1973a, 1973b Caddy et al., 1978 |
| 7/28 | Alternative models | Pattison et al., pp.189-194 |
| | PAPERS DUE | |

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| 7/30 | Alternative models | Hand-outs |
| 8/4 | Lessons for treatment FINAL EXAM DISTRIBUTED | Vaillant pp.281-316 |
| 8/6 | Similarities between addictions | Peele (1983) |
| 8/11 | Summation and reconsideration FINAL EXAM DUE | |

EVALUATION

1. Exam: A take-home final examination will be distributed on 8/4. It is due on 8/11. The exam will consist of 5 questions selected by the student from a list of 9 questions. The final exam will comprise 45% of your final grade.
2. Paper: A major scholarly, 12-15 page paper is due on July 28. This paper must be typed, double-spaced and in APA style. This paper is to discuss and critique one treatment issue selected by the student. The student is expected to complete a review of the literature related to that issue. It is expected that an objective overview of all sides of the issue will be presented and that the critique will be based on an evaluation of research findings. It will comprise 40% of your final grade.
3. Participation and Attendance: The final 15% of your grade will be based on your participation and attendance.

SUMMARY OF APA REFERENCING STYLE

GENERAL COMMENTS

Start the reference list on a new page. Type the word References in uppercase and lowercase letters, centered, at the top of the page.

Double-space all references. Type the first line of each entry flush left; indent the second and succeeding lines 3 spaces. The order of the references should be in alphabetical order according to the first author's last name.

EXAMPLES:

1. Reference to a periodical:

Beatty, D. (1978). Contingency contracting with heroin addicts. The International Journal of the Addictions, 13, 509-527.

2. Reference to an entire book:

Peele, S. (1985). The meaning of addiction: Compulsive experience and its interpretation. Lexington, Massachusetts: D.C. Heath and Co.

3. Reference to an article or chapter in an edited book:

Matuschka, P. (1985). The psychopharmacology of addiction. In T. Bratter and G. Forrest (Eds.), Alcoholism and substance abuse: Strategies for clinical intervention (pp. 49-73). New York: The Free Press.

4. Reference to a book with a corporate author:

American Psychiatric Association. (1980). Diagnostic and statistical manual of mental disorders (3rd ed.). Washington, D.C.: Author.

REFERENCING WITHIN THE TEXT OF THE PAPER

There are several ways to reference within the text:

1. Jones (1985) found that adolescents have increased there use of alcohol.
2. Adolescents are increasing their intake of alcohol (Jones, 1985).

The above is a summary of the APA referencing style. You are advised to consult : American Psychological Association.(1983). Publication Manual of the American Psychological Association (3rd ed.). Washington, D.C.: Author. , for further information.