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

• 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)

Grading:

90-100% = A  77-79% = C+
87-89% = B+  70-76% = C
80-86% = B  66-69% = D
0-65% = F
Course Schedule and Readings

Jan. 28  **Course introduction and overview**

Feb. 4  **Defining Addiction Psychology**
Readings:

Feb. 11  **Addictive behaviors: Diagnosis, maintenance, course, consequences**
Readings:

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)
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)

Mar. 4  **Exam #1**
Readings 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)  

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:**  

Apr. 8  **Exam #2**  
**Review of assessment, treatment, and evidence-based practice**

Apr. 15  **Cognitive-behavioral therapy – Part I**  
**Readings:**  

Apr. 22  **Cognitive-behavioral therapy – Part II**  
**Readings:**  

Apr. 29  **Group therapy for addictive behaviors**  
**Readings:**  
Connors text, Chapter 6: Group treatment (pp. 146-171)  

May 6  **Exam #3**  
**Review of individual and group cognitive-behavioral therapy**

(Revised 1/28/2019)