PSYC 633
PSYCHOLOGY OF ADDICTIVE BEHAVIORS
Spring 2004
Garrison Rm. 514 M W F 9:00 – 9:50

Primary Instructor: Tony Cellucci, Ph.D.
EXT 2129

Co-Instructor: Peter Vik, Ph.D.

Course Goals: Students will gain an understanding of the etiology and natural course of alcohol and other drug abuse, issues and techniques for assessment and diagnosis, and treatment approaches. Additionally, this course is designed to prepare students to take the national examination for the Certificate of Proficiency in the Treatment of Alcohol and Other Psychoactive Substance Use Disorders that is offered by APA College of Professional Psychology. The content of this seminar corresponds to the domains covered by this examination.

Requirements:
Students are expected to complete the weekly reading, attend class regularly (or notify instructors if unable to attend), and participate in class discussions. Each student will be expected to lead the discussion several times through the semester. Additionally, for evaluation purposes, students will be asked to write several 3 to 4 page position papers. Instructors will provide questions for students to respond to in these position papers.

Texts & Materials:
Selected supplemental readings on departmental reserve

Tentative Schedule
<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Topic &amp; Readings</th>
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| 1    | 1/12  | **Introduction to the Course**  
      |       | History of Field, Why psychologists should Rx SA Cellucci & Vik (2001) |
|      | 1/14  | **Epidemiology**  
      |       | M&E Ch1 |
|      | 1/16  | **Pharmacodynamics & Biochemical substrates**  
      |       | Bardo & Risner chapter |
|      | 1/19  | MLK Holiday |
| 2    | 1/21  | **Pharmacological and Clinical Aspects**  
      |       | DSM-IV TR (p 191-212, Ref 212-295).  
      |       | M&E Chap 4-10 as assigned.  
      |       | Maxine Stitzer (audio #1) |
|      | 1/23  | (con-t)  
      |       | **Etiology, Theory** |
| 3    | 1/26  | M&E Chapter 3  
      |       | **Biologic**  
      |       | Ralph Tarter (audio #2, side one) |
|      |       | **Psychosocial**  
      |       | Blane & Leonard (look over)  
|      | 1/30  | (con-t) |
| 4    | 2/2   | **Initiation, progression, maintenance / Course and Natural History**  
      |       | M&E Chapter 2  
      |       | Sandy Brown (audio #2, side two) |
|      | 2/4   | M&R Ch 1-3  
      |       | Vik, Cellucci, & Ivers (2003) |
Linda Sobell (audio #3)

Harm Reduction & Public Policy
    Humphreys & Rappaport (1993)
    Drucker (1999)
    Alan Marlatt (audio #4)

5 Prevention, Early Intervention,
2/9 M & E Ch 30

2/11 M & E Ch 31
    Hingson, & Winter (2003)

Screening and Assessment of Psychoactive Substance Use
2/13 M & E Chapter 11
    Conigrave, Saunders, & Whitfield (1995)
    Verne Westberg (audio #5)

2/16 President’s holiday

6 2/18 (Con-t)

Diagnosis and Comorbidity
2/20 M & E Chapter 25
    Kathleen Carroll (audio #6)
2/23 Schuckit (1994)

7 2/25 Vik, Cellucci, Jarchow, & Hedt (in press)

2/27 ADPTC

Treatment Planning & Goals; Stages of Change
8 3/1 M & E Ch 12 ; Moos (2003)
    Barbara McCrady (audio #7)
    Mark Goldman (audio #8 &9)

3/5  Research Day

**Motivational Interviewing**

9  3/8  M & R Part 2 (Ch 4-11)

3/10

3/12  M& R Ch 16

3/15 to 3/19  **Spring Break**

**Models & Approaches to Treatment**

10  3/22  M& E Ch 14 (CBT)

3/24  M& E Chapter 20 (Relapse Prevention)

3/26  ACT, DBT?

11  3/29  M&E Chapter 16 (Family)

3/31  Fals-Stewart, O'Farrell, & Birchler (2001)

4/2  M&E Chapter 17 (Therapeutic Community)

12  4/5  M& E Ch 15

4/7  M& E Chapter 18 (Self-help Groups)

4/9

13  4/12  M& E Ch 19 (Pharmacotherapies)

Carroll (2001)

**Specific Populations**

4/14  **Women**

   M& E Chapter 28
   Lorraine Collins (audio #10)

14  4/19 Adolescents & Youth
    M & E Chapter 26
    Vik, Brown, & Myers (1997)

4/21 M & R Ch 21

4/23 Elderly

4/26 Cultural considerations

15  M & E Chapter 27

4/28

4/30 M & E Chapter 29

16

   Legal & Ethical Issues

5/3  M & E Chapter 22
    M & R Ch 12

5/5

5/7  IPA Annual Meeting, Sun Valley

5/10  Final

Supplemental Readings for PSY 633 Addictive Behaviors

American Psychiatric Association DSM-IV-TR

Bardo, M. T., & Risner, M. Biochemical substrates of drug abuse.


ADDICTIVE BEHAVIOR WEB SITES

Addiction Technology Transfer Center
http://www.nattc.org/

Substance Abuse and Mental Health Services
http://www.samhsa.gov/
Data archive
http://www.icpsr.umich.edu/SAMHDA/

SIMS sims.health.org is now
http://www.samhsa.gov/enetwork/

Center for Substance Abuse Treatment (CSAT) Homepage
http://csat.samhsa.gov/
TIPS http://text.nlm.nih.gov
NEDS http://neds.calib.com/ see
http://www.health.gov/nhic/NHICScripts/Entry.cfm?HRCode=HR3313

National Institute on Alcohol Abuse and Alcoholism (NIAAA):
http://www.niaaa.nih.gov
Alcohol Alerts

ETOH search http://etoh.niaaa.nih.gov/

National Institute on Drug Abuse (NIDA):
http://www.nida.nih.gov
NIDA Infofax (Fact sheets free by fax):
1-888-644-6432
NIDA Notes
http://www.nida.nih.gov/NIDA_Notes/NNIndex.html

Clinical Tool Box
http://www.drugabuse.gov/TB/Clinical/ClinicalToolbox.htm

Monitoring the Future studies
http://monitoringthefuture.org/
National Clearinghouse for Alcohol and Drug Information: (Ask for their catalog, many free items)
304-468-2600; 1-800-729-6686
info@prevline.health.org;
http://www.health.org
Searchable databases:
http://www.health.org/dbases.htm
Idaho Bureau of Mental Health and Substance Abuse
http://www2.state.id.us/dhw/mentalhealth/index.htm

Addiction Research Foundation (Ontario)
http://www.arf.org/index.html

American Society of Addiction Medicine
http://www.asam.org

APA Division 50 http://www.apa.org/divisions/div50/
Addictions newsletter
http://www.kumc.edu/addictions_newsletter/

AABT Addictive Behavior SIG
http://www.behaviortherapy.com/SIGNewsletterFall2003.htm

DATOS http://www.datos.org/

CASAA at University of New Mexico
http://casaa-0031.umn.edu/index.html

Motivational Interviewing page
http://www.motivationalinterview.org/

Guided Self-Change Clinic (Sobell)
http://cps.nova.edu/~gsc/

Alcohol and Drug Abuse Institute (University of Washington)
http://depts.washington.edu/adai/

Research Institute on Addictions _ Buffalo  
http://www.ria.org/

Center for Substance Abuse Prevention (CSAP)  
http://www.samhsa.gov/centers/csap/csap.html

LINDESMITH - Drug Policy  
http://www.lindesmith.org/

Harm Reduction Coalition  
http://www.harmreduction.org/

Join Together Online  
http://www.jointogether.org/sa/

Tobacco BBS  
http://www.tobacco.org

Society for Research on Nicotine and Tobacco  
http://www.smt.org/

National Center for Responsible Gaming  
http://www.ncrg.org/

WEB of Addictions  
http://www.well.com/user/woa/

Blood Alcohol Educator  
http://www.baecdrom.org/

Alcoholics Anonymous  
http://www.alcoholics-anonymous.org/

Moderation Management  
http://comnet.org/mn/

Rational Recovery  
http://www.rational.org/recovery/
Understanding Addictive Disorders: Assessment and Referral

Joan E. Zweben, Ph.D.

Joan.Zweben@ucsf.edu

COURSE OUTLINE

I. Introduction
   A) Historical and contemporary perspectives on alcohol and drug abuse
   B) Social costs of alcohol, tobacco, and other drug use
   C) Policy issues: accountability, funding streams, system barriers
   D) Distinctive features of substance abuse treatment

II. Diagnosis/Assessment
   A) Definitions of addiction; changing concepts of addiction
   B) DSM-IV criteria
   C) Physical dependence and tolerance: is this addiction?
   D) Patterns of use
   E) Substance abuse symptoms as the great imitator of other psychological (and medical) problems: substance induced disorders
   F) Determinants of the alcohol/drug experience
   G) When is physician involvement necessary?
   H) Behavioral warning signs
   I) History taking
   J) Transitory cognitive impairments
   K) Instruments for detection, assessment, quality assurance, outcome evaluation

III. Selecting Appropriate Treatment
   A) Problem-service matching
B) ASAM Patient Placement Criteria (PPC 2R)

IV. Family diagnostic issues
   A) Active substance use in other family members
   B) Collusion with alcohol/drug use
   C) Family system issues
   D) Integrating family work with recovery tasks

V. Coexisting Psychiatric Disorders
   A) Relationships between addictive behavior and coexisting psychopathology
   B) Comorbidity: ECA, NCS studies
   C) Differential diagnosis

VI. Alcohol
   A) Incidence and prevalence
   B) Moderate drinking
   C) Alcohol abuse and dependence: common presentations
   E) Medical complications: withdrawal; diseases
   F) Women and alcohol
   G) Prenatal alcohol exposure
   E) Disease model: concepts and metaphor
   F.) Evidence for genetic component – animal studies, twin studies, adoption studies, marker studies

VII. Treatment Modalities
   A) Therapeutic communities
   B) Minnesota model (hospital inpatient programs)
   C) Social/community model
   D) Opioid maintenance pharmacotherapy
   H) Smoking cessation
   I) Drug Courts

VIII. Treatment Philosophies
   A) Abstinence oriented – summary of principles
   B) Harm reduction
   C) Pitfalls of each approach

TREATING ADDICTIVE DISORDERS
Joan E. Zweben, Ph.D.
Joan.Zweben@ucsf.edu

PREREQUISITE: Participants must have covered the material in Day 1 and must have attended two self-help group meetings within the last six months.

NOTE: There will be a 15 min break mid morning, at an appropriate stopping place.

I. Principles of effective treatment (National Institute on Drug Abuse)

II. Recovery-oriented approaches and strategies: Overview
   A) Comparison between AOD outpatient treatment and psychotherapy
   B) Recovery stages and tasks

III. Enhancing motivation
   A) Getting motivated: accumulating consequences
   B) Principles of motivational enhancement interventions
      1. goals and benefits
      2. stages of change
      3. general principles
      4. eliciting self-motivating statements
      5. opening strategies
      6. FRAMES approach
   C) Psychodynamics and interpersonal reasons to resist an abstinence commitment

IV. Negotiating an abstinence commitment

V. The treatment contract

VI. Outpatient detoxification: psychosocial interventions
   A) CBT (Matrix model) – identifying triggers and stressors
   B) Coping with insomnia

VII. Consolidating abstinence

VIII. Relapse
   A) rates, temporal pattern
   B) relapse prevention
   C) handling relapse
   D) distinctive relapse issues: alcohol, opiates, stimulants, benzodiazepines
NOTE: There will be two 10 min breaks in the afternoon, at an appropriate stopping place.

IX. Facilitating the use of the self-help system
   A) group sharing of experiences (timing depends on size of class)
   B) CBT and other concepts embodied in 12-step programs
   C) 12-step programs: resistance to participation
   D) facilitating the use of 12 step programs
   E) preparing psychiatric patients for 12-step meetings
   F) alternatives: LifeRing, Women for Sobriety, etc.

X. Motivational enhancement strategies – Bill Miller film segments, discussion, role plays

XI. Case discussions

Postdoctoral Example 3

What’s New in Addiction Treatment?
Ken Bachrach, Ph.D.

October 20, 2007
LACPA Annual Convention

Abstract: There have been many advances in recent years in the understanding and treatment of substance abuse. Topics to be reviewed include the ASAM patient placement criteria, addiction as a chronic disease, stages of change, motivational interviewing, and the changing face of drug use, including methamphetamine, pain medications, and “club drugs.”

Brief Instructor Biography (& one paragraph introduction): Ken Bachrach, Ph.D. is Clinical Director of Tarzana Treatment Centers. He has been engaged in clinical practice, research, and training in the field of substance abuse and co-occurring disorders for over 20 years. Dr. Bachrach is site Principal Investigator in NIDA’s Clinical Trials Network, which tests new and promising treatment protocols. Also, he is President of Professional Psych Seminars, a leading continuing education provider for psychologists and other mental health professionals.

Course Goals and Educational Objectives:
1. List the six criteria used for patient placement for a person with a substance abuse problem.
2. Identify two or more developments in recent years in the field of substance abuse treatment.
3. Describe how methamphetamine is different from cocaine and the treatment implications of this difference.

**Learning Method:** Lecture with Powerpoint slides. Question/answers and discussion as time permits.

**Course Outline and Content: 90 minutes**

I. Introduction (5 minutes)

II. Addiction as a Chronic Disease (10 minutes)
   a. Hypertension, Diabetes, Asthma
   b. Relapse / Compliance Rates

III. Addiction and the Brain (10 minutes)
   a. Genetics / Environmental Factors
   b. Dopamine and other neurotransmitters
   c. Classical Conditioning

IV. ASAM Patient Placement Criteria (10 minutes)
   a. Communication Tool
   b. Case Conceptualization

V. Stages of Change (10 minutes)
   a. Importance of assessing stage of change
   b. Review of each stage

VI. Motivational Interviewing (10 minutes)
   a. Counseling techniques
   b. Addressing Ambivalence Towards Treatment

VII. Principles of Addiction Treatment (10 minutes)
   a. NIDA Principles
   b. Co-Occurring Disorders

VIII. Contingency Management (5 minutes)
   a. Theory
   b. Research findings

IX. Club Drugs (5 minutes)
   a. Types of drugs
   b. User groups

X. Pain Medications (5 minutes)
   a. Increasing problem with misuse
   b. Treatment

XI. Methamphetamine (10 minutes)
   a. Growing epidemic
   b. Treatment issues