**Wayland Mission Statement**

Wayland Baptist University exists to educate students in an academically challenging, learning-focused, and distinctively Christian environment for professional success, and service to God and humankind.

**Contact Information**

**Course**

: CNSL 5308 VC01 – Addictions Counseling

**Campus**

: WBUonline

**Term/Session**

**:** Spring 2nd eight-week term of 2024

**Instructor**

**:** Dr. Perry Collins

**Office Phone Number**

**:** 806-685-7466

**WBU Email Address**

**:** collinsp@wbu.edu

**Office Hours, Building, and Location**

**: Arranged as needed**

**Class Meeting Time and Location**

**: March 25th, 2024 – May 18th, 2024**

**Textbook Information**

**Required Textbook(s) and/or Required Materials**

**:**

1. **Chemical dependency counseling by Perkinson (Sage publication) 5th edition 2017 ISBN 978506307343**
2. **Understanding and treating sex and pornography addiction: A comprehensive guide for people who struggle with sex addiction and those who want to help them. Published by Hall and Routledge Textbooks (2nd edition) 2018 ISBN 97808153.**

*The textbook for this course is part of Wayland’s* ***Automatic eBook*** *program. You will have access to an eBook and interactive learning material on the first day of class through your Blackboard course site. The cost of this Automatic eBook will be billed directly to your student account when you register for the course. You will be notified via email with access instructions and additional information. If you do not wish to participate in the Automatic eBook program, you will have the first 12 days of class to opt-out of the program (additional details will be outlined in your email instructions). For more information on the Automatic eBook program, visit the Wayland Bookstore* [*Automatic eBook FAQ*](https://bookstore.wbu.edu/site_inclusive.asp) *page.*

**Optional Materials**

**: None**

**Course Information**

**Catalog Description**

**:**  Sociocultural, historical, legal, and clinical issues related to gambling, sexual, eating, alcohol, or drug addictions; theories and therapeutic approaches for treatment and prevention.

**There is no prerequisite for this course**.

**Course Outcome Competencies**

**:** Upon completion of this course, students will be able to:

* Describe and discuss the major concepts regarding substance abuse issues, gambling addictions, sexual addictions and eating addictions and their assessment and treatment
* Classify and describe the major classes of drugs and their effects.
* Identify and explain the models of addiction.
* Describe, evaluate and apply the various assessment and treatment approaches of addiction counseling

**Attendance Requirements**

**WBUonline**

Students are expected to participate in all required instructional activities in their courses. Online courses are no different in this regard; however, participation must be defined in a different manner. Student “attendance” in an online course is defined as active participation in the course as described in the course syllabus. Instructors in online courses are responsible for providing students with clear instructions for how they are required to participate in the course. Additionally, instructors are responsible for incorporating specific instructional activities within their course and will, at a minimum, have weekly mechanisms for documenting student participation. These mechanisms may include, but are not limited to, participating in a weekly discussion board, submitting/completing assignments in Blackboard, or communicating with the instructor. Students aware of necessary absences must inform the professor with as much advance notice as possible in order to make appropriate arrangements. Any student absent 25 percent or more of the online course, i.e., non-participatory during 2 or more weeks of an 8-week session, may receive an F for that course. Instructors may also file a Report of Unsatisfactory Progress for students with excessive non-participation. Any student who has not actively participated in an online class prior to the census date for any given session is considered a “no-show” and will be administratively withdrawn from the class without record. To be counted as actively participating, it is not sufficient to log in and view the course. The student must be submitting work as described in the course syllabus. Additional attendance and participation policies for each course, as defined by the instructor in the course syllabus, are considered a part of the university’s attendance policy.

**University Policies**

**Statement on Plagiarism and Academic Dishonesty**

**:** Wayland Baptist University observes a zero tolerance policy regarding academic dishonesty. Per university policy as described in the academic catalog, all cases of academic dishonesty will be reported and second offenses will result in suspension from the university.

**Disability Statement**

**:** In compliance with the Americans with Disabilities Act of 1990 (ADA), it is the policy of Wayland Baptist University that no otherwise qualified person with a disability be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the university. The Director of Counseling, Career and Disability Services serves as the coordinator of students with disability and should be contacted concerning accommodation request at (806) 291-3765. Documentation of a disability must accompany any request for accommodations.

Accessibility issues with content in WBUonline courses or in Blackboard should be addressed to the WBU accessibility coordinator, Dr. Rick Hammer, [hammerr@wbu.edu](mailto:hammerr@wbu.edu) or call (806) 292-9150.

**Student Grade Appeals**

**:** Students shall have protection through orderly procedures against prejudices or capricious academic evaluation. A student who believes that he or she has not been held to realistic academic standards, just evaluation procedures, or appropriate grading, may appeal the final grade given in the course by using the student grade appeal process described in the Academic Catalog. Appeals may not be made for advanced placement examinations or course bypass examinations. Appeals are limited to the final course grade, which may be upheld, raised, or lowered at any stage of the appeal process. Any recommendation to lower a course grade must be submitted through the Vice President of Academic Affairs to the Faculty Assembly Grade Appeals Committee for review and approval. The Faculty Assembly Grade Appeals Committee may instruct that the course grade be upheld, raised, or lowered to a more proper evaluation.

[WBU Catalog](http://catalog.wbu.edu/)

**Course Requirements and Grading Criteria**

**Weekly Discussion Board**: (5 points for each week) You will be expected to actively participate in weekly discussion boards that include both contributing your own thoughts as well as responding to several other fellow students each and every week. You cannot be late on this assignment. The discussion board topic will usually be posted on Sunday, and you should have it completed by Saturday at the end of the week.

**Online Testing/Assessment Assignment:** (10 points) Use the internet to find 5 or more free online psychological tests of addiction (i.e., Smoking, workaholic, gambling, drugs, eating disorders, porn, or sex addiction, etc.). Then, take these tests and print out the results. Type up a 3-page paper of your experiences which discusses what you thought about the tests in general, did you agree with the results, how could they be used in a clinical setting, are they valid or not and why, etc. I will not share your tests results with anyone so be as honest as possible. Also, you do not have to use any tests that require you to pay money for that particular test or require you to register with their website. Late assignments can result in a reduction in one’s grade.

**Support Group Assignment: (**10 points) Attend at least 2 different types of support group meetings (such as AA, NA, bereavement group, divorce group, etc.) and write a reflection paper on this experience. The meeting should be an open AA or NA meeting or similar meeting such as AL-anon, CODA, ACOA, etc. **A 3-page paper should be written on each of these experiences** including a discussion on what took place at the meeting, personal reflections, and the pros and cons to this type of support group. Be sure to include when you attended and what location. You might contact a treatment program in your area for the times and locations of these meetings. Don’t ask the professor for places and times of meetings…be resourceful and figure it out yourself by calling local substance abuse programs. You need to be honest at the meeting and tell the group that you are training to be a counselor and were asked to attend the meeting to learn about addiction.

**Web-based presentation assignment:** (10 points) You will be expected to put together a comprehensive handout on one of the major drugs discussed in class or on a topic related to substance abuse (i.e., AA groups, inpatient treatment, etc.). Pretend that your job found out that you have an expertise in addiction and wanted you to do a workshop for the employees. You will do this by cutting and pasting materials from the internet along with a listing of internet links onto a word processing document. Do not forget to cite the sources for your material. The body of the paper is to be **at least 8 pages long**. The paper is to be well-organized and of university quality work. Come up with an outline of what you want to cover, and this will guide you in putting together this handout. The paper will be graded for content, coherence, its informative value as well as for grammatical style.

**Case Study Treatment Assignment:** (10 points)—Watch a video that is directly related to material presented in class (i.e. Traffic, 28 Days, When a Man Loves a Woman, Clean and Sober, Basketball Diaries, Playing God, Girl Interrupted, Philadelphia, etc.) and type a **four-page paper** reflecting on the content of the video and what you learned from this movie as it relates to substance abuse. In addition, using the concepts and strategies from the course materials and the textbooks, put together a detailed treatment plan with specific exercises, strategies, and/or behavioral homework for your client for how you would work with one of the characters from the movie.

**Sex and/or pornography addiction case study Assignment:** (10 points). Find a good case study involving porn addiction or sex addiction. You might find a documentary on YouTube or Hulu or amazon prime. Watch the video and learn as much as you can about the case. Then type up a 4-page paper briefly describing the case and then go into specifics on exactly how you would treat this person if you were their counselor using techniques and ideas from the textbook on sex and porn addiction.

**Abstinence Experience Assignment: (**10 points) “Abstinence experience”—think about an activity that you enjoy or engage in frequently and commit to discontinuing this activity for the entire semester. Please take this seriously. **Write a 3-page paper** reflecting on your experience and what you learned from this exercise.

**The University has a standard grade scale:**

A = 90-100, B = 80-89, C = 70-79, D = 60-69, F= below 60, W = Withdrawal, WP = withdrew passing, WF = withdrew failing, I = incomplete. An incomplete may be given within the last two weeks of a long term, within the last week of an 8-week session, or within the last two days of a microterm to a student who is passing, but has not completed a term paper, examination, or other required work for reasons beyond the student’s control. A grade of “incomplete” is changed if the work required is completed prior to the last day of the next long 16-week term or 8-week session, unless the instructor designates an earlier date for completion.  If the work is not completed by the appropriate date, the I is converted to an F.

**Tentative Schedule**

**Week 1 March 25 to March 31**

Discussion Board, Weekly Readings (chapters 1 and 2 from chemical dependency counseling book and chapters 1 and 2 from the treating sex and pornography addiction book), Watch YouTube video “substance use disorders/addictions clinical overview”

**Week 2 April 1 to April 7**

Discussion board, weekly readings (Ch. 3,4 drug book and Ch. 3,4 sex book), watch YouTube video “substance use: addiction theories new treatments and the role of doctoring in society”, Online testing/assessment assignment due

**Week 3 April 8 to April 14**

Discussion board, weekly readings (Ch.5,6 from both the drug and sex book), Support group assignment due

**Week 4 April 15 to April 21**

Discussion board, weekly readings (Ch. 7,8 from both books), Web based presentation assignment due

**Week 5 April 22 to April 28**

Discussion board, weekly readings (Ch. 9,10 both books), Case study treatment assignment due

**Week 6 April 29 to May 5**

Discussion board, weekly readings (Ch. 11,12 both books), Sex and/or pornography addiction case study assignment due

**Week 7 May 6 to May 12**

Discussion board, weekly readings (Ch. 13,14 both books), Abstinence experience assignment due

**Week 8 May 13 to May 18**

Discussion board and weekly readings (Ch. 15,16 from drug book and Ch. 15 from sex addiction book)