

# OGLALA LAKOTA COLLEGE

## Department of Social Work

### Syllabus, CD 203 Family Counseling and Chemical Dependency

**Course Number and Title:** CD 203 Family Counseling and Chemical Dependency

**Credit Hours:** 3

**Course Location and Time:**

**Instructor and Contact Information:**

**Course Description:** This course will engage you in the study of the effects of alcoholism and drug abuse on families. You will consider the special needs of individual family members that alcoholism and drug abuse give rise to and you will learn about methods for addressing those needs. You will learn about self-help techniques for family members, about methods of family intervention, and about methods for helping the active alcohol or drug abuser.

#### *Prerequisites*

CD 103 Introduction to Alcoholism

CD 113 Introduction to Drug Abuse or instructor permission

#### *Required Texts and Materials*

Johnson's, Vernon (1990). *Everything You Need To Know About Chemical Dependence*, Center City, MN: Hazelden

Edwards, John T. (1990). *Treating Chemically Dependent Families: A Practical Systems Approach for Professionals*, Center City, MN: Hazelden

#### *Supplementary Materials*

Material Taken from

Satir, Virginia (1988). *The New People Making*: Mountain View, CA, Science and Behavior Books, Inc.

Edward, John T. (1990). *Treating Chemically Dependent Families: A Practical Systems Approach for Professionals*, Minneapolis, MN: Johnson Institute

Articles and audio-visual materials relevant to the subject as assigned by instructor

#### *Descriptive Reading Load*

40 to 60 pages a week

#### *Types and Amount of Writing Expected*

Journal writing, reactions papers, essay exam and final project

### ***Lakota Perspective Provided Through***

Review of the Lakota family structure and the effect alcohol has on the Lakota values and the family structure.

### **Applicable Policies:**

Policies apply as per Student Handbook 2008-2009, including those covering tardiness, absenteeism, grievances, and more. Students are encouraged to refer to their copy of the Student Handbook for reference.

### ***Guidelines and Expectations for student behavior***

1. Class participation and attendance are expected
2. Read assignment before class and be ready to discuss the content
3. Turn in all assignments on time
4. Take responsibility for your education

### ***Intended Learning Outcomes***

At the conclusion of this course, students will be able to

1. To understand the functions and traits of healthy and alcoholic families.
2. Explore the qualities of the Lakota Family.
3. Know the effects of alcoholism on the family and the progression of the disease upon the members.
4. Be acquainted with family systems theory and communication theory
5. Be aware of family treatment and family therapy options.
6. Increase the individual's awareness of the effects alcoholism on the community and self.

### ***Assessment Methods***

For each week's topic, students should be able to demonstrate knowledge relating to the learning outcomes for the course either in writing or orally.

An "A" grade at the undergraduate level means that a student is doing outstanding or excellent work. The student attends class regularly, hands in all of the course assignments and demonstrates a thorough grasp of the material. To receive an "A" grade a student must go above and beyond the basic expectations for the course.

A "B" grade at the undergraduate level means that a student is doing above average work. The student attends class regularly, hands in the entire course assignments and demonstrates (at the very least) a strong grasp of the material.

A "C" grade at the undergraduate level means that a student is doing at least satisfactory work, and meets the minimum requirements for the course. The student attends class regularly, hands in all of the course assignments, and demonstrates a basic level of understanding of the course concepts.

A "D" or "F" at the undergraduate level means that a student has missed more than 4 classes, did not complete the homework assignments, and received less than 65% on quizzes and exams.

### ***Evaluation and Markings***

Participation .....	10pts per class X 15.....	150pts
Reaction papers.....	10pts x 6.....	60pts
Journal .....	10pts X 10.....	100pts
Mid-term.....		50pts
Personal Family Map(Genogram).....		100pts
Final Project.....		100pts
Final Exam.....		50pts
	Total points	610pts

A=546 to 610    B=485 to 545    C=424 to 484    D=366 to 423

**Suggestions to the Student**

1. Keep up on your reading and homework assignments
2. Attend all classes and participate in class activities
3. Be willing and ready to share your ideas and knowledge with others
4. Ask for help if needed
5. Start early on writing assignments

**Disclaimer: This syllabus is not a contract with the student and is subject to change if needed by the Instructor.**

**WEEK BY WEEK CALENDAR FOR TOPICAL CONTENT**

**1<sup>st</sup> Class**

**Reading:** Homework: Read Pages 1-52  
**Class Activities:** Introduction of Students, Review Syllabus, textbooks and discuss course expectations. Watch film-Bradshaw on the Family “The Family in Crisis”  
**Learning Objectives:** Understand the requirements and the scope of the course  
Understand what the family in crisis looks like

**2<sup>st</sup> Class**

**Reading:** Homework: read pages 53-104. Write a 2-3 page paper about the most influential person in your life and be prepared to present in class next week  
**Class Activities:** Discussion over reading and film. Watch second film Bradshaw on the Family-“The Healthy Family”  
**Learning Objectives:** Understand chemical dependency as a disease  
Understand how chemical dependence starts  
Begin to understand why assessments are necessary for diagnosis for Chemical Dependency  
Understand “Emotional Syndrome” as it applies to alcohol use and abuse  
Understand Blackouts  
Understand what a healthy family looks like

**3<sup>rd</sup> Class**

**Reading:** Homework: read pages 105-132

**Class Activities:** Discussion over reading and film. Students present their papers. Watch third film Bradshaw on the Family. “The Unhealthy Family”

**Learning Objectives:** Gain knowledge of chemical dependency in women and the special needs of women in treatment  
Gain knowledge of chemical dependency in adolescents  
Understand what the unhealthy family looks like

#### 4<sup>th</sup> Class

**Reading:** Homework read pages 133-172

**Class Activities:** Discussion over reading and film. Watch 4<sup>th</sup> film Bradshaw on the Family. “The Compulsive Family”

**Learning Objectives:** Understand the effects of chemical dependency in the elderly  
Understand the role anxiety plays in alcohol use and abuse  
Understand what the compulsive family looks like

#### 5<sup>th</sup> Class

**Reading:** Homework read pages 173-226

**Class Activities:** Discussion over reading and film. Watch 5<sup>th</sup> film Bradshaw on the Family. “The Persecuted”

**Learning Objectives:** Understand the effects of alcohol has on sexual behavior  
Know what relapse and slips are during recovery  
Understand the role of AA in recovery  
Understand what Bradshaw means by the persecuted

#### 6<sup>th</sup> Class

**Reading:** Homework read pages 226-272

**Class Activities:** Discussion over reading and film Watch 6<sup>th</sup> film Bradshaw on the Family. “The Bad Child”

**Learning Objectives:** Understand how chemical dependency affects the family system  
Understand the roles family members take on to balance the family system  
Know the four stages of Family Co-dependence  
Understand enabling at home and in the workplace  
Understand what Bradshaw means by the bad child

#### 7<sup>th</sup> Class

**Reading:** Homework; read Handout on Genograms and begin working on the take home mid-term

**Class Activities:** Discussion over reading.

**Learning Objectives:** Know what co-dependence is and understand the diagnostic criteria  
Understand what detachment is as applied to recovery  
Understand the role Genograms play in family and individual treatment

#### 8<sup>th</sup> Class

**Reading:** Homework; read pages 273-302 Complete take home mid-term

**Class Activities:** Discuss the Mid-term. Review Genogram project. Work on personal Mandela’s

**Learning Objectives:** Identify learning objectives from the previous 7 classes and review  
Develop a personal Mandela and the role they play in treatment

### 9<sup>th</sup> Class

**Reading:** Homework read pages 303-322 Continue work on genogram and Mandela's  
**Class Activities:** Discussion over reading. Watch 7<sup>th</sup> film. "The Most Common Family Illness"  
**Learning Objectives:** Understand the impact alcoholism in the home has on teenagers

### 10<sup>th</sup> Class

**Reading:** Homework; read pages 323-354  
**Class Activities:** Discussion over reading and film. Watch 8<sup>th</sup> film. "Help for the Family"  
Discuss Genograms and the personal Mandela's  
**Learning Objectives:** Understand the Alcoholic family system and the impact on you as a adult  
Understand what Bradshaw means by "The Most Common Family Illness"

### 11<sup>th</sup> Class

**Reading:** Homework; read pages 355-400  
**Class Activities:** Discussion over reading and film. Watch 9<sup>th</sup> film. Health for the Family  
**Learning Objectives:** Understand intervention and the steps needed for one  
Understand health for the family

### 12<sup>th</sup> Class

**Reading:** Homework; read pages 401-464  
**Class Activities:** Discussion over reading and film. Watch 10<sup>th</sup> film. Hope for the Family  
**Learning Objectives:** Understand how to initiate an intervention  
Understand the difference between intervention between adult and teenagers  
Learn confrontation skills  
Understand hope for the family

### 13<sup>th</sup> Class

**Reading:** Homework; read pages 465-486- Work on take home Final  
**Class Activities:** Discussion over reading and film. In class exercise-review assessments and take them.  
**Learning Objectives:** Learn parenting skill for children  
Learn how to teach life skills

### 14<sup>th</sup> Class

**Reading:** Homework; Finish all projects and finish take home final  
**Class Activities:** Discussion over reading. Watch Film on the effect of Family alcoholism.  
**Learning Objectives:** Understand the effects of Parental Drug Use

### 15<sup>th</sup> Class

**Reading:**  
**Class Activities:** Write a paper on what you have learned. Watch a film and have discussion over it.  
Potluck  
**Learning Objectives:** Recall of what you learned