



Spring, 2022 Syllabus

MH 7500 - Diagnosis & Treatment of Addictive Disorders

School of Arts & Sciences, Department of Psychology

Mental Health Counseling Program

Time: Mondays, 1:00 pm – 3:15 pm

Place: Virtually via Zoom

<https://suny-ow-edu.zoom.us/j/87021223046?pwd=VWtPeU5xWHE2dzJiUitVREV6QU1rUT09>

Instructor: Bruce S. Liese, PhD, ABPP

Email: lieseb@oldwestbury.edu

Phone: 913-579-5039 (text only)

Hours: By appointment (email for non-urgent communication; text in emergency)

This syllabus is subject to change and any changes will be discussed with the class.

This class will use the Blackboard platform. Grades, announcements, and emails will be posted or sent via Blackboard. All students need to be familiar with Blackboard and check it regularly for updates. In addition, Blackboard utilizes Old Westbury email addresses. Your Old Westbury email should be checked frequently for class information (e.g., assignments, grades, class cancellation, etc.) In addition, Old Westbury requires the use of your OW email for all communication. Any issues with email or Blackboard should be resolved with Information Technology.

Course description and objectives

This course provides a review of psychological theory 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.

As a result of participating in this course students will be able to:

- Describe, in detail, at least one theoretical model for explaining addictive disorders
- Conceptualize distal and proximal antecedents of addiction (e.g., triggers, course, and consequences)
- Describe the structure and content of individual addiction treatment sessions
- Describe the structure and content of group addiction treatment sessions
- Explain the relationship between shame, stigma, and the therapeutic relationship
- Collaboratively set goals for addiction treatment with each client
- List topics for psychoeducation, and describe guidelines for providing psychoeducation
- Explain strategies for preventing relapse and reducing the likelihood of harm associated with addictive behaviors



Required reading

Liese, B. S. & Beck, A. T. (2022). *Cognitive-behavioral therapy for addictive disorders*. New York: Guilford Press.

PLEASE NOTE: You are encouraged to purchase this e-book directly from the publisher, Guilford Press:

<https://www.guilford.com/books/Cognitive-Behavioral-Therapy-of-Addictive-Disorders/Liese-Beck/9781462548842>

The cost is \$44.00, and this price includes both the e-book and the print version. (Be sure to click the “Print and E-book” link on the website. Following payment, you will receive the e-book immediately. The print version has been delayed by supply chain issues, so you won’t receive it until August. If you were to purchase either of these versions separately (e.g., from Amazon), they would cost \$40 each.

Additional readings will be added over the course of the semester, based on students’ learning needs.

Course format

The entire course will take place online via Zoom. Class sessions will be comprised of lectures, discussions, role-plays, case presentations, and videos

Course requirements

This course is highly interactive. Credit will be given for attendance and active participation in class. Students are required to complete assigned readings each week and write a thought-provoking question based on the reading. Two exams, based on readings and lectures, will be given during class on March 14 and April 18.

The following will be the basis of final grades:

- 1) Class attendance (42% of grade – 3 points per class)
- 2) Chapter main points and discussion questions, due Sundays 5 PM (26% of grade – 2 points per chapter)
- 3) Mid-term and final exams – Two case conceptualization exercises (32% of grade; 16% per exam)

Grading:	95-100% = A	85-89% = B+	75-79% = C+	<70% = F
	90-94% = A-	80-84% = B	70-74% = C	

Student privacy statement

At times, students may disclose personal information through class discussions. It is expected that the class will respect the privacy of their classmates. The information disclosed in the class will not be repeated or discussed with others outside of the course.

Client privacy statement

All client information should be kept confidential. Students will refer to clients by only using initials or pseudo names.



Course Schedule and Readings

Jan. 31 **Course introduction and overview**

Feb. 7 **Overview of addictive disorders**

Readings:

Liese & Beck text – Chapter 1: Introduction

Feb. 14 **Theories of addictions: Causes, courses, and consequences**

Readings:

Liese & Beck text – Chapter 2: Theoretical model

Feb. 21 **Presidents' Day – no classes**

Feb. 28 **Case conceptualization**

Readings:

Liese & Beck text – Chapter 3: Case conceptualization

Mar. 7 **Shame, stigma, and the therapeutic relationship**

Readings:

Liese & Beck text – Chapter 4: Shame, stigma, and the therapeutic relationship

Mar. 14 **Exam #1 (Mid-term exam week)**

Mar. 21 **Spring break – no classes**

Mar. 28 **Psychological treatment of addictive disorders**

Readings:

Liese & Beck text – Chapter 5: Individual session structure

Liese & Beck text – Chapter 6: Guided discovery, motivational interviewing, and functional analysis

Apr. 4 **Standardized CBT techniques**

Readings:

Liese & Beck text – Chapter 7: Standardized CBT techniques

Apr. 11 **Setting goals and psychoeducation**

Readings:

Liese & Beck text – Chapter 8: Standardized CBT techniques

Liese & Beck text – Chapter 9: Psychoeducation

Apr. 18 **Exam #2**

Apr. 25 **Thoughts, beliefs, and modes**

Readings:

Liese & Beck text – Chapter 10: Thoughts and beliefs

Liese & Beck text – Chapter 11: Modes and addictive behaviors



May 2 Group therapy for addictive behaviors

Readings:

Liese & Beck text – Chapter 12: Group CBT for addictive behaviors

May 9 Relapse prevention and harm reduction

Readings:

Liese & Beck text – Chapter 13: Relapse prevention and harm reduction

May 11 Makeup session

Provides an opportunity to complete discussions, case conceptualizations from prior classes

May 16 Final class session – summary and review

School of Arts and Sciences policy on academic integrity (August 2007)

Plagiarism and cheating are condemned at all institutions of higher learning. These acts detract from students' intellectual and personal growth by undermining the processes of studying, reading, note taking and struggling with one's own expression of ideas and information. Moreover, cheating inevitably involves secrecy and exploitation of others. See "Academic Integrity" and related topics in *Old Westbury Catalog, 2006-2008*, p.46.

Plagiarizing means "presenting somebody else's words or ideas without acknowledging where those words and ideas come from" (Ann Raimis, *Keys for Writers*, 5th ed., p.188). Examples include:

- copying material from the Internet or other sources and presenting it as your own
- using any author's words without quotation marks; using any quotation without credit
- changing any author's words slightly and presenting them as your own
- using ideas from any published sources (even in your own words) without exact credit. **Note:** This includes all material from the Internet or electronic databases.
- using long passages in a paper that have been written or rewritten by a friend or tutor
- turning in any assignment written by someone else

However, using quotations or borrowed ideas while giving exact credit is good academic procedure. Other types of academic dishonesty include unauthorized collaboration or copying of students' work (cheating); falsifying grades or evaluations; and others. They are treated as equivalent to plagiarism.

Counseling resources

There may be times when personal stressors interfere with your academic performance or negatively impact your daily life. If you or someone you know at this college is experiencing mental health challenges, please contact the Counseling and Psychological Wellness Services at 516-876-3053. We're located at the Student Union, Lower Level, Suite 100, and are open Monday to Friday, 9am to 5pm. The counseling center continues to operate and offer its services to students even at times of social distancing and remote learning. During this time, the counseling center will offer both in-person or tele-health sessions (video chats or phone calls). If you wish to set an appointment, please contact us at counselingcenter@oldwestbury.edu.

The National Suicide Prevention Lifeline also offers help 24/7 and can be contacted at 1-800-273-8255.



TITLE IX: Sexual discrimination, harassment and violence

SUNY Old Westbury prohibits sexual discrimination, harassment and violence, and will promptly respond to all complaints. The purpose of Title IX is to prevent sex discrimination on campus, address reported assaults and incidents, limit the effects of harassment on the educational environment, and prevent its recurrence. If you or someone you know believes they have been subjected to sexual discrimination, harassment or violence, help is available. To report or for more information please visit <https://www.oldwestbury.edu/title-ix>, please contact the Title IX coordinator, Deputy Title IX coordinator or University Police at 516-876-3333. Confidential resources and support are also available from the counseling professionals in the Counseling & Psychological Wellness Services department, located in the Student Union Lower Level Room LL100 (off the Rotunda) at 516-876-3053.

Usama Shaikh
Title IX Coordinator
Campus Center H-417
Phone: 516-876-3080
Email: shaikhu@oldwestbury.edu

Basic needs statement

Any student who faces challenges securing their food or housing who believes this may affect their course performance is urged to contact the Dean of Students for support at (516)876-3067 or Student Union 303. The Panther Food Pantry is in the Student Union 301B (check college website for further information and hours).

Accommodations for students with disabilities

If you have a physical, psychological, medical or learning condition that may impact your course work, please contact Stacey DeFelice, Director, Office of Services for Students with Disabilities (OSSD), NAB 2065, Phone: 516-628-5666, Email: defelices@oldwestbury.edu.

The office will help you determine if you qualify for accommodations and assist you with the process of accessing them. All support services are free and all contacts with the OSSD are strictly confidential. SUNY Old Westbury is committed to assuring that all students have equal access to learning activities and social activities on campus. <https://www.oldwestbury.edu/academics/support/OSSD>

Expectations for graduate level online engagement

Your faculty are committed to providing excellent education, consistent with the quality we provide on campus. To do this, I am outlining the expectations of graduate students of mental health counseling taking online courses. Participation is essential to create a live and active learning environment.

Video: Students are required to use video and audio during entire Zoom classes, except under extreme circumstances. In rare instances where you may not have video access, please inform the instructor in advance. If you need to pause your video to step away for a moment, please turn it back on as soon as you return.

Audio: Please keep microphones on unless you have disruptive background noise – for the spontaneous quality of in-person courses. Having to unmute oneself sometimes negatively impacts participation.

Focus: It is tempting in online classes to check email, browse the Internet, and other activities. For us to maintain a rich learning environment, please close all irrelevant applications during our class.



Technology and Remote Learning: Remote classes can be challenging. Examples of helpful resources include:

- Blackboard Orientation: Enter Blackboard (click on the Blackboard icon from the Student Portal), click [Student Center](#) in the upper right corner, and find Blackboard Orientation in the 3rd box down on the left.
- MS Teams: For information on using MS Teams, see the link on the Old Westbury Tutoring page here. <https://www.oldwestbury.edu/academics/tutor>
- SUNY Online: You can find additional support at <https://online.suny.edu/covid19/students/>. Here you will find a Guide to Blackboard, a link to SUNY Online Help, as well as several other resources to help you be successful in a remote class. Also get help at the OpenSUNY Helpdesk at (800) 875-6269.
- Technology Device Loans: Old Westbury has a limited number of laptops available for loan for the semester. Find the Student Device Request Form on the Student Portal. Click on the Academics icon, then look for the Forms section on the left side under My Grades.
- CARES Act: Some students may be able to purchase their own laptop with help from the CARES Act. To check eligibility contact financialaid@oldwestbury.edu or click here. <https://www.oldwestbury.edu/CARES-Act-2020>.
- For general questions or problems with technology issues, contact the IT Service Desk at servicedesk@oldwestbury.edu or click on the ITS Remote Support icon in the Student Portal.