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PSYX 631.01: Interventions—Substance Misuse

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Syllabus - Psyx 631
Interventions—Substance Misuse

Course Meetings: MW 9:40-11:00 am, Skaggs Building #174
Instructor: Bryan Cochran, Ph.D. Phone: 406.243.2391
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Office Hours: Mon. 2:30-4, Th. 10-11:30

Accommodation of Students with Disabilities: In accordance with the University of Montana’s mission to provide equal educational opportunities for all students, I am willing to provide necessary accommodations for students with disabilities. If you require any accommodations, please make them known to me, and I will work with the office of Disability Services in adapting this course.

Incompletes: Departmental and university policies regarding incompletes do not allow changing “incomplete” grades after one year has passed since the “I” was granted.

Academic Misconduct: All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University.

All students need to be familiar with the Student Conduct Code. The code is available for review online at http://life.umt.edu/vpsa/student_conduct.php.

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Course Description: Psyx 631 is an advanced graduate seminar course; this particular course focuses on current research on substance use disorders and related clinical interventions.

The format of this class will be informal article/topic discussion. The reading list will be supplemented with case examples, which we will discuss in detail in class.

Objectives: By the end of this course, you will be able:
- to describe the basic pharmacological properties and physiological effects of drugs of abuse
- to identify and classify substance use disorders
- to formulate a treatment plan for a client with a substance use disorder
- to describe and apply the basic psychological treatment approaches for substance use disorders
- to highlight recent advances in chemical dependency treatment

Grading/Evaluation: It is assumed that the best measure of your having met the objectives of this course is your ability to synthesize the material you have learned and
to present your ideas to others (orally and in writing). With this in mind, evaluation of your progress will be through the following components:

**75% Assignments**—You will complete five assignments for this course, all of which are listed at the end of the syllabus (there are more than five options for assignments, allowing you to select those most interesting to you). Each assignment is worth 15 points.

**25% Course Participation**—This is not a lecture-focused course; accordingly, your contributions to class (including your presence) are paramount.

The grading scale for this course is based on a 10-point system using plus/minus grades (94-100% is an A, 90-93% is an A-, 87-89% is a B+, etc.).

**Required Materials:**

There is no primary text for this course. Readings from relevant journals or other books are available through Moodle. The primary sources for your reading list and for information presented in class are as follows:


[plus numerous primary journals in the field, cited in the readings section below]
| Course Schedule: | Week 1 (1/27, 1/29) | Psychopharmacology and the body |
| | Week 2 (2/3, 2/5) | Major drugs of abuse, legal |
| | Week 3 (2/10*, 2/12) | Major drugs of abuse, illegal |
| | Week 4 (2/17 is a holiday; readings discussed 2/19) | Society’s understanding of substance use |
| | Week 5 (2/24, 2/26) | Diagnosis and classification of substance use disorders (SUDs) |
| | Week 6 (3/3, 3/5) | Etiology, epidemiology, and dual diagnosis |
| | Week 7 (3/10*, 3/12) | Harm reduction versus abstinence |
| | Week 8 (3/17, 3/19) | The twelve-step model |
| | Week 9 (3/24, 3/26) | The transtheoretical model |
| | Week 10 (vacation week) | |
| | Week 11 (4/7*, 4/9) | Therapeutic communities, Inpatient treatment |
| | Week 12 (4/14, 4/16) | Motivational interviewing |
| | Week 13 (4/21, 4/23) | Prevention strategies |
| | Week 14 (4/28*, 4/30) | Considerations with specific populations |
| | Week 15 (5/5, 5/7) | Final Thoughts: Synthesis |

* Assignments are due on these days. The final assignment is due on 5/15.
Readings:

Week 1, Psychopharmacology and the body

Liska, Chapter 4 (What happens to drugs after we take them)

Week 2, Major drugs of abuse, legal


Peterson, Nisenholz, & Robinson, Chapter 4 (Alcohol use, alcohol abuse, and health)


Week 3, Major drugs of abuse, illegal

Access the Office of National Drug Control Policy factsheets on major drug issues (website: http://www.whitehouse.gov/ondcp/issues-info). Read all ONDCP documents for the issues listed. Read through an additional layer of depth beyond the main pages (e.g., the FAQs).

Read the DEA factsheets on different drugs at http://www.justice.gov/dea/druginfo/factsheets.shtml


Week 4, Society’s understanding of substance use

DiClemente, Chapter 1 (Models of addiction and change)


**Week 5, Diagnosis and classification of substance-related and addictive disorders**

DSM-5— pp. 481-589


Schuckit, M.A. (2013). Editor’s corner: DSM-5—Ready or not, here it comes. *Journal of Studies on Alcohol and Drugs, 74.5,* 661-663.

**Week 6, Etiology, epidemiology, and dual diagnosis**

Najavits, Chapter 1 (Overview)


**Week 7, Harm reduction versus abstinence**


**Week 8, The twelve-step model**


McDowell & Spitz (Chapter 20), Twelve step programs

**Week 9, The transtheoretical model**

DiClemente, Chapter 2 (The process of human intentional behavior change)  
Chapter 3 (The well-maintained addiction: An ending and a beginning)


**Week 10, Relax and enjoy your break**

**Week 11, Therapeutic communities and inpatient treatment**

McDowell & Spitz (Chapter 24), The therapeutic community


**Week 12, Motivational interviewing**

Miller & Rollnick, Chapters 1-6 (Conversations about Change, The Spirit of Motivational Interviewing, The Method of Motivational Interviewing, Engagement and Disengagement, Listening: Understanding the Persona’s Dilemma, and Core Interviewing Skills: OARS)

**Week 13, Prevention strategies**


Hogan, et al. (Chapter 3), Prevention program planning


**Week 14, Considerations with specific populations**


Week 15, Final Thoughts: Synthesis


Assignments:

There are five primary assignments for this course, which can be selected from the options below and completed in any order of your choosing. If you have an idea for an alternate assignment, present it to your instructor, and pending approval, it may substitute for one of your assignments for the course.

The due dates for each assignment are denoted by an asterisk (*) following the date in the course schedule; the first four assignments are due on Mondays in class, and the final assignment is due on the date of the final examination (Thursday, May 15).

The assignments are as follows:

A: Provide a summary (5 pages maximum) of drug trends in Montana that is based on web research. Suggested websites are the U.S. Drug Enforcement Administration’s statistics pages at http://www.justice.gov/dea/resource-center/statistics.shtml, SAMHSA (http://oas.samhsa.gov/states.htm), and Montana’s Department of Public Health and Human Services (chemical dependency data are provided at http://www.dphhs.mt.gov/amdd/chemicaldependencyservices/chemicaldependencydata.shtml; other links may have further information). An ideal summary would also provide, as a comparison, data from another state. In this summary, identify the key problems for substance use prevention and treatment in Montana.

B: This experiential exercise is intended to give you a sense of what 12-step meetings are like. Find a local AA or NA meeting (directories online include for AA http://www.aa-montana.org/index.php?city=Missoula and for NA http://www.namontana.com/) and attend it. Be sure that the meeting you select is an “open” meeting. Your degree of participation is up to you; the format of these meetings is designed to allow you to be anonymous and to participate as little or as much as you like. After attending the meeting, write a brief summary (3 pages...
maximum) of your experience at the meeting, and discuss what it might be like to seek 12-step treatment.

C: Read and summarize two articles from a recent issue of the *Journal of Substance Abuse Treatment, Addiction, Substance Use and Misuse*, or another major journal in the field. Pick articles that are of interest to you, and summarize in the following format:

- Basic research question:
- Previous research findings in this area:
- Study design (brief):
- Primary findings:
- Implications for treatment delivery:

Each of your article summaries should be three pages or less.

D: Write a brief case study of an individual with a substance use disorder. This may be an actual client you have seen, if applicable, or a hypothetical client. In your case study, describe the development of this person’s substance use problem, any comorbid conditions, a theoretical background for your case formulation (you may select any theory of your choosing), and a preliminary treatment plan. Limit your case study to eight pages. *For clinical Ph.D. students, this particular assignment is required as one of your five.*

E: In this assignment, watch a film that depicts a main character with a substance use disorder. Some representative films/series are *Trainspotting, House of Cards, Blow, Traffic, Drugstore Cowboy, and Requiem for a Dream* (of course, you are free to pick any film with a drug theme, but please select something you have not seen before). Pick a theoretical perspective from which to analyze the character’s substance use (e.g., the transtheoretical model) and write a narrative account of the character’s addiction. Devise a preliminary treatment plan for this character, and discuss what obstacles are identified in the film that might hinder the progress of the character’s treatment, or what factors in place might facilitate treatment. This assignment should take no more than six pages.

F: Critique of readings: choose six readings that were assigned for this course, and write a thoughtful reaction to each of them. Your six readings should include at least three empirical articles. In your critique, discuss how each reading did or did not contribute to your understanding of substance use disorders. Please do not summarize the readings, but instead, formulate your own impressions and relate the readings to what you have learned about substance abuse from other sources. For the empirical articles, identify any methodological or theoretical flaws that you see, and suggest other studies that may answer the researchers’ original questions more effectively.

G: Do an in-depth analysis of a drug of abuse. In your overview, consider the epidemiology of this drug’s use, the potential effects on the individual user and on society, and possible treatment approaches. It is expected that this review will require 5-8 sources and will be approximately 5-6 pages.