I. **Course Catalogue description:** This course will examine substance abuse and addiction disorders (e.g., gambling, sex, gaming, eating, tobacco) in multiple client populations, and their treatment. Students will learn how to conduct assessment for and diagnosis of substance abuse and addiction disorders, including co-occurring disorders; the effects of substances and addictions on the client and others; etiology; and best practices in counseling and treatment. Prerequisite: PSYC 5308.

II. **Student Learning Outcomes (SLO’s):** Upon completion of this course, students will:

- Demonstrate an understanding of and ability to articulate the behavioral, psychological, physical, and social effects of psychoactive substances on the user and significant others;
- Demonstrate a familiarity with a variety of models and theories for conceptualizing addiction and dependence;
- Demonstrate the ability to assess and diagnosis the continuum of addiction disorders using the DSM V;
- Demonstrate a familiarity with both the range of addiction treatment services available and client placement criteria;
- Identify strategies for engaging and retaining the addicted client and significant others in treatment;
- Practice effective cross-cultural addiction counseling skills;
- Be able to identify the major classifications of psychotropic drugs of abuse, typical routes of administration, and brief description of effects.
- Recognize the addiction and recovery processes.
- Describe the holistic impact of addiction on clients and families.
- Identify the common and comorbid psychiatric disorders and/or process addictions.
- Demonstrate basic individual, group and family counseling techniques to be used with those experiencing dysfunction related to addictions.
- Identify addiction treatment issues for special populations.
- Identify professional issues related to addictions counseling (e.g., clinician wellness strategies, certification, and legal/ethical issues).
### III. CACREP Standards Addressed in COUN 5326

<table>
<thead>
<tr>
<th>Core Curricular Experiences</th>
<th>CACREP</th>
<th>Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Theories and etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment</td>
<td>IIG3g</td>
<td>Quizzes</td>
</tr>
<tr>
<td>2. Human behavior, including an understanding of developmental crises, disability, psychopathology, and situational and environmental factors that affect both normal and abnormal behavior</td>
<td>IIG3f</td>
<td>Quizzes</td>
</tr>
<tr>
<td>3. Essential interviewing and counseling skills</td>
<td>IIG5c</td>
<td></td>
</tr>
<tr>
<td>4. Counseling theories that provide the student with models to conceptualize client presentation and that help the student select appropriate counseling interventions. Students will be exposed to models of counseling that are consistent with current professional research and practice in the field so they begin to develop a personal model of counseling</td>
<td>IIG5d</td>
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</table>

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>CACREP</th>
<th>Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Discuss theories and etiology of addictions and addictive behaviors, including strategies for prevention, intervention, and treatment</td>
<td>IIG3g</td>
<td>Quizzes</td>
</tr>
<tr>
<td>2. Recognizes the potential for substance use disorders to mimic and coexist with a variety of medical and psychological disorders</td>
<td>CHMC: A6</td>
<td>Quizzes</td>
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<tr>
<td>3. Knows the disease concept and etiology of addiction and co-occurring disorders</td>
<td>CHMC: C4</td>
<td>Quizzes</td>
</tr>
<tr>
<td>4. Provides appropriate counseling strategies when working with clients with addiction and co-occurring disorders</td>
<td>CHMC: D8</td>
<td>Case Study Paper</td>
</tr>
<tr>
<td>5. Identifies standard screening and assessment instruments for substance use disorders and process addictions</td>
<td>CHMC: G4</td>
<td>Quizzes</td>
</tr>
<tr>
<td>6. Screens for addiction, aggression, and danger to self and/or others, as well as co-occurring mental disorders</td>
<td>CHMC: H3</td>
<td>Case Study Paper</td>
</tr>
<tr>
<td>7. Applies the assessment of a client’s stage of dependence, change, or recovery to determine the appropriate treatment modality and placement criteria within the continuum of care</td>
<td>CHMC: H4</td>
<td>Quizzes</td>
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<tr>
<td></td>
<td></td>
<td>Case Study Paper</td>
</tr>
<tr>
<td>8. Knows the impact of co-occurring substance use disorders on medical and psychological disorders</td>
<td>CHMC: K3</td>
<td>Case Study Paper</td>
</tr>
<tr>
<td>9. Knows principles of addiction intervention, consultation, education, and outreach for students in postsecondary education</td>
<td>SACC: C3</td>
<td>Quizzes</td>
</tr>
</tbody>
</table>
IV. Methods of Instruction: The course will be hybrid in nature, meaning that it will meet partially face-to-face as well as online. The course consists of lecture and didactic learning methods, small group discussions, and in-class assignments, coupled with experiential learning and practical application. Students will interact with course material through role-plays, an abstinence project, visiting support groups, and receiving feedback with regard to a case study paper, and in-class assignments. Professor reserves the right to change the course and/or syllabus as deemed appropriate.

V. Required Texts:


Required Supplemental Reading: Available online at:


VI. Grades:

<table>
<thead>
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<th>Assignment</th>
<th>Points</th>
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<tbody>
<tr>
<td>Course Engagement Points</td>
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<tr>
<td>Book Reflection</td>
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<tr>
<td>Support Group Reflections</td>
<td>150</td>
</tr>
<tr>
<td>Abstinence Project</td>
<td>250</td>
</tr>
<tr>
<td>Case Study</td>
<td>250</td>
</tr>
</tbody>
</table>

**Total = 1,000**

A: 900-1,000  B: 800-899  C: 700-799  D: 600-699  F: < 600

VII. Assignments:

**Course Engagement** (250 points): Due to the hybrid format of this course, students will engage in a variety of online and face-to-face activities to assess comprehension and engagement. Points will be a combination of in-class participation and exercise completion. These points will be earned throughout the duration of the course.

**In class weeks, you will have Chapter Readings:** Before each class, please upload to the weekly canvas module the following points and questions you generate based on the readings assigned each week:

1. Summarize 2 key points/themes/topics of interest to you. Each key point should focus on the information you read (the content) and the reason this interested you.
2. Generate 2 (thoughtful) questions/issues/concerns you are left with after the readings.

**Online weeks, you will have Chapter Quizzes:** You will complete short quizzes within your modules to ensure you are understanding the material.

*The professor reserves the right to make changes to these as deemed necessary to ensure student learning.*

**Book Reflection** (100 points): Students will read *Hooked: When Addiction Hits Home* and complete a reflection journal (see Appendix A for formatting). This should be at least 4 pages in length (single spaced within the format) and reflect on your personal and professional reactions to the book. Students should submit a copy on Canvas as well as bring a copy to class.

**Support Group Attendance and Reflection** (150 points): As part of your class experience, you are required to attend two different “Open” support groups. You may attend any of the below groups or any other support groups approved by the professor. See Appendix B for additional information on locating meetings.

This assignment will have the following components:

**An introduction** – This one-to-two paragraph introduction will provide an overview of the two meetings that you attended (worth **50 points**).
A summary paper – This is to be a minimum two to three-page paper describing (a) your overall thoughts and feelings about the meetings you attended, (b) what influenced your thoughts and feelings, and (c) what this exercise has taught you about what clients might experience, focusing on your thoughts and feelings (a) before the meeting, (b) during the meeting, and (c) following the meeting (worth 100 points).

Abstinence Project (250 points): This exercise is designed to help you experience some of the feelings/thoughts that addicted individuals experience when they quit their drug or behavior of choice. This exercise requires that you give up a substance (e.g., nicotine, caffeine, or alcohol) or a behavior (e.g., Internet use, eating sweets, playing video/computer games, watching television, cell-phone usage) for the semester (see dates at the end of this syllabus). For those of you who have difficulty identifying a substance or behavior, please contact me so we can discuss what might be a challenge for you to give up for this time period. The purpose of this project is to increase empathy for those who are asked to abstain from something desirable. The project does not serve to emulate recovery, but rather to increase empathy and foster insight into the psychological aspects of abstinence. Students will be put into support groups that will meet weekly. Students should brainstorm positive substitutes for the activity/item/behavior from which they are abstaining. In each weekly check-in, students are to address the abstinence project prompt provided on the course schedule. It is also expected that you describe your experience with the abstinence project in general (thus you are not limited to only addressing the prompt).

During this assignment you will (a) write an introductory letter to your substance/behavior, (b) check in weekly with “support group” (c) write a summary paper which will serve as the conclusion to the exercise. This assignment will have the following components:

“Letter to my Substance/Behavior” - Written in the first person to the substance/behavior from which you are abstaining, will be due before the abstinence period begins (the content for this letter can be found in Appendix C) (worth 100 points).

Support Group – Weekly, students will check in with their support group. Students will reflect and respond to the reflection questions provided and provide support to their peers to encourage accountability. Students will describe their feelings and reactions, especially focusing on times you “lapse” or experience temptation. It is especially important to indicate times when it was both difficult and easy to abstain, as well as those specific circumstances during which you “slipped” (birthdays, holidays, and weekends seem especially difficult).

Summary paper – This is to be a minimum three-page paper describing the abstinence experience (e.g., did you succeed or fail, what influenced you, what was the process like for you, etc.) and will serve as the conclusion to your overall experience. Additionally, please reflect on your support group experience (worth 150 points).

Case Study Paper (250 points): Students will write a case-study paper based on a character from an approved movie (ex. Rachel Getting Married, 28 Days, Shattered Spirits, Country Strong, When a Man Loves a Woman, Half Nelson, Walk the Line). Students will address how
they would work with their client using the knowledge obtained from the course. Papers will address models of addiction, information on addictive substances, diagnosis, screening, co-occurring disorders, a theoretical approach and treatment plan, level of treatment, stage of change, and the counselor’s work with the client, the family, and group/12-step treatment modalities. All papers will be written in APA format (6th edition). Length is 6-8 pages not including title page or references (abstract not necessary).

VIII. Course Policies:

Attendance: Due to the experiential nature of this course, attendance is essential. If necessary, students may miss one class with a valid excuse and not face penalties related to their grade (students are encouraged to save this absence for illness or emergencies that may arise). This includes in-person classes or an extension of an online class. Students must let the instructor know as soon as possible if they will be missing class. It is the students’ responsibility to obtain all notes and handouts missed during their absence. Journal entries are still required. A second absence will result in a deduction of points from the total grade. In the event that a student misses three classes, he or she will receive a failing grade. Students who miss more than one hour of class will be considered absent from that class meeting. University policy will be followed for attendance problems. Chronic tardiness or early departure will result in the lowering of a final grade at the instructor’s discretion (arriving more than 15 minutes late or leaving more than 15 minutes early). Please note: it is the student’s responsibility to drop this course, if necessary.

Readings and Assignments: It is the students’ responsibility to complete all required readings prior to coming to class. Lecture and class activities will not repeat the readings but rather add to them. Therefore, the readings provide necessary context for course material. All assignments are due at the beginning of class on the date specified on the syllabus. A five percent grade reduction will occur for each day the assignment is late (including weekdays and weekends). Late assignments will only be accepted up to one week after the due date. After one week, the student will not receive points for the assignment. Extensions will be granted at the discretion of the instructor if requested by the student prior to the due date of the assignment. No extensions will be granted the day an assignment is due or after the due date.

Participation: The experiential nature of the course requires participation from all students. Class discussion, role-plays, experiential learning activities, and process groups will help the facilitation of new knowledge. Students are expected to come to class prepared to engage with the material and participate in activities. The instructor reserves the right to deduct points for a student's grade due to lack of participation.

Electronic devices: The use of cell phones and laptops for any reason other than taking notes is not permitted during class time. Students may check their phones during the break and before/after class. Student engagement in texting or perusing internet sites during class time may result in point deductions on final grade.

Confidentiality limitations: An essential element of this course is self-reflection and the integration of new knowledge into previously established paradigms. It is the students'
responsibility to determine the appropriate level of self-disclosure for class discussion and reflection papers. The instructor cannot guarantee confidentiality of information shared. If the instructor acquires information relevant to a student's progress or performance in the program, she will contact the student for a meeting to discuss the issue.

_Professionalism_: At all times, students are expected to demonstrate personal characteristics consistent with the characteristics of professional counselors (see Master’s Student Handbook), engage in ethical behavior as defined in the American Counseling Association Code of Ethics, and adhere to UT Tyler’s Academic Integrity Policy. As professionals, students also are responsible for coming to class prepared to discuss readings, making productive contributions to class discussions/activities, and attending respectfully to others when not contributing directly. Students who do not meet expectations regarding professional responsibilities will be evaluated as such. This evaluation may be reflected in a grade reduction, competency concern report, and/or request for other remediation per Counseling Program policies. The chart below serves as a guide regarding expectations for professional behavior and potential outcomes for those who do not meet these expectations. Note that one only meets professional expectations if ALL indicators are met. However, one need only have ONE area in which s/he is below expectations to necessitate remediation.

**IX. University Policies:**

*Grade Replacement/Forgiveness and Census Date Policies*

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at http://www.uttyler.edu/registrar. Each semester’s Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
Completing the process for tuition exemptions or waivers through Financial Aid

State-Mandated Course Drop Policy
Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).
Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

Disability Services
In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact the Disability Services office in UC 3150, or call (903) 566-7079.

Student Absence due to Religious Observance
Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities
If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement
It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Emergency Exits and Evacuation
Everyone is required to exit the building when a fire alarm goes off. Follow your instructor’s directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

Student Standards of Academic Conduct
Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking
an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

(i) “Cheating” includes, but is not limited to:
- copying from another student’s test paper;
- using during a test, materials not authorized by the person giving the test;
- failure to comply with instructions given by the person administering the test;
- possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed “crib notes”. The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test;
- using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program;
- collaborating with or seeking aid from another student during a test or other assignment without authority;
- discussing the contents of an examination with another student who will take the examination;
- divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
- substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;
- paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program, or information about an unadministered test, test key, homework solution or computer program;
- falsifying research data, laboratory reports, and/or other academic work offered for credit;
- taking, keeping, misplacing, or damaging the property of U. T. Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and,
- misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.

(ii) “Plagiarism” includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another’s work and the submission of it as one’s own academic work offered for credit.

(iii) “Collusion” includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.

X. CEP Vision and Mission and Program Standards

Vision
The College of Education and Psychology is nationally recognized and respected for its academic programs and opportunities. It is a center of academic excellence, scholarly inquiry, and public service. The College prepares leaders to meet the critical challenges of the 21st
Century, to make significant contributions to local and global communities, and to work toward individual and cultural equity.

*Mission*

The mission of the College of Education and Psychology is to provide a positive environment that fosters the acquisition of knowledge and skills. The mission is individually and collectively realized through a community of scholars that contributes to knowledge through scholarly inquiry; organizes knowledge for application, understanding and communication; and provides leadership and service. Additionally, the College is committed to affirming and promoting global perspectives, cultural diversity, and respect for individual differences as a means of enhancing learning, service, and scholarship.

*Technical Support*

If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.uttyler.edu or call 903.565.5555. When you email IT Support, be sure to include a complete description of your question or problem including:

- The title and number of the course
- The page in question
- If you get an error message, a description and message number
- What you were doing at the time you got the error message

You may also visit the Help Link on Canvas

*Plug-ins and Helper Applications*

UT Tyler Canvas courses use Java, JavaScript, browser plug-ins, helper application and cookies. It is essential that you have these elements installed and enabled in your web browser for optimal viewing of the content and functions of your Canvas course. Always ensure that you are using the most update version for the browser you choose to access the online learning content.

**NOTE: Mozilla Firefox** is the recommended browser for Canvas. (URL: http://www.mozilla.org/en-US/firefox/new/)

- **Adobe Reader** allows you to view, save, and print Portable Document Format (PDF) files. (URL: http://get.adobe.com/reader/)
- **Java Runtime Environment** (JRE) allows you to use interactive tools on the web. (URL: http://www.java.com/en/download/)
- **Adobe Flash Player** allows you to view content created with Flash such as interactive web applications and animations. (URL: http://get.adobe.com/flashplayer/)
- **QuickTime** allows users to play back audio and video files. (URL: http://www.apple.com/quicktime/download/)

- **RealPlayer** allows you to view and listen to streaming video and audio. (URL: [http://www.real.com/](http://www.real.com/))

**Netiquette Guide**

"Netiquette" is network etiquette, the do's and don'ts of online communication. Netiquette covers both common courtesy online and informal "rules of the road" of cyberspace. Review and familiarize yourself with the guidelines provided. (URL: [http://www.learnthenet.com/learn-about/netiquette/index.php](http://www.learnthenet.com/learn-about/netiquette/index.php))
# Tentative Course Schedule

*Shaded weeks meet on Canvas – all assignments during hybrid weeks are DUE by 11:59pm on the date listed.

All assignments due during in-class weeks should be uploaded prior to class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topics Covered</th>
<th>Readings &amp; Assignments (bold)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Module 1</td>
<td>Syllabus Overview</td>
<td>Miller Ch. 1 &amp; 2 Riordan &amp; Walsh, 1994</td>
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<td>8/29</td>
<td>Counselor Attitudes</td>
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<tr>
<td>Module 2</td>
<td>Drug Classifications</td>
<td>Identification Abstinence Substance/Behavior Miller Ch. 3</td>
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<tr>
<td>Module 3</td>
<td>Assessment/Screening</td>
<td>Miller Ch. 5 &amp; 6 Letter to my Substance/Behavior <em>Abstinence Begins</em></td>
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<tr>
<td>Module 4</td>
<td>Levels of Treatment Stages of Change</td>
<td>Miller Ch. 7 Prochaska, DiClemente, &amp; Norcross, 1992</td>
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<td>Module 5</td>
<td>Models of Addiction Abstinence vs. Harm Reduction</td>
<td>Miller Ch. 4 Leshner, 2001 Tatarsky &amp; Marlatt, 2010</td>
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<td>Module 6</td>
<td>Addiction Across the Lifespan Issues Related to Diversity</td>
<td>Catch up on readings</td>
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<td>Module 7</td>
<td>Process Addictions</td>
<td>Hagedorn &amp; Juhnke, 2005 Hooked Double Entry Journal Due</td>
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<td>Module 8</td>
<td>Relapse Prevention Family Counseling</td>
<td>Miller Ch. 12, 13, 19 Marlatt &amp; George, 1984 Smock, Froerer, Blakeslee, 2011</td>
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<td>Module 9</td>
<td>Group Counseling Support Groups</td>
<td>Miller Ch. 14 &amp; 20 Support Group Meeting Reflection Due</td>
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<td>Module 10</td>
<td>Addiction and the Brain Co-Occurring Disorders</td>
<td>Miller Ch. 18</td>
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<td>Week 13</td>
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<td>11/28</td>
<td>Module 14</td>
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<td>12/5</td>
<td>Module 15</td>
<td>Special Topics in Addictions Counseling</td>
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<td>Module 16</td>
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# APPENDIX A

**BOOK REFLECTION**

*Hooked: When Addiction Hits Home*

*Each chapter should have AT LEAST one entry*

<table>
<thead>
<tr>
<th>Chapter Name</th>
<th>Significant Quotes or Points</th>
<th>Explanation of Importance and Personal/Professional Connections</th>
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Appendix B
Support Groups

When attending a support group, it is imperative that you respect the members of the group. You may identify yourself as a “guest” or someone who is “here to learn.” The point of this experience is to expose yourself to a resource that you may use as a referral in the future.

- Al-Anon: http://www.al-anon.alateen.org/meetings/meeting.html
- Emotions Anonymous http://allone.com/12/ea/
- Gamblers Anonymous: http://www.gamblersanonymous.org/mtgdirTOP.html
- Overeaters Anonymous: http://www.oa.org/all_about_meetings.htm
- Sexaholics Anonymous: http://www.sa.org/top/United%20States%20of%20America/
- SMART Recovery: http://www.smartrecovery.org/meetings_db/view/

Note: All meetings are "closed meetings" (for those that are addicted) unless “O” (open) is indicated. Only attend Open meetings unless you meet the necessary criteria. When approached by group members, be respectful and appreciative. You can share that you wanted to learn more about the group as you think it is a great resource but you know little about it...or perhaps there are people in your life who struggle with addiction. Do not lie, but you may not want to advertise that you are a student or "here for a class" as that may minimize the experience of other members. If you go with someone from class, please limit it to only one other person so as to respect the members of the meeting. As a reminder—you represent the counseling program as well as UT Tyler in your activities outside of class. Any conduct that does not adhere to the standards of the Department or UT Tyler will be dealt with according to University and Departmental policy.

To find an AA meeting:
1. Go to http://www.tyler-aa.org/
2. Click on the tab “E. T. Meetings”
3. Ensure that you find an OPEN meeting and double check that it is not male or female only if you are the opposite sex.
4. Internet information is not always up-to-date. Students are encouraged to call the AA central office in their area to confirm information.

To find an Al-Anon meeting go to http://texas-al-anon.org/meetings/tyler/
APPENDIX C
ABSTINENCE PROJECT

Purpose: To gain insight and cultivate empathy pertaining to the physical, psychological, social, and spiritual experience of being without something desirable.

Direction: Spend the next week monitoring what you turn to or rely upon to feel better, comfort/soothe yourself, and/or cope (i.e., mood altering substances/activities). Select a substance or activity that is least conducive to your personal wellness goals that you will abstain from for the duration of the course (examples include alcohol, nicotine, sugar, caffeine, video/computer games, texting, cell phone usage, internet usage, Facebook, Twitter, watching TV, gambling, swearing, etc.).

Support group: In class we will form support groups for individuals who share commonality in their abstinence behavior/substance. There will be times when you experience cravings for your substance/activity, please use this support group to assist you during these times and encourage you to maintain abstinence.

Substitutions: Removing a substance/activity from your life will undoubtedly leave a void. Contemplate healthy alternatives that you will turn to when you desire the substance/activity from which you are choosing to abstain. Examples include, healthy food options, exercise, spiritual/meditative practices, new or continued hobby or leisure activity, positive social interactions, etc.

LETTER TO MY SUBSTANCE/BEHAVIOR

This 1 – 2 page paper is to be written to the substance or behavior from which you are abstaining. This is to be written in the first person (e.g., “caffeine, you have always been there for me in the morning…” ) and should cover the following 5 areas:

1) How my addictive substance/behavior is loved and is considered a “friend”
2) How my addictive substance/behavior is sensual (appeals to my senses)
3) How my addictive substance/behavior provides “healing” or is a “balm” to my emotional wounds
4) How my addictive substance/behavior controls and promotes my feelings of helplessness and entrapment
5) How my addictive substance/behavior is hated – what it has “cost” me
Student Information Sheet

Contact Information

Name (and preference):

Program Track/Major:

Telephone number(s):

Email address:

What motivated you to take this course/what do you hope to gain from the experience?

What questions do you have for the professor?

Is there anything else that I need to know about you to help me to teach you more effectively?