

PSY 2182: TREATMENT METHODS AND MODALITIES OF CHEMICAL DEPENDENCY

CREDIT: 3 UNITS

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COURSE DESCRIPTION

Various ways people, recover from alcohol/drug abuse. In depth examination of various models of intervention and treatment and the rationale behind them. Consideration of the individual differences in male and female needs and the needs of special populations.

COURSE OBJECTIVES

At the end of the course the student will be able to:-

- understand and identify the different methods used in treatment of alcohol/drug abuse.
- understand the formulations on which the various intervention models are based.
- appreciate the individual differences and needs in drug abuse intervention.
- identify appropriate methods of treatment for specific cases

COURSE CONTENT

Week 1

Course introduction and overview of field

- Principles of alcoholism psychotherapy
- Unique problems in treating alcoholics and drug abusers
- Treatment issues with chemically dependent persons and their families

Week 2

- Working with alcoholics
- Types of treatment programs-medical model, social model, EAP, controlled drinking programs
- Critical issues, continuum of care, initial services
- How one goes through treatment-sequences

Week 3

- Screening, assessment and intake
- Orientation, client's right
- Counselling techniques, personal issues of the counsellor
- Overview of group and family work with addictions
- Treatment planning and stages of recovery-when to use what interventions

Week 4

- Personal issues for addiction counsellors with personal and family connections to addiction (How to stop rescuing or persecuting your clients because they remind you of someone).

-Burnout and how to avoid it
Techniques in treatment
-Dual diagnosis (adjunctive therapies)
Behaviour modification techniques

Week 5

-Relapse prevention - part I
-Crisis intervention
A.A and 12 step program
-Relapse prevention part II
-A.A. philosophy and history

Week 6

MID-QUARTER EXAMINATION

-Combining A.A. with other treatment methods
-Documentation, report writing
Adolescents and treatment adjuncts
-New and different approaches
-Inpatient vs. outpatient

Week 7

-Related problems - violence, incest, child abuse
-Recreation, relaxation, vocation counselling, stress reduction
Drug testing and anti-abuse
-Complicating mental health issues, referrals and consultations

Week 8

-Review of any uncovered points and questions

Week 9

TERM PAPER DUE

Oral presentations of the term paper
Oral presentations

Week 10

Oral presentations

Week 11

FINAL EXAMINATION

TEACHING METHODOLOGY

Discussions
Lectures
Case studies

COURSE TEXT

Schroeder, E. *Therapy for the Chemically Dependent Family. In Practical Approaches in Treating Adolescent Chemical Dependency: A Guide to Clinical Assessment and Intervention* (New York: Haworth Press, 1989.)

COURSE EVALUATION

Quizzes	15%
Term paper	25%
Attendance and participation	10%
Mid-term exam	25%
Final exam	25%
TOTAL	100%