

Introduction to Addiction Counseling  
Individual and Group Therapy  
Thursday 1pm – 4pm

**Instructor:**

Mark A. Prince, PhD

**Course Schedule:**

Class will meet for 3 hours for a total of 16 class days.

**Required CBT Readings:**

Epictetus (135). *The Enchiridion*. The Internet Classics Archive.

<http://classics.mit.edu/Epictetus/epicench.html>

Liese, B.S. & Tripp, J.C. (2017, in press). Advances in Cognitive-Behavioral Therapy (CBT) for Addictive Behaviors. In R. L. Leahy (Ed.; in press), *Science and Practice in Cognitive Therapy: Foundation Mechanisms, and Applications*. New York: Guilford Press.

Beck, A., Wright F., Newmand, C. & Liese, B. *Cognitive Therapy of Substance Abuse*, revised edition. Guilford Press, 2001

**Recommended CBT Readings:**

\*These readings are recommended by the state and will help with licensure. We will not discuss them in detail, but the content will help you gain a deeper understanding of the topic.

- a) Marlatt, G. A., & Donovan, D. M. (Eds.). (2005). *Relapse prevention: Maintenance strategies in the treatment of addictive behaviors*. Guilford Press. Chicago
- b) Beck, J.S. *Cognitive Therapy: Basics and Beyond*, 2<sup>nd</sup> Edition, Guilford Press, 2011.
- c) Dobson, K.S. *Handbook of Cognitive-Behavioral Therapies*, 3<sup>rd</sup> Edition. Guilford Press, 2009.
- d) Leahy, R.L. *Overcoming Resistance in Cognitive Therapy*. Guilford Press, 2003.
- e) Leahy, R.L. *Roadblocks in Cognitive-Behavioral Therapy: Transforming Challenges into Opportunities for Change*. Guilford Press, 2006.
- f) Miller, W. & S. Rollnick. *Motivational Interviewing: Helping People Change*, 3<sup>rd</sup> Edition. Guilford Press, 2013.
- g) Straussner, S.L.A. *Clinical Work with Substance Abusing Clients*, 3<sup>rd</sup> Edition. Guilford Press, 2013.
- h) Wright, J.H., Basco, M.R., & Thase, M.E. *Learning Cognitive-Behavior Therapy: An Illustrated Guide*. American Psychiatric Publishing, Inc., 2006.
- i) SAMHSA [www.samhsa.gov](http://www.samhsa.gov)
  - Treatment Improvement Protocol (TIP) Series #34. *Brief Interventions and Brief Therapies for Substance Abuse*. 1999. Series #39. *Substance Abuse Treatment and Family Therapy*. 2015 Series #21. *Combining Alcohol and Other Drug Abuse Treatment with Diversion for Juveniles in the Justice System*. 2008
- j) NIDA #98-4308. *A Cognitive-Behavioral Approach: Treating Cocaine Addiction*. Therapy Manuals 1-3 for Drug Addiction.

- <http://archives.drugabuse.gov/TXManuals/CBT/CBT3.html>
- k) Linehan, M. DBT Skills Training Manual, 2<sup>nd</sup> Edition. Guilford Press, 2014.
  - l) Hays, S., Strosahl, K., & Wilson, K. Acceptance and Commitment Therapy: The Process and Practice of Mindful Change, 2<sup>nd</sup> Edition. Guilford Press, 2011.
  - m) Addiction Technology Transfer Center (ATTC)  
<http://www.nattc.org/home/> News Publications, 2012-2015.

### **Required Group Readings:**

Sobell, L. C., & Sobell, M. B. (2011). Group therapy for substance use disorders: A motivational cognitive-behavioral approach. Guilford Press.

### **Recommended Group Readings:**

\*These readings are recommended by the state and will help with licensure. We will not discuss them in detail, but the content will help you gain a deeper understanding of the topic.

- a) Yalom, I., & Leszcz, M. Theory and Practice of Group Psychotherapy, 5<sup>th</sup> Edition. Basic Books, 2005.
  - *Highly recommended!*
- b) Connors, G.J., Donovan, D.M., Marden-Velasquez, M., & DiClemente, C.C. Substance Abuse Treatment and the Stages of Change: Selecting and Planning Interventions, 2nd Edition. The Guilford Press, 2015.
- c) Carter-Sobell, L., & Sobell, M. Group Therapy for Substance Use Disorders: A Motivational Cognitive-Behavioral Approach. The Guilford Press, 2011.
- d) Paleg, K., & Jojgsma, A.E. The Group Therapy Treatment Planner, 3rd Edition. Wiley, 2015.
- c) Marden-Velasquez, M., Stokes-Stephens, N., Crouch, C., & DiClemente, C.C. Group Treatment for Substance Abuse: A Stages of Change Therapy Manual, 2nd Edition. The Guilford Press, 2015.
- d) Brook, D.W., & Spitz, H.I. The Group Therapy of Substance Abuse. CRC Press, 2002.
- e) Roth, J. Group Psychotherapy and Recovery from Addiction: Carrying the Message. Routledge, 2004
- f) Free, M. L. Cognitive Therapy in Groups: Guidelines and Resources for Practice. Wiley, 2008.
- g) Elder, I. R. Conducting Group Therapy with Addicts: A Guidebook for Professionals. Tab Books, 1990.
- h) Carrell, S.E. Group Exercises for Adolescents: A Manual for Therapists. Sage Publications, 2000.
- i) Riley, S. Group Process Made Visible: The Use of Art in Group Therapy. Routledge, 2001.
- j) Kottler, J., & Englar-Carlson, M. Learning Group Leadership: An Experiential Approach, 3rd Edition. Sage Publications, 2014.
- k) Johnson, D.W., & Johnson, F.P. Joining Together: Group Theory and Skills, 11th Edition.
- l) Pearson, 2012. Principles for Diversity Competent Group Workers, Association of Specialists in Group Work: <http://www.asgw.org>
- m) The Therapeutic Factors. American Group Psychotherapy Asso. Yalom & Leszcz (2005) <http://www.agpa.org/guidelines/factorsandmechanisms.html>
- n) SAMHSA [www.samhsa.gov](http://www.samhsa.gov)

- Treatment Improvement Protocol (TIP)
- Series #41. Substance Abuse Treatment: Group Therapy. 2015.

### **Course Description CBT:**

- a) Cognitive-behavioral therapy (CBT) is a treatment approach that has gained widespread application in the treatment of addictions and mental disorders. Several important features of CBT make it particularly promising as a treatment for substance abuse and dependence. CBT has been extensively researched and has solid empirical support as an evidence-based treatment for addictions. CBT is structured, goal-oriented, and focused on the immediate problems faced by substance abusers entering treatment who are struggling to control their substance use. It is a flexible, individualized approach that can be adapted to a wide range of clients and a wide range of treatment settings and formats. It works well with individuals as well as group therapy. Participants in this course will learn and practice effective ways to integrate tools specific to CBT in a comprehensive treatment strategy.
- b) All required classes seek to enhance the ability of the counselor to offer treatment services in a manner that respects gender, race and ethnicity, sexual orientation, cultural, familial, systemic and socioeconomic diversity.

### **Course Description Groups:**

- a) Group therapy is a powerful tool in delivering addiction treatment services. Groups have many therapeutic elements and effects that draw people into the culture of recovery. Groups provide useful information, allow one or two therapists, depending on group size, to facilitate the group process which helps a number of clients simultaneously, and provides positive peer support and pressure for recovery. This class will help the aspiring addiction counselor to understand the use of group therapy in the addiction treatment field and be able to demonstrate the skills necessary to facilitate a therapy group. The class will focus on the group process and will discuss diversity within groups as well as the many challenges a group leader may face. The class will also present models of effective group practice.
- b) All required classes seek to enhance the ability of the counselor to offer treatment services in a manner that respects gender, race and ethnicity, sexual orientation, cultural, familial, systemic and socioeconomic diversity.

### **Course Objectives Individual:**

- Definitions of CBT
- Research in support of CBT for substance use disorders and other problems
- Therapeutic attitudes compatible with CBT regarding change, relationship between thoughts, feelings & behavior, maladaptive behaviors, conditioning, reinforcement, etc.
- Theoretical foundations for CBT: Cognitive Therapy & Behavioral Therapy
- History of development and implementation of CBT
- Essential/active ingredients of CBT
- Consideration of the three levels of thinking or cognition: 1) automatic thoughts,

- 2) assumptions, and 3) core beliefs or schema
- The process of constructing a cognitive case conceptualization
- Use of tools such as the Thought Record
- Defining and maintaining a strengths-based recovery perspective
- Introducing second generation DBT and mindfulness, and third generation ACT (acceptance and commitment therapy)
- Discuss the importance of integration of services with Behavioral Healthcare providers.
- Encourage use of Affordable Care Act resources available and accessing information.
- Promoting CBT in primary care

### **Course Objectives Group:**

- History, effectiveness, models, and types of groups in addictions treatment Definitions of co- occurring disorders relevant to this class
- Integrating Motivational Interviewing (MI) techniques and strategies into the Group Process
- Group Structure, Content, and Process
- Group leadership skills, styles, and techniques:

### **Course Assignments:**

The points for this class will consist of **two videos** (30 points each) and **two examinations** (30 points each), **one case conceptualization** (30 points) as well as **attendance** (20 points) and **participation** (20 points). Your final grade consists of a possible 190 points. Please note that anything that is discussed or presented in class may be on your examination. In addition, you will be responsible for all of the material in your reading assignments, whether it is discussed in class or not.

*\*you will also turn in **two additional videos** that will not be graded, but that you will receive feedback on.*

The videos will be graded using a grading rubric.

1. Active Ingredients
2. Individual CBT session
3. Initial group session (introductions, planning, using MI)
4. Group session

The exams will be short answer questions.

### **Grades:**

The grades will be based on the following scale:

- A= (90% or above)
- B= (80-89%)
- C= (70-79%)
- D= (60-69%)
- F= (59% or below)

<b>Schedule</b>	<b>Content</b>	<b>Readings and Videos</b> <i>First half is Beck book</i> <i>Second half is Sobell book</i>
Week 1 (8/28)	Definitions and Research Support	Liese & Tripp, in press Epictetus, Enchiridion
Week 2 (9/4)	Therapeutic Attitudes	Chapters 1-3
Week 3 (9/11)	Active Ingredients	Chapters 4, 9
Week 4 (9/12)	3 Levels of thinking	<b>Video 1 due</b> Chapters 6, 7, 8
Week 5 (9/25)	Case conceptualization	Chapter 5
Week 6 (10/2)	Strengths based recovery & Integration of services	Chapters 10-12 & Chapters 13-17
Week 7 (10/9)	<b>Midterm Video</b>	
Week 8 (10/16)	<b>Midterm Exam</b>	
Week 9 (10/23)	History of Group Therapy	Chapter 1
Week 10 (10/30)	Effectiveness, models and modes	Chapters 4, 5
Week 11 (11/6)	Integrating MI into Groups	Chapters 2, 3
Week 12 (11/13)	Structure	Chapter 7
Week 13 (11/20)	Content, Process & Leadership	Chapter 6, Chapter 8 & 9 <b>Video 3 due</b>
Week 14 (11/27)	<b>Fall Break (no class)</b>	
Week 15 (12/4)	<b>Final Video</b>	
Week 16 (12/11)	<b>Final Exam &amp; Case Conceptualization Due</b>	