

**Alcohol and Drug Studies-200
Family Counseling Approaches
Spring 2014**

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Course Description:

The course is designed to present basic ideas and theories about family dynamics, particularly as they apply to family of the substance abuse, and to explore strategies for counseling the client's family. The approach is highly experiential in format and students will participate in exercises frequently to incorporate new skills and theory (CSU).

Student Learning Outcome:

1. Develop a family recovery group plan.
2. Lead a family group.
3. Prepare an addiction recovery resource list.

Textbook:

The Family Recovery Guide a Map for Healthy Growth by: Stephanie Brown, Ph.D and Virginia M. Lewis, Ph.D with Andrew Liotta.

Course Objectives and Topics:

Alcoholism/Chemical Dependency:

Counseling Techniques	Work through Denial	Embrace Self-Acceptance
PAWS	Communication	Setting Healthy Boundaries
Family Disease	Support Systems	Co-Dependence/Enabling
Medical Aspects	Family Recovery	Stages of Recovery

Group Process:

Attendance/Class participation	10	
Individual Assignments (3)	25	
Group Work	15	
Final exam	50	Total: 100 pts.

Grading Scale:

90-100 = A
80-89 = B
70-79 = C
60-69 = D
59-00 = F

Attendance:

Attendance is integral to class participation, as it counts for 10% toward your final grade. Students are expected to attend each classroom session. If you must be absent then you must speak with the instructor. Your grade will drop one full letter grade after two (2) unexcused absences. Three (3) unexcused absences will result in you being dropped from the class. However, if you decide to just quit attending class, it is your responsibility to fill out a drop card. Failure to do so may result in a failing grade for the semester.

Participation:

This course offers 25 points for participation. This class is largely experiential. In order to gain the most from this class you will need to be involved. Participation consists of more than merely attending class and sitting at a desk. Participation is taking an active role in class discussions, asking questions, sharing comments, being alert and turning in assigned homework. Participation also includes arriving to class on time.

Special Accommodations:

Any students with a document disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSPS) office as soon as possible. DSPS phone number (760) 355-6312.

Additional Information:

- Any persons arriving late to class more than three times will be marked with one absence.
- All persons are required to contact the instructor prior to missing a quiz or test. Prior permission must be obtained except in a documented emergency situation.
- All persons must respect the privacy and confidentiality of other classmates.
- Due to the personal nature of some discussion, the use of tape recorders must be approved by the instructor prior to class.
- Disruptive behavior will not be tolerated.
- No one is allowed to leave the room during tests (bathroom and cigarette breaks are prohibited during a test).
- Please turn off cell phones, iPods and any other electronic device before entering the classroom.
- Leaving the class during class or after break will not be tolerated and will be marked absent for the day.

Cheating Policy:

Students caught cheating or attempting to cheat on quizzes or exams will be given a zero for that exam or quiz. The student may also be referred to the Associate Dean for Student Affairs for possible further discipline.