

Syllabus
PSYC 533 – Psychology of Addictive Behaviors
Spring, 2019 – University of Kansas
Mondays, 9:00 a.m. to 11:50 a.m. (3 credits) WES 4071

Instructor

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Office hours: Mondays: 8:00 – 9:00 am; 12:00 – 1:00 p.m. (BY APPOINTMENT)

Course Description and Objectives

This course provides a comprehensive review of psychological theories and interventions for addressing addictive behaviors. Emphasis is placed on clinical processes. Prominent models are presented for conceptualizing addictive behaviors, along with clinical treatments based on these models. Specific topics covered include: understanding psychological dynamics of addiction, stages of change, screening for and diagnosing addictive behaviors, brief psychological interventions, empirically-supported treatments, evidence-based practice, relapse prevention, harm reduction, addressing common co-existing disorders, and community services. ***Please note: Our classroom is a distraction-free zone. All electronic devices must be put away during class.***

The primary purpose of this course is to familiarize students with psychological theories, assessment strategies, and interventions for addressing addictive behaviors. As a result of participating in this course students will be able to conceptualize addicted individuals, understand evidence-based psychological therapies, and identify appropriate treatment strategies.

Course Readings

- Connors, G. J., DiClemente, C. C., Velasquez, M. M., & Donovan, D. M. (2013). *Substance abuse treatment and the stages of change: Selecting and planning interventions* (2nd ed.). New York: Guilford Press. (Approximately \$35 at KU Bookstore)
- Additional readings posted on Blackboard

Course requirements

This course is highly interactive. Students are required to complete assigned readings each week and be prepared to discuss and take pop quizzes on these readings. Three exams, based on readings and lectures, will be given during class on March 4, April 8, and May 6.

The following will be the basis of final grades:

- 1) Class attendance and participation (20 points; 14 x 1.5 points = 21 points – one bonus point/absence)
- 2) Three exams, based on lectures, readings (75 points; 50 items each x .5 points)
- 3) Five “pop” quizzes, based on readings, given randomly at the beginning of class (5 points; 1 point each)

<u>Grading:</u>	90-100% = A	77-79% = C+	0-65% = F
	87-89% = B+	70-76% = C	
	80-86% = B	66-69% = D	

Course Schedule and Readings

- Jan. 28 **Course introduction and overview**
- Feb. 4 **Defining Addiction Psychology**
Readings:
Griffiths, M. E. (2005). A 'components' model of addiction within a biopsychosocial framework. *Journal of Substance Use, 10*(4), 191-197.
Liese, B. S., & Reis, D. J. (2016). Failing to diagnose and failing to treat an addicted client: Two potentially life-threatening clinical errors. *Psychotherapy, 53*(3), 342-346.
Miller, W. R. & Brown S. A. (2009). Why psychologists should treat alcohol and drug problems. In G. A. Marlatt and K. Witkiewitz (Eds.), *Addictive behaviors: New readings on etiology, prevention, and treatment* (pp. 33-55). New York: Guilford Press.
- Feb. 11 **Addictive behaviors: Diagnosis, maintenance, course, consequences**
Readings:
NIDA (2018). Principles of Drug Addiction Treatment.
Grant, J. E., Potenza, M. N., Weinstein, A., & Gorelick, D. A. (2010). Introduction to behavioral addictions. *American Journal of Drug and Alcohol Abuse, 36*(5), 233-241. doi: 10.3109/00952990.2010.491884
Holden, C. (2001). Behavioral addictions: Do they exist? *Science, 294*, 980-982.
Holden, C. (2010). Behavioral addictions debut in proposed DSM-5. *Science, 327*, 935.
Shaffer, H. J. (2012). Introduction. In H. J. Shaffer (Ed.), *APA Addiction syndrome handbook: Vol. 1. Foundations, influences, and expressions of addiction*. (Vol. 1). Washington, DC: American Psychological Association.
- Feb. 18 **The Transtheoretical Model: Stages of change**
Readings:
Connors text, Chapter 1: Background and overview (pp. 1-15)
Connors text, Chapter 2: The stages of change (pp. 16-50)
Connors text, Chapter 9: Relapse (pp. 229-249)
- Feb. 25 **Screening, brief intervention, referral to treatment (SBIRT)**
Readings:
Connors text, Chapter 10: Applications in opportunistic settings (pp. 250-269)
Babor, T. F., Higgins-Biddle, J. C., Saunders, J. B., & Monteiro, M. G. (2001). *AUDIT: The alcohol use disorders identification test (2nd ed.)*. Geneva, Switzerland: World Health Organization.
NIAAA (2013). Alcohol overdose: The dangers of drinking too much. (NIAAA folder in Blackboard)
NIAAA (2010). Beyond hangovers: Understanding alcohol's impact on your health. (NIAAA folder in Blackboard)
NIAAA (2005). Helping patients that drink too much: A clinician's guide.
- Mar. 4 **Exam #1**
Review of basic addiction constructs, stages of change, and SBIRT
- Mar. 11 **Spring Break**

- Mar. 18 **Assessment of addictive behaviors, stages of change**
Readings:
 Connors text, Chapter 3: Assessment (pp. 51-95)
 Liese & Esterline (2015). Concept mapping: A supervision strategy for introducing case conceptualization skills to novice therapists. *Psychotherapy*, 52(2), 190-194.
- Mar. 25 **Treatment planning and ethical considerations in treating people with addictions**
Readings:
 Connors text, Chapter 4: Treatment planning (pp. 96-111)
 Connors text, Chapter 5: Individual treatment (pp. 112-145)
- Apr. 1 **Evidence-based practice in treating addictive behaviors**
Readings:
 Moyers, T. B., & Miller, W. R. (2013). Is low therapist empathy toxic? *Psychology of Addictive Behaviors*, 27(3), 878-884. doi: 10.1037/a0030274
 Witkiewitz, K., Steckler, G., Gavrishova, A., Jensen, B., & Wilder, M. (2012). Psychotherapies for addiction: Empirically supported interventions for the addiction syndrome. *APA Addiction Syndrome Handbook: Vol. 2. Recovery, prevention, and other issues*. Howard J. Shaffer (Editor-in-Chief), 87-103. doi: 10.1037/13750-004
- Apr. 8 **Exam #2**
Review of assessment, treatment, and evidence-based practice
- Apr. 15 **Cognitive-behavioral therapy – Part I**
Readings:
 Liese, B. S. & Tripp (2018). Advances in cognitive-behavioral therapy for addictive behaviors. In R. H. Leahy (Ed.), *Science and practice of cognitive therapy: Foundations, mechanisms, and applications*. New York: Guilford Press.
 Magill, M., & Ray, L. A. (2009). Cognitive-behavioral treatment with adult alcohol and illicit drug users: A meta-analysis of randomized controlled trials. *Journal of Studies of Alcohol and Drugs*, 70, 516-527.
- Apr. 22 **Cognitive-behavioral therapy – Part II**
Readings:
 Liese, B. S. (2014). Cognitive-Behavioral Therapy for Addictions. In S. L. A. Straussner (Ed.), *Clinical work with substance abusing clients* (3rd ed.; pp. 225-250). New York: Guilford.
- Apr. 29 **Group therapy for addictive behaviors**
Readings:
 Connors text, Chapter 6: Group treatment (pp. 146-171)
 Liese, B.S., Beck, A.T., & Seaton, K. (2002). The cognitive therapy addictions group. In D.W. Brook and H.I. Spitz (Eds.), *Group psychotherapy of substance abuse* (pp. 37-57). New York: Haworth Medical Press.
- May 6 **Exam #3**
Review of individual and group cognitive-behavioral therapy

(Revised 1/28/2019)