

Basic Course Information

Course Title & #: ADS 200: Family Counseling and Approaches			
Classroom: Imperial County Day Reporting Center (DRC), 324 Applestill Road, El Centro			
Campus Orientation: Thursday, August 18, 2015, @1pm-4:10pm in Room 201			
Semester:	Fall 2016	Instructor Name:	Aruna Patel
CRN #:	11050	Email:	aruna.patel@imperial.edu
Class Dates:	08/18/15 – 12/08/15	Office #:	302
Class Days:	Thursday	Office Hours:	BAO
Class Times:	1:00pm-4:10pm	Office Phone #:	(760)355-6579
Units:	3	Emergency Contact:	(760)355-6144

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 exercise frequently to incorporate new skills and theory (CSU)

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge and or attitudes as demonstrated by being able to:

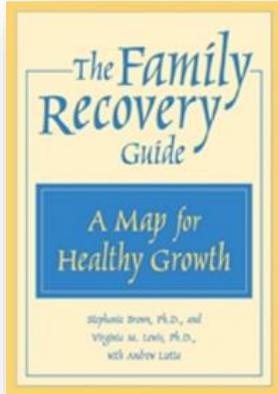
1. Develop a family recovery group plan.
2. Lead a family group.
3. Prepare an addiction recovery resource list.
4. Develop Healthy Boundaries.
5. Communication recognition

Course Objectives

Upon satisfactory completion of the course, students will be able to demonstrate, define and understand:

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

Textbooks & Other Resources or Links



The Family Recovery Guide: A Map for Healthy Growth

Author: Stephanie Brown; Virginia M. Lewis; Andrew Liotta; Jane E. Lewis

ISBN: 978-1-57224-218-0

Publisher: New Harbinger Publications

Publication Date: December 13, 2000

Required

Course Requirements and Instructional Methods

Individual Assignment #1: Create a family genogram based on your family. A family genogram consists of a pictorial layout of each partner three generational extended family. It is a tool for both the therapist and family members to understand critical turning points in the family's emotional processes to note dates of births, deaths, marriages and divorces. Create a pictorial layout and write a paper sharing the role that you play in relating with members of your family.

12-step program meeting (1) AA, NA, or Al-Anon: Each student is to attend one 12 step meeting, an AA, NA, or Al-non meeting. Write a 2 to 3 page, typewritten, double space reaction paper sharing your experience of that 12 step meeting, including the history of how the program began. Students must make sure to attend an open meeting.

Individual Assignment #2: Prepare an Addiction Recovery Resource List. More information about this assignment will be given at a later date.

Written Project Paper: Each student would need to pick a theory and do a research on that theory. Paper must be typewritten, double space, etc. More information about this assignment will be given at a later date.

In Class assignments: In class assignments consisting of Q & A worksheets will be given after each chapter.

Group Work: Communication Exercise (Knee to knee): More information about this assignment will be given at a later date.

Quizzes: Quizzes will be given throughout the semester

Exams: Two exams will be given. Exams will consist of multiple choice, and true and false. No make-up exams will be given unless you have called me PRIOR to the exam and let me know that you will not be able to take the exam. If you contact me prior to the exam, you will have one week to make-up the exam. Each exam will be worth 50 points. Please bring a #2 pencil and a Scranton to each examination.

Class participation and Attendance: At the beginning of each class, attendance will be taken (roll call). If a student must arrive late or leave early, the instructor should be notified so that the student is not penalized unfairly. It is the student's responsibility to let the instructor know when they are in class, particularly if they miss the roll call. Class participation will be measured by presence, active interest and involvement in discussions, exercises and presentations.]

Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement.

Course Grading Based on Course Objectives

Grading Criteria: ADS 200 must be taken on a “letter grade” basis only. The breakdown of this course is on a grade point scale. No make-up tests are allowed in this class. No late assignments are accepted for grade points.

Grading System	
A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	0-59%

Assignments	Points
Exams (2)	100
Quizzes	20
In/Out Class Assignments	80
Written Project	50
Group Work	25
Participation	25
TOTAL:	300

Attendance

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student’s status will be the same as that of any other student who desires to add a class. It is the student’s responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as ‘excused’ absences.

Classroom Etiquette

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

Online Netiquette

- What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others’ opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional

icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!)].

Academic Honesty

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- **Plagiarism** is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to "cite a source" correctly, you must ask for help.
- **Cheating** is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the [General Catalog](#) for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

Additional Student Services

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.

- **Learning Services.** There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your [Campus Map](#) for the [Math Lab](#); [Reading, Writing & Language Labs](#); and the [Study Skills Center](#).
- **Library Services.** There is more to our library than just books. You have access to tutors in the [Study Skills Center](#), study rooms for small groups, and online access to a wealth of resources.

Disabled Student Programs and Services (DSPS)

Any student with a documented disability who may need educational accommodations should notify the instructor or the [Disabled Student Programs and Services](#) (DSP&S) office as soon as possible. The DSP&S office is located in Building 2100, telephone 760-355-6313. Please contact them if you feel you need to be evaluated for educational accommodations.

Student Counseling and Health Services

Students have counseling and health services available, provided by the pre-paid Student Health Fee.

- **Student Health Center.** A Student Health Nurse is available on campus. In addition, Pioneers Memorial Healthcare District provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6128 in Room 1536 for more information.

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- [Mental Health Counseling Services](#). Short-term individual, couples, family, and group therapy are provided to currently enrolled students. Contact the IVC [Mental Health Counseling Services](#) at 760-355-6196 in Room 2109 for more information.

Student Rights and Responsibilities

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC [General Catalog](#).

Information Literacy

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC [Library Department](#) provides numerous [Information Literacy Tutorials](#) to assist students in this endeavor.

Anticipated Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 August 18 th	Orientation for “ Outside ” IVC Students IVC Room 201 Syllabus & Introduction Rules of Inside/out Program	► Inside/Out Pre-Survey
Week 1 August 22 nd	Orientation for “ Inside ” DRC Students Imperial County Day Reporting Center (DRC) Syllabus & Introduction Rules of Inside/Out Program	► Inside/Out Pre-Survey
Week 2 August 25 th	Lecture # 1: “What is a Family” Part 1: Sacrificing the Self: The Drinking Stage 1 Chapter 1: “Death on the Installment Plan”	Pages 1- 19 Pages 19-44
Week 3 September 1 st	Chapter 2: “Controlling the Chaos”	Pages 45-66
Week 4 September 8 th	Chapter 3: “You Carry the Danger with You”	Pages 67-80
Week 5 September 15 th	Part 2: Hitting Bottom and Beyond: The Transition Stage Chapter 4: “The Trauma of Recovery”	Pages 83-10
Week 6 September 22 nd	Chapter 5: “Dancing on Thin Ice” Genogram Due	Pages 110-135 ► Genogram Due
Week 7 September 29 th	Chapter 6: “One Step at a Time”	Pages 136-164

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Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 8 October 6 th	Mid-term Chapters: 1 thru 6	Study Guide ▶ Mid-term Exam
Week 9 October 13 th	Part 3: The Power of Not Knowing: The Early Recovery Stage Chapter 7: "Laying the Foundation"	Pages 167-186
Week 10 October 20 th	Theory In Brief Papers Due 12-step Meetings Reaction paper Due Chapter 8: "Shouting Down the Well" Chapter 9: "Looking Forward to Looking Back"	Pages 187-227 ▶ Theory in Brief Papers Due ▶ 12-Step Meetings Reaction Paper Due
Week 11 October 27	Part 4: The Freedom of Balance: The Ongoing Recovery Stage Chapter 10: "The Goal Is the Process, and the Process Is the Goal"/Family Recovery Group Plan	Pages 231-253
Week 12 November 3 rd	Chapter 11: "A Group of Healthy Individuals" Chapter 12: "Keeping Up the Good Work"	Pages 254-273 Pages 274-285
Week 13 November 10 th	Addiction Recovery Resource List Due Communication Exercise Due	Handout ▶ Addiction Recovery Resource List Due ▶ Communication Exercise Due
Week 14 November 17 th	Guest speaker/Movie	
Week 15 November 24 th	Holiday Happy Thanksgiving	No Class
Week 16 th December 1 st	Final Exam: Chapters: 7 thru 12 Dinner Celebration Work on Semester Project/ Presentation for the Award Ceremony	Study Guide ▶ Final Exam ▶ Inside/Out Reflections ▶ Inside/Out Post-Survey
Week 17 th December 8 th	Certificate Award ceremony End of Semester celebration	End of Semester

Tentative, subject to change without prior notice