

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:

McCrary, B. S., & Epstein, E. E. (1999). *Addictions: A comprehensive guidebook*. New York: Oxford University Press (M & E)
Miller, W.R. & Rollnick, S. (2002). *Motivational interviewing: Preparing people for change* (2nd Ed.). New York, N. Y.: Guilford Press. (M & R)
Brown, S. & Hester, R. *The assessment and treatment of psychoactive substance use disorders*. (UCSD Audio-taped Study Program). (B & H)
Selected supplemental readings on departmental reserve

Tentative Schedule

<u>Week</u>	<u>Dates</u>	<u>Topic & Readings</u>
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)
3	1/26	Etiology, Theory M& E Chapter 3 Biologic Tapert et al (2004) RalphTarter (audio #2, side one)
	1/28	Psychosocial Blane & Leonard (look over) Jajodia et al (2003)
	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

2/6 Marlatt, G. A. (1998)
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)

3/3 Cellucci, Vik, & Nirenberg (2003)

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

Vik, P. & Ross, T. (2003).

Lorraine Collins (audio #10)

4/16 (cont) Chase et al (2003)

14 4/19 **Adolescents & Youth**

M & E Chapter 26

Vik, Brown, & Myers (1997)

4/21 M& R Ch 21

4/23 **Elderly**

Nirenberg et al. (1998)

15 4/26 **Cultural considerations**

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.

Leonard, K. E. (Ed); Blane, H.T. (Ed); 1999. *Psychological theories of drinking and alcoholism* (2nd ed.). The Guilford substance abuse series. New York, NY, US: Guilford Press.

- Carroll, K.M. (2001). Combined treatments for substance dependence. In Sammons & N. B. Schmidt (Eds.), *Combined treatments for mental disorders* (pp. 215-237). Washington, DC: APA.
- Cellucci, T., & Vik, P. (2001). Training for substance abuse treatment among psychologists in a rural state. *Professional Psychology, 32*, 248-252.
- Cellucci, T., Vik, P., & Nirenberg, T. (2003). Substance abuse in the rural community. In B. Hudnall Stamm (Ed.), *Rural behavioral health care* (pp 53-65). Washington, DC: APA.
- Chase, K. et al. (2003). Factors associated with partner violence among female alcohol patients and their male partners. *Journal of Studies on Alcohol, 64*, 137-149.
- Conigrave, K., Saunders, J. B., & Whitfield, J.B. (1995). Diagnostic tests for alcohol consumption. *Alcohol & Alcoholism, 30*, 13-26.
- Druker, E. (1999). Drug prohibition and public health: 25 years of evidence. *Public Health Reports, 114*, 15-29.
- Fals-Stewart, W., O'Farrell, T. & Birchler, G. (2001). Behavioral couples therapy for male methadone maintenance patients: Effects on drug use behavior and relationship adjustment. *Behavior Therapy, 32*, 391-411.
- Hingson, R. & Winter, K. (2003). Epidemiology and consequences of drinking-driving. *Alcohol: Research & Health, 27*, 63-78.
- Humphreys, K.& Rappaport, J. (1993). From the community mental health movement to the war on drugs. *American Psychologist, 48*, 892-901.
- Jajodia, A., & Earleywine, M. (2003). Measuring alcohol expectancies with the Implicit Association Test. *Psychology of Addictive Behaviors, 17*, 126-133.
- Marlatt, G. A. (1998). Basic principles and strategies of harm reduction. In G. A. Marlatt (Ed.), *Harm reduction: Pragmatic strategies for managing high-risk behaviors* (pp. 49 - 66). New York: The Guilford Press.

Moos, R. H. (2003). Addictive disorders in context: Principles and puzzles of effective treatment and recovery. *Psychology of Addictive Behaviors*, *17*, 3-12.

Nirenberg, T. et al. (1998). Substance abuse disorders. In M. Hersen & V. B. Van Hasselt (Eds.), *Handbook of clinical geropsychology* (pp. 147-172). New York: Plenum Press.

Schuckit (1994). Alcohol and depression: A clinical perspective. *Acta Psychiatrica Scandinavica, Supplement 377*, 28-32.

Tapert, S. et al (2004). fMRI BOLD response to alcohol stimuli in alcohol dependent young women. *Addictive Behaviors*, *29*, 33-50.

Vik, P., Brown, S., & Myers, M. (1997). Adolescent substance abuse problems. In E. J. Mash & L.G. Terdal (Eds.), *Assessment of childhood disorders* (pp. 717-748). New York, NY: Guilford.

Vik, P., Cellucci, T., & Ivers (2003). Natural reduction of binge drinking among college students. *Addictive Behaviors*, *28*, 643-655.

Vik, P., Cellucci, T., Jarchow, A., & Hedt, J. (in press). Cognitive impairment in substance abuse.

Vik, P. & Ross, T. (2003). Methamphetamine use among incarcerated women. *Journal of Substance Use*, *8*, 69-77.

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?HRCCode=HR3313>

National Institute on Alcohol Abuse and Alcoholism
(NIAAA):

<http://www.niaaa.nih.gov>

Alcohol Alerts

<http://www.niaaa.nih.gov/publications/alalerts.htm>

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.html>

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/SIGNewsletterSpring2003.
htm](http://www.behaviortherapy.com/SIGNewsletterSpring2003.htm)

[http://www.behaviortherapy.com/SIGNewsletterFall2003.ht
m](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/>

SMART Recovery
<http://www.smartrecovery.org/>

Predoctoral Example 2

Understanding Addictive Disorders: Assessment and Referral

Joan E. Zweben, Ph.D.

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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

Joan E. Zweben, Ph.D.

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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

LUNCH BREAK

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

