

Basic Course Information

Semester:	Spring 2018	Instructor Name:	Aruna Patel
Course Title & #:	ADS 200 Family Counseling Approaches	Email:	aruna.patel@imperial.edu
CRN #:	11050	Webpage (optional):	N/A
Classroom:	ICSO Video Visitation Center (VVC)	Office #:	302
Class Dates:	August 16th – DEC 6th 2018	Office Hours:	11:45-12:45 at DRC
Class Days:	Thursdays	Office Phone #:	(760) 355-6579
Class Times:	1:00pm-4:10pm	Emergency Contact:	(760) 355- 6144
Units:	3		

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 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. What is Family?
2. Develop a family recovery group plan.
3. Lead a family group.
4. Prepare an addiction recovery resource list.
5. Develop Healthy Boundaries.
6. Communication recognition
7. Build Trust

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 (Post-Acute Withdrawal Syndrome) | Embrace Self-Acceptance |
| Family Disease | Stages of drinking |
| Family Roles, Rules & Rituals | Setting Healthy Boundaries |
| Medical Aspects | Co-Dependence/Enabling |
| PTSD (Post Traumatic Stress Disorder) | Trust |
| Work through Denial | Communication |
| Stages of Recovery | Communication practice |

Textbooks & Other Resources or Links

The Family Recovery Guide a Map for Healthy Growth

By (2000): Stephanie Brown, Ph.D. and Virginia M. Lewis, Ph.D. with Andrew Liotta.

ISBN: 1-57224-218-3

Family Communication Relationship Foundations

By: (2013) Candice Thomas-Maddox & Nicole Blau

ISBN: 978-0-7575-9793-4

Course Requirements and Instructional Methods

This course is part of the IVC [Inside/Out College Program](#) which brings “Inside” students (those incarcerated at the Imperial County Jail) and “Outside” students (IVC campus students) together for a unique and transformative learning experience. See the Inside/Out College Program website for more information or contact the ICSO Coordinator, Gaylla A. Finnell at gaylla.finnell@imperial.edu or 442-265-2511. All class sessions, except for the first week orientation, will be held at the Imperial County Sheriff’s Office at 328 Applestill Road, El Centro, in the Video Visitation Center (VVC). **Orientation for “Outside” students will be on Thursday, August 17th, from 1:00pm-4:10pm at IVC in Room 201.**

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 System:	Exams (2)	100 points
90-100 % = A	Quizzes	20 points
80-89 % = B	In/Out Class Assignments	80 points
70-79 % = C	Written Project:	50 points
60-69 % = D	Group Work	25 points
0-59 % = F	Participation	25 points
	Total:	300 points

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

- **Inside/Out Program Rules:** All students are required to comply with the Inside/out Program rules and regulations regarding student conduct and classroom participation.
- **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.

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.
- [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 Aug 16 th	Outside IVC students Orientation Go over rules and regulation for the Inside/Out class Syllabus & Introduction	Reading assignment Pages 25-38 (Family Communication Book)
Week 1 Aug 20 th	Inside Students Orientation Go over rules and regulation for the Inside/Out class Syllabus& Introduction	Reading assignment Pages 25-38 (Family Communication Book)
Week 2 Aug 23 rd	First Meeting at DRC Lecture # 1: “What is a Family” Part 1: Sacrificing the Self: The Drinking Stage 1 Chapter: 1 “Death on the Installment Plan”	What is family lecture from communication book Read Pages1- 19 Pages 19-44
Week 3 Aug 30 th	Chapter : 2 “Controlling the Chaos”	Group Work Read Pages 45-66
Week 4 Sept 6 th	Chapter : 3 “You Carry the Danger with You” Genogram, work in small groups	Read Pages 67-80
Week 5 Sept 13 th	Part 2: Hitting Bottom and Beyond: The Transition Stage Chapter: 4 “The Trauma of Recovery”	Read Pages 83-10 Reflection on four chapters Quiz # 1
Week 6 Sept 20 th	Chapter: 5 “Dancing on Thin Ice” PTSD and PAWS Lecture Genogram Due Presentation in class	Read Pages 110-135 Circle Group work

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 7 Sept 27 th	Chapter: 6 “One Step at a Time” Co-Dependence/Enabling Moving towards recovery	Read Pages 136-164 Group work
Week 8 Oct 4 th	Mid-term Chapters: 1 thru 6	Study Guide Group work
Week 9 Oct 11 th	Part 3: The Power of Not Knowing: The Early Recovery Stage Chapter: 7 “Laying the Foundation”	Read Pages 167-186 Reflection on 3 chapters.
Week 10 Oct 18 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”	Read pages 187--227
Week 11 Oct 25 th	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	Read pages 231-253
Week 12 Nov 1 st	Chapter: 11 “A Group of Healthy Individuals” Chapter: 12 “Keeping Up the Good Work”	Read Pages 254-273 Pages 274-285
Week 13 Nov 8 th	Addiction Recovery Resource List Due Communication Exercise Introduction	Read Pages 1-16 Communication book
Week 14 Nov 15 th	Communication Exercise	Reflection on four chapters Handout
Week 15 Nov 22 nd	Thanksgiving Week Holiday <i>Optional: Student Thanksgiving Day Community Project</i>	Study guide No Class
Week 16 Nov 29 th	Boundaries, Trust and Communication Exercise. Finals Chapter 7- 12	Group work with partners Finals
Week 17 th Dec 6	Award Certificate ceremony	End of semester

Tentative, subject to change without prior notice