

## PSYC 517: Addiction Fall 2019

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Office hours: Thur 11-12. Sign up at <https://calendly.com/sdaughters>

Class Time/Location: Tu/Th 12:30-1:45pm, Hanes Hall, Rm 0112

Course Website: [https://sakai.unc.edu/portal/site/517\\_F19\\_Addiction](https://sakai.unc.edu/portal/site/517_F19_Addiction)

### Overview

Welcome to PSYC 517, Addiction. This is an advanced seminar for undergraduates that provides a comprehensive overview of the scientific study of addiction. This course will focus on addiction to mood altering substances such as alcohol and illicit drug use, although many of the principles reviewed are applicable to behavioral addictions (e.g., gambling). Over the course of the semester you will develop a deeper understanding of the (1) theoretical models of the etiology of addiction, (2) existing treatments for addiction (both effective and ineffective), and (3) current controversies in the field of addiction policy, research, and treatment. You will also have a chance to apply intervention techniques to your own behavior.

Pre-requisites: PSYC 101 or equivalent. PSYC 270 (Research Methods) and 245 (Abnormal Psychology) are encouraged but not required.

### Class Policies

1. Be courteous, accepting, respectful, and open minded.
2. Arrive to class with the intention to be curious and engaged, and I will do my best to make this class worth your time.
3. Arrive on time and don't leave early. It's distracting.
4. No laptops or smartphones. I will post all of my slides after class. If you have a compelling reason why this won't work for you then please schedule a mtg to discuss during my office hours. Additional rationale here:  
<https://www.chronicle.com/blogs/linguafranca/2014/08/25/why-im-asking-you-not-to-use-laptops/>  
\*\*If you have a tablet then you can use this, as long as it is treated like a piece of paper (ie., flat on the desk and no other applications are opened other than note taking)
5. All work should be your own unless I indicate in writing that you can work with other classmates. This course follows guidelines outlined in the UNC honor code:  
<https://studentconduct.unc.edu/faculty/honor-syllabus>
6. Turn in assignments on time. Late assignments will not be accepted and I will not make exceptions for mistakes (e.g., forgetting to click the post button or attaching a document). Please take the time to double check that your work was uploaded, posted, etc...

7. Feedback. I want to hear from you! If something in the class isn't working for you then please come and tell me. The sooner the better so we can discuss your thoughts/suggestions and I can integrate your feedback.

## **Readings**

To benefit fully from lectures and discussions, please complete the readings before the class for which they are assigned. The following books are required. Additional required readings will be posted to Sakai in Resources. Articles will be posted under Sakai\Announcements no later than 1-2 weeks prior to the class time that they will be discussed. I do not post articles well in advance of class because, (1) each class is unique and progresses at a different pace, resulting in alterations in the course schedule, and (2) the field of addiction is continually evolving and a new reading may be published that is a better choice than the one I already picked.

### Required Books:

1. *Unbroken brain* by Maia Szalavitz (2016)
2. *Inside Rehab* by Anne Fletcher (2013)
3. *Introduction to Addictive Behaviors, Fifth Edition* by Dennis Thombs (2019)

## **Course Evaluation**

### Course Engagement (35%)

This is *your* class. The more you engage in the course the more you will gain from the experience. We expand our thinking by hearing all points of view and I hope you will feel comfortable sharing information, asking questions, and expressing personal opinions. It is critical that you also respect the comments and opinions of others. Your course engagement grade will include the following:

1. Class participation (5%) - defined as respectfully sharing a viewpoint and/or asking a question. It does not include class attendance.
2. Discussion questions (10%) – you will submit a discussion question prior to 10 class periods (indicated on the course calendar). Most of these will occur on a Thursday, in which case your discussion question is due by 3pm on Tues. We will review the requirement for discussion questions, and also reference the 'Discussion Question Grading Rubric.docx' in Resources on the Sakai course webpage.
3. Discussion leader (5%) – You will each be a discussion leader once during the semester. I will randomly select 2-3 students to lead discussion of one question (each) on discussion days. You get one free pass, meaning if you are not in class the day you are selected there will be no penalty. If you are absent the second time you are selected you will receive a 0 for this portion of your grade. Details on how to be a discussion leader to follow.
4. Blog posts (15%) – you will be required to write 2 blog posts and 6 comments on other classmates posts over the course of the semester. Details to follow.

### Exams (40%)

There will be three exams. Each will include multiple choice, short answer and/or brief essay questions. The exams will be cumulative, yet the emphasis will be on the new material covered since the previous exam. I understand that life happens, and you may need to unexpectedly miss an exam. Therefore, only your two highest exam grades will be included in the final grade calculation (i.e., your lowest exam grade will be dropped). There will be no make-up exams.

### Addiction Behavior Journal (25%)

Application of new material is the best way to learn. To do this, you will be asked to apply the addiction intervention techniques covered in class to your own behavior. This will begin after Exam #1 and last through the rest of the semester. More details will be provided, but in general, you will journal about your experience each week and at the end of the semester turn in your addiction journal and analysis.

### **Grading Procedure**

Scores on each of the above mentioned assignments/exams will be converted to a score in line with UNC's grading system (<http://registrar.unc.edu/academic-services/grades/explanation-of-grading-system/#under>).

### Course Outline / Course Calendar:

Schedule changes throughout the semester are likely, and any resulting updates to the syllabus will be announced in class and uploaded to the course website. It is also the students' responsibility to check the course website regularly for scheduling updates. Exam dates will not change.

Date	Topic
8/20	Introduction
8/22	History, What is Addiction?
8/27	Disease vs Choice
8/29	<i>Discussion</i>
9/3	Cognitive and Behavioral Models
9/5	<i>Discussion</i>
9/10	Neurobiology of Addiction
9/12	<i>Discussion</i>
9/17	Family System
9/19	<i>Discussion</i>
9/24	Culture and Society
9/26	Review
10/1	<i>Discussion</i>
10/3	<b>Exam #1</b>
10/8	Treatment Overview; Begin Addiction Journal Assignment
10/10	Guest Lecture: Catherine Paquette, MS - Harm Reduction
10/15	Functional Analysis
10/17	<b>Fall Break – No Class</b>
10/22	12-Steps; AA/NA; Motivation
10/24	<i>Discussion</i>
10/29	CBT/relapse prevention
10/31	<i>Discussion</i>
11/5	Pharmacology; Inside Rehab; Review
11/7	<i>Discussion</i>
11/12	<b>Exam #2</b>
11/14	Behavioral Activation
11/19	Mindfulness, Contingency Management
11/21	<i>Discussion</i>
11/26	Technology and Device Based Treatments <i>Discussion</i>
11/28	<b>Thanksgiving – No Class</b>
12/3	Wrap Up/Review, <b>Addiction Journal Due</b>
12/6	<b>Final Exam (#3) – 12pm</b>