

MB Biblical Seminary

MF 369: Substance Abuse

(1 Credit)-Fall 2005

October 13-15, 1:30pm-5:30pm

Instructor: John W. Auxier, Ph.D.

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Course Description

This course presents an overview of addiction, treatment, and relapse prevention. This will focus on alcohol and drug dependency as well as treatment methods that include individual, family, community and spiritual issues. *It is designed to meet the California BBSE curricular requirements for essential knowledge about substance abuse counseling.* Note: The course includes substantial experiential components, including motivational interviewing training and attendance at two recovery group meetings.

Learning Objectives

As a result of this course, students will:

1. Understand substance abuse/dependence holistically as a *bio-psycho-social-spiritual* disorder, requiring multi-dimensional intervention.
2. Grasp the essentials of biological, psychological, social and spiritual processes in substance abuse etiology and treatment.
3. Acquire a working knowledge of Motivational Interviewing theory and practice.
4. Be familiar with self-help resources such as the 12 Steps of AA and Christian approaches to addiction.
5. Understand the impact of substance abuse on marital and family relationships.
6. Acquire a basic knowledge of common drugs of abuse and their effects.
7. Be able to identify signs and symptoms of substance disorders using the DSM-IV criteria.
8. Be familiar with current theory, research and interventions and issues related to dual diagnosis, cross-addictions, and harm reduction.

Required Textbooks

Lewis, J.A., Dana, R.Q. & Blevins, G.A. 2002. Substance Abuse Counselling. 4th ed. Pacific Grove: Brooks/Cole.

Roberts, L. J. & McCready, B. S. 2003. Alcohol Problems in Intimate Relationships: Identification and Intervention. Rockville, MD: AAMFT/NIAAA. (83 pages).
Directions: download PDF version and put in a 3 ring binder for reference.
The document is at <http://www.niaaa.nih.gov/publications/niaaa-guide/>

Course Requirements

Pre-Class Assignment:

1. Read all of Lewis, Dana & Blevins, and write a 2 page analytical summary-reaction to each chapter, with key ideas, your reflections and questions you have about the material. Due first class, Thursday, October 13.

During the Class:

2. Attend all sessions, participate in text discussions and skill exercises.

Post-Class 12 Step/Christian Recovery Group Experiential Assignment:

3. Visit an open AA/NA meeting in your area *and* a Christian recovery group, and write a 3 page reflective paper comparing the two experiences, philosophies, etc. Due at the MFCC office by November 21. The websites below will give meeting locations and times in Fresno:

AA and NA Groups

For AA in Fresno area: <http://www.fresnoaa.org/>

For NA in Fresno area: <http://theagapecenter.com/NAinUSA/California.htm>

Christian Recovery Groups (Not all in Fresno area)

Alcoholics Victorious <http://av.iugm.org/>

Celebrate Recovery <http://www.celebraterecovery.com/index.asp>

Most Excellent Way <http://www.mostexcellentway.org/welcome.asp>

Course Grading

Lewis, Dana & Blevins Analytical Chapter Summaries.....50 pts

Attendance and Participation in Class Exercises.....10 pts

12 Step/Christian Recovery Group experiential assignment.....40 pts

Grading Scale

98 - 100 = A+	73 - 76 = C
93 - 97 = A	70 - 72 = C-
90 - 92 = A-	67 - 69 = D+
87 - 89 = B+	63 - 66 = D
83 - 86 = B	60 - 62 = D-
80 - 82 = B-	0 - 59 = F
77 - 79 = C+	

Seminary Academic Policies: MBBS academic policies are described in the *Academic Policies* on the MBBS website www.mbseminary.edu/fresno/policies. These include policies on extensions for incomplete course work, academic integrity, non-discriminatory language, academic appeals, etc. Students are expected to be familiar with MBBS academic policies and to follow them.

Tentative Course Outline, October 13-15

Date	Topics	Assignments Due
Class 1 Oct. 13	<ul style="list-style-type: none"> • Motivational Interviewing Principles • Motivational Interviewing Stages of Change • Motivational Interviewing: Advanced Empathy • Community Reinforcement Approach (CRA) 	Pre-course VanVonderen/Knapp Paper
Class 2 Oct. 14	<ul style="list-style-type: none"> • Definitions: Addiction, Abuse & Dependence • The 12 Steps of AA • Scientific Models of Addiction • Physical Processes and Signs of Drug & Alcohol Dependence • Behavioral and Relational Signs of Dependence • Characteristics of Withdrawal • Effects on the Individual 	Lewis et al. 1-2
	<ul style="list-style-type: none"> • Effects on the Family • Dual diagnosis • Stages of Recovery 	Lewis et al. 3-4
Class 3 Oct. 15	<ul style="list-style-type: none"> • Utilizing community resources • Levels of Treatment: outpatient and inpatient • Planned Interventions • Spiritual Issues in Substance Abuse • Spiritual Models of Addiction/Recovery 	Lewis et al. 5-6
	<ul style="list-style-type: none"> • Developing ministries for substance dependent Christians and families in the Church. • Christian Resources for Recovery • Substance Abuse Prevention and Education in the Church and community 	Lewis et al. 8-9
Final Assignment Nov. 21	12 Step/Christian Recovery Group Assignment Due at MBBS MFCC program office.	

Select Bibliography

Substance Abuse Counseling

- Berg, I. K., and Miller, S.D. 1992. Working with the Problem Drinker: A solution focused approach. New York: Norton.
- Brown, S. & Lewis, V. 1998. The Alcoholic family in Recovery: a developmental model. New York: Guilford Press.
- Lewis, J.A., Dana, R.Q. & Blevins, G.A. 2002. Substance Abuse Counselling. 4th ed. Pacific Grove: Brooks/Cole.
- Meyers, R. J. & Smith, J. E. 1995. Clinical Guide to Alcohol Treatment: The community reinforcement approach. NY: Guilford Press.
- Miller, W. R. & Rollnick, S. 2002. Motivational Interviewing: Preparing people for change. 2nd ed. NY: Guilford Press.
- Ray, O. & Ksir, C. 2002. Drugs, Society and Human Behavior. 9th ed. Toronto: McGraw-Hill.
- Roberts, L. J. & McCreedy, B. S. 2003. Alcohol Problems in Intimate Relationships: Identification and Intervention. Rockville, MD: AAMFT/NIAAA.
<http://www.niaaa.nih.gov/publications/niaaa-guide/>
- Smith, J.E. & Meyers, R.J. 2004. Motivating Substance Abusers to Enter Treatment: Working with Family Members. New York: Guilford Press.
- Volpicelli, J. R., Pettinati, H.M., McLellan, A. T. & O'Brian, C.P. 2001. Combining Medication and Psychosocial Treatments for Addictions: the BRENDA Approach. New York: Guilford Press.

Spirituality, Christianity and Substance Abuse

- Anderson, N. T. 1991. Released from Bondage. San Bernadino, Ca: Here's Life Publishers.
- Friends in Recovery. 1994. The Twelve Steps: A Spiritual Journey. Rev. ed. San Diego: Recovery Publications.
- May, G. 1988. Addiction and Grace. San Francisco: HarperCollins.
- Mercadante, L. A. 1996. Victims and Sinners: Spiritual roots of addiction and recovery. Louisville, KY: Westminster John Knox Press.

Miller, W. R. (Ed.) 1999. Integrating Spirituality into Treatment. New York: American Psychological Association Press.

Morgan, O. J. & Jordan, M. (eds.) 1999. Addiction and Spirituality: A multidisciplinary approach. St. Louis, MO: Chalice Press.

National Center on Addiction and Substance Abuse (CASA) at Columbia University. 2001. So Help Me God: Substance abuse, religion and spirituality. New York: CASA at Columbia University.

Van Vonderen, J. 2004. Good News for the Chemically Dependent and Those Who Love Them. Minneapolis: Bethany House.

Web Resources for Christian Recovery Groups

International Association of Christian Twelve Step Ministries (IACTSM)
<http://www.iactsm.com/>

Christians in Recovery
<http://www.christians-in-recovery.org/>

Alcoholics Victorious
<http://av.iugm.org/>

Celebrate Recovery
<http://www.celebraterecovery.com/index.asp>

Most Excellent Way
<http://www.mostexcellentway.org/welcome.asp>