

MB Biblical Seminary

MF 639: Substance Abuse

(1 Credit)-June 2007

June 8, 2007 6 pm-9 pm

June 9, 2007 8:30 am-4:30 pm

California Room

Instructor: Les C. Lucas, MA, LMFT

Licensed Marriage and Family Therapist- California 1982-present

CAMFT-State and Local chapters, 1988-present

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Course Description

This course designed for marriage and family therapist behavioral health professionals presents an overview of substance use disorders, assessment, prevention, and treatment/relapse management. Behavioral health clinical models and techniques including individual, family, group, and community interventions will be reviewed. *It is designed to meet the California BBS requirements for essential knowledge about substance use issues and clinical interventions.* Note: The course may include experiential components, including motivational interviewing, harm reduction interventions, family and group methods with class participants.

Learning Objectives

MFT students will:

1. Better understand substance use disorders holistically that have *bio-psycho-social-cultural-spiritual* components, requiring multi-dimensional interventions and how they fit into ethical and appropriate behavioral health care.
2. Be more aware of the biological, psychological, social, cultural and spiritual processes in substance use etiology and treatment depending on the client/family presentation.
3. Be familiar with self-help resources (i.e. traditional 12 step models, rational recovery, various Christian models and other self-help groups)
4. Better appreciate the impact of substance use disorders on marital and family relationships.
5. Acquire a basic knowledge of common drugs of abuse and their effects.
6. Be able to identify signs and symptoms of substance disorders using the DSM-IV diagnosis criteria.
7. Acquire a basic knowledge of current theory, research and interventions and issues related to co-occurring disorders, motivational interviewing, and harm reduction

Reading resources (not mandatory prior to the class):

Substance Abuse Treatment and Family Therapy, A Treatment Improvement Protocol TIP 39. Directions: Download PDF version or read on-screen. The document is at <http://download.ncadi.samhsa.gov/prevline/pdfs/bkd504.pdf>

Principles of Drug Abuse Treatment: A research based guide. Directions: download PDF version or read on-screen. The document is at <http://www.nida.nih.gov/PODAT/PODATIndex.html> .

Roberts, L.J. & McCready, B.S. 2003. Alcohol Problems in Intimate Relationships: Identification and Intervention. Rockville, MD: AAMFT/NIAA. (83 pages). Directions: download PDF version or read on-screen. The document is at <http://www.niaaa.nih.gov/publications/niaa-guide/>

Helping patients who drink too much, a clinician's guide 2005 edition. Directions: download the PowerPoint or PDF versions, read on-screen or print off. They are located at http://pubs.niaaa.nih.gov/publications/practitioner/CliniciansGuide2005/Guide_Slideshow.htm

Course Requirements

Pre-Class Assignment:

Be prepared to compare and contrast your beliefs as a behavioral health professional (MFT in training) about substance use disorders versus other psychiatric disorders:

- Do you believe that the etiology is fundamentally different for substance use versus other psychiatric disorders? If so how?
- Do you believe that those persons with substance use disorders are a unique population and therefore, can only be treated by specialists?
- Is symptom management fundamentally different for other psychiatric disorders versus substance use disorders?

Self-Help Groups (students are strongly encouraged to attend one or more of these. The experience of managing substance use symptoms in groups has created numerous sub-cultures that have their own values and behaviors-the Culture of Recovery. Learning about them is essential for an MFT to be effective with those who enter his/her office):

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>

Other Self-Help Models (Not all in Fresno)

Rational Recovery

www.rational.org

Seculars for Sobriety

www.sossobriety.org/

Women for Sobriety

www.womenforsobriety.org/

During the Class:

1. Attend Friday evening and all day Saturday; participate in discussions and skill exercises. Be willing to risk.

Course Grading

Three brief essays/multiple choice tests based on lecture, discussion and classroom participation, each 20pts = **40pts**

Attendance and Participation in Class Exercises..... **20 pts**

Reading assignment (post course): **40pts**

Substance Abuse Treatment and Family Therapy,

A Treatment Improvement Protocol TIP 39.

Directions: Download PDF version or read on-screen.

The document is at

<http://download.ncadi.samhsa.gov/prevline/pdfs/bkd504.pdf>

Three page (minimum) discussion of reading and how this may or may not fit into your theoretical orientation. Submit by e-mail to pgconsultantswest@comcast.net , e-mailed no later than June 15, 2007 5:00 PM. Late papers will automatically lose 15 points.

Total..... 100pts

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 described in the *Academic Policies* on the MBBS website explain how they are applied 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.

Course Outline, June 8-9

Date	Topics	Assignments Due
Friday Evening June 8	<ul style="list-style-type: none"> • Introductions • Substance Abuse is a Psychiatric Disorder-exploring values, bias, and barriers to good care by MFT's 	Test # 1 turned in at end of evening
Saturday June 9 AM	<ul style="list-style-type: none"> • Definitions: Use, Abuse & Dependence • Models of Addiction • Neurobiological Aspects • Diagnosis and DSM IV • Psychiatric Interventions- Sarah Morgan, MD 	Test #2 turned in before lunch
Saturday June 9 PM	<ul style="list-style-type: none"> • Co-Occurring Disorders and MFT's • Effects on the Family System • Stages of Change/Stages of Recovery • Your Self-Care Plan, Your Spirituality and your role as an MFT 	Test #3 turned in at end of course

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.

Connors, D., Donovan, D. and DiClemente, C. 2001. Substance Abuse Treatment and the Stages of Change. New York: Guilford Press.

Denning, P. 2000. Practicing Harm Reduction Psychotherapy: an Alternate Approach to Addictions. New York: Guilford Publications.

Denning, P., Little, J. and Glickman, A. 2004. Over the Influence: The Harm Reduction Guide for Managing Drugs and Alcohol. 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. New York: Guilford Press.

Miller, W. R. & Rollnick, S. 2002. Motivational Interviewing: Preparing people for change. 2nd ed. New York: Guilford Press.

Ray, O. & Ksir, C. 2002. Drugs, Society and Human Behavior. 9th ed. Toronto: McGraw-Hill.

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>

Acknowledgements and thanks to prior faculty of this course for some of the references cited in the course bibliography.