



Southeastern Baptist Theological Seminary seeks to glorify the Lord Jesus Christ by equipping students to serve the church and fulfill the great commission.

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Spring 2020 BCO 6552
Counseling Individuals and Families with Addiction [or Trauma]
Wednesday 7:30 am-10:20am
Location: Binkley 105

Course Description

This course will examine the etiology (origin) of addictions [and trauma, their] effects on the person and family, and its dynamics, and study individual and family counseling interventions and treatment.

Course Objectives

- To develop a spiritual/theological, psychological, social, and familial understanding of addictions [and trauma].
- To compare and contrast the medical disease model of addictions with other models from a Christian worldview perspective.
- To develop basic competency in Christian counseling of individuals with problematic addictions.
- To develop basic competencies in understanding and counseling anorexia and bulimia from a Christian perspective.
- To develop basic competency in understanding and counseling trauma from a Christian perspective.

Dr. Williams Course Textbooks

Miller, Forcehimes, and Zweben (2011) *Treating Addictions: A Guide for Professionals*. 2nd ed. Guilford
Welch, Ed (2001). *Addictions: A Banquet in A Grave*. P & R.

Gentry, J. Eric (2002) Compassion Fatigue: A Crucible for Transformation. *Journal of Trauma Practice*. 1(3/4), 37-61. You may access this article via the internet.

Recommended Reading:

Fitzpatrick, Elyse (1999,2005) *Love to Eat, Hate to Eat*, Harvest House.

Foote, J., Wilkens, C., & Kosanke, N. (2014) *Beyond Addiction: How Science and Kindness Help People Change*. Scribner.

Southwick, S.M. & Charney, D.S. (2018) *Resilience: The Science of Mastering Life's Greatest Challenges*. Cambridge.

Sharon Sheppard Course Textbooks

Aronoff, K.F. (2017). *Best Practice: everything you need to know about starting your successful private therapy practice*. Albany, OR: Aronoff Counseling. (required reading is Chapters 1-5 and Appendix A-H, 67 pages)

Dubi, M., Powell, P., & Gentry, J.E. (2017). *Trauma, PTSD, grief & loss: the 10 core competencies for evidence-based treatment*. Eau Claire, WI: PESI Publishing & Media. (101 pages)

- Schauer, M., Elbert, T., & Neuner, F. (2012). *Narratives exposure therapy: a short-term treatment for traumatic stress disorders*. Cambridge, MA: Hogrefe Huber Publ. (112 pages)
- Kottler, J.A. (2010). *On being a therapist*. San Francisco: Jossey-Bass. (320 pages)
- Sheppard, Sharon (2019). *UNDONE: hope for healing from childhood sexual abuse*. (available for purchase in class, \$20.00) (100 pages)

Recommended Reading:

Hensley, B.J. (2016). *An EMDR therapy primer: from practicum to practice*. New York: Springer Publishing.

Course Requirements

- a. Consistent, reliable, and punctual class attendance. Classroom demeanor and participation will be noted and can affect your grade. If you must miss a class, you must send me a note regarding when and why, preferably before the event. It is important that **you keep track of your absences**. I will ask you at the end of the semester how many absences you have. The following schedule of reward and penalty will be applied to your attendance record:
 - 0 Absences = 2-point extra credit (% point added to final course grade)
 - 1 Absence = no penalty, no reward
 - 2-3 Absences = 2, 4-point penalty, respectively (% points subtracted from final course grade)
 - More than 3 absences = no credit and/or fail the class
- b. Assignments for reading are cited in the course schedule.
- c. This course will adhere to the Seminary grading system:
 - 95-100 A
 - 87-94 B
 - 77-86 C
 - 70-76 D
- d. There will be one Mid-term Exam on addiction, composed of objective and short essay items, covering both the lecture and reading material, and be on Moodle. (20%)
- e. Addict interview summary of a person with a drug, alcohol, sexual addiction or an eating disorder (current or past) which outlines the course and development of their addiction, their understanding of the cause and reasons for their addiction, your personal impressions and assessment and explanation of their addiction, and a *detailed* counseling plan for counseling which includes the role of counselor, family, recovery group, and church. (15%)
- f. 1-2 pp. summary of your observations and impressions of on AA/ NA meeting which you must attend. (15%)
- g. Create personalized *Counseling policies and Informed Consent for Treatment* intake form. (15%)
- h. Narrative Exposure Therapy Step 5: Therapist/counselor review of steps 1-4 with Identification of Presenting Trauma and Internal and External Resources. (20%)
- i. Create personalized Self-care Plan. After reading the Gentry article on Compassion Fatigue, students will develop a 2-page self-care plan for identifying and overcoming Compassion Fatigue. This article can be found on the internet. The assignment includes factoring in your PROQOL-5 test profile (taken in class), that measures Burnout, Secondary Traumatic Stress, and Compassion Satisfaction. (15%)

Cheating or plagiarism of any kind will result in an immediate failing grade on the assignment with no chance for resubmission. The professor does have the option either to allow the student to remain in and complete the course or to dismiss the student from the course completely. Regardless of the professor's ruling, all cases of cheating or plagiarism will be reported to the Dean of Students Office and the appropriate Academic Dean(s) where further disciplinary action will be considered. At the very least, a permanent record of the infraction will be kept in the student's file. For further information regarding this policy, please refer to the 'Plagiarism & Cheating' section of the Student Handbook.

NOTE: Southeastern Seminary policy states, "In no case may a student merely copy and paste any material from one paper to another without the prior written permission of the instructor. In the rare case when a student is given permission to use his/her own scholarly

work in subsequent research, the student must still cite his/her previous coursework as an unpublished paper. Failure to follow these guidelines constitutes plagiarism, and all appropriate penalties will apply.”

***INTERNET USE DURING CLASS:** Southeastern’s policy is that students are **NOT** permitted to log in to the internet or other local networks during class unless specifically authorized by the professor.

Course Schedule (an approximation)

Week	Date	Reading	Lecture
1.	1-29	Miller 1-2	Introduction; Syllabus Review Addictions: incidence & effects Disease Model vs. Biblical Model History and Overview
2.	2-5	Welch 1 Miller 3	Theories & “Causes” of Addiction; Biology of Addiction. Development, course, & consequences
3.	2-12	Welch 2	Nosology: Types of Addictions Family effects
4.	2-19	Welch 4	A Biblical Model of Addictions
5.	2-26	Miller 5-6	A Biblical Counseling Model of “Treatment” Discussion of AA/NA and report due Feb 25
6.	3-4		Counseling Pornography & Sexual Addiction Counseling Anorexia and Bulimia
7.	3-11	SPRING BREAK	
8.	3-18	Aronoff Chs. 1-5 & appendix A-H, 67 pages	Starting a Counseling/Therapy Practice Mid-term addiction exam due March 22
9.	3-25	Dubai Chs.1-5	Core Competencies Required for Effective Work with Trauma clients Addict interview due March 29
10.	4-1	Schauer, Chs. 2-3	Introduction to Narrative Exposure Therapy Narrative Exposure Therapy Clinical Practice Dyads (Steps 1-4) Policies and Consent due April 1
11.	4-8	EASTER BREAK	
12.	4-15	Kottler Chapters 1-4	NET Dyads (step 1-4) & Introduction to Somatic Experiencing
13.	4-22	Kottler Chs. 5-8	NET part 5 -Due day of class, bring completed copy to class! Finish NET Step 5 & Introduction to EMDR
14.	4-29	Kottler Chs. 9-12	Trauma Massage Therapy & Self of the therapist (self-care)
15.	5-6		Burnout/compassion/fatigue –vs- resilience
16.	5-13		Self-care plan due May 13
		FINAL EXAM	On Moodle

Disclaimer and copyright

This syllabus is intended to reflect accurately the learning objectives, instructional format, readings, learning activities, evaluation criteria, policies on late assignments and absences, grading scale, course schedule, reference list, and other information necessary for students to appraise the course. However, during the course of the term the professor reserves the

right to modify any portion of this syllabus as may appear necessary because of events and circumstances that occur during the term.

No part of this course, including the syllabus, handouts, web pages, and presentation software files may be reproduced or transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the professor, except when used for instructional purposes during which the author is acknowledged as the source of the material.

Disability Statement: Southeastern Baptist Theological Seminary and The College at Southeastern comply with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Students with disabilities who need special accommodations must make their requests and submit documentation to the Dean of Students Office.

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