

**PSYC9404 ADDICTIONS: THEORIES, RESEARCH, AND TREATMENTS**  
**PH.D. SEMINAR**  
**SPRING SEMESTER - 2014**  
**Jeffery W. Nave, PH.D.**

*Mission Statement of the New Orleans Baptist Theological Seminary*

*The mission of the New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church and its ministries.*

**Core Values and Curriculum Competencies**

New Orleans Baptist Theological Seminary highlights five core values: Doctrinal Integrity, Spiritual Vitality, Mission Focus, Characteristic Excellence, and Servant Leadership. While all five core values are emphasized, the primary focus for the 2013-2014 academic year is *Doctrinal Integrity*; Knowing that the Bible is the Word of God, we believe it, teach it, proclaim it, and submit to it. Our confessional commitments are outlined in the Articles of Religious Belief and the Baptist Faith and Message 2000. Throughout this course students will be encouraged to consider how the core value of “Doctrinal Integrity” impacts their development as a Christian counselor called to operate in the local church.

**Course Description**

This seminar is designed to engage the students in an intensive examination of the field of addictionology. Students will study neuroanatomy, neurophysiology, and the effects of various classes of substances on the brain. In addition, students will learn the major etiological models used to explain various forms of addictions and their corresponding treatment options. Students are encouraged to incorporate the broadest level of integration of physiological, psychological, and theological insights into the problem of relational, object, and chemical dependencies. Family intervention programs are examined and a family systems perspective is used.

**Student Outcomes (Objectives)**

Students will be challenged to:

1. Understand the diverse models which seek to describe the etiology of various addictive behaviors;
2. Review pertinent research related to the field of addictions;
3. Develop their own model for conceptualizing and treating addictive behavior utilizing both theological and biopsychosocial insights;
4. Make distinctions between individuals’ maladaptive relationships to chemicals, relationships, activities, etc., and those persons who have become dependent on them;
5. Understand the “survival roles” in families with an addicted family member;

6. Investigate and implement various methods of intervention and treatment with appropriate client populations; and
7. Examine the church's ministry potential in addressing addictions through the use of support groups, seminars, and the identification and use of appropriate referral resources.

### **Required Textbooks**

Albers, Robert. Shame: A Faith Perspective. New York: The Haworth Press, 1995.

American Psychiatric Association. (2013) *Diagnostic and Statistical Manual of Mental Disorders*. 5th edition (DSM-5). Washington, K.D.: A.P.A. (ISBN: 978-0890425558)

Arterburn, Stephen and Jack Felton. Toxic Faith. Water Brook, 2001.

Beck, Aaron T., Fred D. Wright, Cory F. Newman, and Bruce S. Liese. Cognitive Therapy of Substance Abuse. New York: The Guilford Press, 1993.

Carnes, Patrick J. Contrary to Love. Hazelden, 1989.

Doweiko, Harold E. Concepts of Chemical Dependency. 8th ed. Pacific Grove: Brooks/Cole, 2011.

Ladouceur, Robert, Caroline Sylvain, Claude Boutin, Celine Doucet. Understanding and Treating the Pathological Gambler. Wiley, John & Sons, Inc, 2002.

Grilo, Carlos M. & James E. Mitchell, eds. The Treatment of Eating Disorders: A Clinical Handbook. New York: Guilford Press, 2011.

May, Gerald G. Addiction and Grace. San Francisco: Harper San Francisco, 1991.

Miller, Keith. A Hunger For Healing. Harper San Francisco, 1992.

Miller, William R., Alyssa A. Forcehimes and Allen Zweben. Treating Addiction: A Guide for Professionals. The Guilford Press, 2011.

Wegscheider-Cruse, Sharon and J.R. Cruse. Understanding Codependency. Pompano Beach: Health Communications, Inc., 1990.

### **Optional Text**

Carroll, Charles R. Drugs in Modern Society. 5<sup>th</sup> ed. Boston: McGraw Hill, 2000.

## Other Required Readings and Activities

- Professional research journal articles to be distributed during the seminar
- Viewing of video tapes related to addictive behaviors

## Seminar Requirements and Grading

|   |      |
|---|------|
| Presentation (Due Feb. 14)              | 30%  |
| Reaction Papers (Due May 2)             | 25%  |
| Research Paper (Due April 4)            | 30%  |
| 12-Step Meeting Reflections (Due May 2) | 15%  |
| Total                                   | 100% |

### Presentation

Each student will prepare a 1 hour to 90 minute presentation on a topic chosen from the list below. The presentation must feature material/perspectives from the texts listed underneath the chosen topic. The “fit” of books to topic is better in some cases than others. You will be expected to draw from a number of sources and make use of the assigned books to a greater or lesser degree according to relevant content. The presentation should be a polished, professional workshop on the stated topic using MS PwrPt or other presentation platform. Choose your topic from the list and e-mail the professor as soon as possible. The number of topics coincides with the number of students registered for this seminar so it’s one topic per student; first come, first served. All presentations will take place during the first 2-day seminar meeting (2/14-15).

### Conceptualizing Eating Disorders as Addiction

- Garner, David M. and Paul E. Garfinkel, eds. A Handbook of Treatment for Eating Disorders. 2<sup>nd</sup> ed. New York: Guilford Press 1997.
- Albers, Robert. Shame: A Faith Perspective. New York: The Haworth Press, 1995.

### Behavioral (Non-Substance) Addictions

- Arterburn, Stephen and Jack Felton. Toxic Faith. Water Brook, 2001.
- Ladouceur, Robert, Caroline Sylvain, Claude Boutin, Celine Doucet. Understanding and Treating the Pathological Gambler. Wiley, John & Sons, Inc, 2002.

### Conceptualizing Self-harm Behaviors as Addiction

- Wegscheider-Cruse, Sharon and J.R. Cruse. Understanding Codependency. Pompano Beach: Health Communications, Inc., 1990.
- Miller, Keith. A Hunger for Healing. Harper San Francisco, 1992.

## **The History of Addiction Treatment (1900-2000)**

Beck, Aaron T., Fred D. Wright, Cory F. Newman, and Bruce S. Liese. Cognitive Therapy of Substance Abuse. New York: The Guilford Press, 1993.

Doweiko, Harold E. Concepts of Chemical Dependency. 8th ed. Pacific Grove: Brooks/Cole, 2011.

## **The Current State of Addiction Treatment**

American Psychiatric Association. (2013) *Diagnostic and Statistical Manual of Mental Disorders*. 5th edition (DSM-5). Washington, K.D.: A.P.A. (ISBN: 978-0890425558)

Miller, William R., Alyssa A. Forcehimes and Allen Zweben. Treating Addiction: A Guide for Professionals. The Guilford Press, 2011.

## **Sexual Compulsion and Addiction**

Carnes, Patrick J. Contrary to Love. Hazelden, 1989.

May, Gerald G. Addiction and Grace. San Francisco: Harper San Francisco, 1991.

## **Reaction Papers/Critiques**

Each student will complete a 2 page Reaction Paper/Critique for each of the 10 texts assigned for this seminar (minus the 2 texts utilized in your presentation). This paper should reflect your reading of the assigned text and interaction with the presentations of each of your peers. Address strengths/weaknesses of the text and its appropriateness for use in addressing the presentation topic with which it was paired. **This assignment is not due until the 3<sup>rd</sup> seminar meeting (5/2-3)**. While I do not want to encourage procrastination, this allows you to put 8 of the assigned books aside while you work on your Presentation and Research Paper.

## **Research Paper**

Quality research papers are expected, and a close adherence to APA is required. Students should consider all of the current and seminal literature pertinent to the subject of investigation. Careful attention should be given to selecting a topic that can be **adequately** addressed within 30-40 pages. **Research Papers are due and will be defended (like a dissertation defense) during the 2<sup>nd</sup> seminar meeting (4/4-5)**. Though it is not required, topics that explore a facet of the broader topic addressed in your Presentation are encouraged. If two students request approval of the same topic for the Research Paper, preference will be given to the student who's chosen Presentation topic is most closely related to the desired research topic. Students should be diligent to avoid the common error of selecting a topic which is too broad. (A good question to ask would be, "Could this topic be the subject of a book?" If so, it is too broad.) Additionally, these are research papers and not reviews of literature. You are attempting to say something unique about your subject matter. This paper should attempt answer a question and seek to support or challenge a

hypothesis. Papers will be scored according to the following grading criteria: **10%** APA Format; **10%** Grammar, Style, Form, Spelling; **10%** Unique, Researchable, and Relevant Topic; **70%** Content.

### **12-Step Meeting Attendance and Reflection**

Each student will attend three (3) 12-Step style meetings.

## **SELECTED BIBLIOGRAPHY**

### **Books**

- Alcohol, Tobacco, Caffeine & Pregnancy. Phoenix, Arizona: Do It Now, 1985.
- Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered From Alcoholics. 3rd ed. New York: Alcoholics Anonymous World Services, Inc. 1976.
- American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders (DSM-III-R). published by the American Psychiatric Association, Washington, DC: 1987.
- Bacus, W., and M. Chapien. Why Do I Do What I Don't Want to Do?. Minneapolis: Bethany House Publishers, 1984.
- Barlow, Geoffrey and Alison Hill, eds. Video Violence and Children. New York: St. Martin's Press, 1986.
- Barrymore, Drew. Little Girl Lost. New York: Pocket Books, 1990.
- Barun, Ken and Philip Bashe. How to Keep the Children You Love Off Drugs. New York: Atlantic Monthly Press, 1988.
- Baucom, J.Q. Help Your Children Say No to Drugs. Grand Rapids, Mich.: Zondervan, 1987.
- Beattie, Melody. No More. New York: Harper & Row, 1987.
- Berger, Gilda. Addiction: Its Causes, Problems, and Treatments. New York: Franklin Watts, 1982.
- Burton, Dee. The American Cancer Society's Freshstart 21 Days to Stop Smoking. New York: Pocket Books, 1986.
- Carpineto, Jane. The Don Juan Dilemma: How Women Cope With Men Who Play the Field. New York: Morrow, 1989.
- Clinebell, Jr., Howard J. Understanding and Counseling the Alcoholic. rev. ed. Nashville: Abingdon, 1968.
- Compulsive Overeaters Guide, Vol. III: Overweight Teenagers. Penn Grove, CA: Visually Handicapped Inspiration Library, 1984.
- Damon, Janet E. Shopaholics: Serious Help for Addicted Spenders. Los Angeles: Price, Stern, Sloan Inc., 1988.
- Demers, David P. Breaking Your Child's TV Addiction. Minneapolis, Minn: Marquette Books, 1989.
- Gilbert, Richard. Caffeine: The Most Popular Stimulant. New York: Chelsea House, 1986.
- Gold, Mark S., MD. The Facts about Drugs and Alcohol. New York: Bantam Books, 1986.
- Grinspoon, Lester and James B. Bakalar. Cocaine: A Drug and Its Social Evolution. New York: Basic Books, 1985.

- Hodgkinson, Liz. Addictions: What They Are--Why They Happen--How to Help. Wellingborough, England: Thorsons Publishing Group, 1986.
- Hyde, Margaret O. Alcohol: Uses and Abuses. Hillside, NJ: Enslow Publishers, 1988.
- Johnson, Vernon. Intervention: How to Help Someone Who Doesn't Want Help. Minneapolis: Johnson Institute, 1986.
- Lasater, Lane. Recovery from Compulsive Behavior. Deerfield Beach, FL: Health Communications, Inc., 1988.
- Latimer, Jane E. Reflections on Recovery: Freedom from Bulimia and Compulsive Overeating. Boulder, CO: Living Quest, 1984.
- Lesieur, Henry. The Chase: The Compulsive Gambler. Rochester, VT: Schenkman Books, 1984.
- Levinthal, Charles F. Messengers of Paradise: Opiates and the Brain. New York: Anchor Press, 1988.
- McConnell, Patty. A Workbook for Healing: Adult Children of Alcoholics. San Francisco: Harper & Row, 1986.
- Milkman, Harvey and Stanley Sunderwirth. Craving for Ecstasy: The Consciousness & Chemistry of Escape. Lexington, Mass: D.C. Heath & Co., 1987.
- Minirth, Frank B. et al. The Workaholic and His Family. Grand Rapids, MI: Baker Book House, 1981.
- Narcotics Anonymous. Van Nuys: Narcotics Anonymous World Service Office, 1982.
- Norwood, Robin. Women Who Love Too Much. New York: Pocket Books, 1985.
- Ohlemacher, Janet. Desperate to Be Needed. Grand Rapids, Michigan: Zondervan Publishing House, 1990.
- Restak, Richard M., MD. The Mind. New York: Bantam, 1988
- Rogers, Jacquelyn. You Can Stop. New York: Pocket Books, 1983.
- Ryerson, Eric. When Your Parent Drinks Too Much. New York: Facts on File, 1985.
- Sex and Love Addicts Anonymous. Boston: Augustine Fellowship, Sex and Love Addicts Anonymous, Fellowship Wide Services, 1986.
- Sexias, Judith and Geraldine Youcha. Children of Alcoholism: A Survivor's Manual. New York: Crown, 1985.
- Sharing Recovery Through Gamblers Anonymous. Los Angeles: Gamblers Anonymous Publishing, 1984.
- Siegel, Ronald K., PhD. Intoxication: Life in Pursuit of Artificial Paradise. New York: EP Dutton, 1989.
- \_\_\_\_\_. Intoxication: Life in Pursuit of Artificial Paradise. New York: Crown, 1988.
- Snyder, Solomon H. Brainstorming: The Science and Politics of Opiate Research. Cambridge, Mass: Harvard University Press, 1989.
- Spickard, A., and B.R. Thompson. Dying for a Drink: What You Should Know about Alcoholism. Waco, TX: Word, 1985.
- Timmons, Tim and Steve Arterburn. Hooked on Life: How to Totally Recover from Addictions & Dependency. Nashville, TN: Oliver-Nelson, 1989.
- US Dept. Of Health and Human Services, National Institute on Alcohol Abuse and Alcoholism. Communicating With Youth About Alcohol. 1986.
- Van Cleave, S., W. Byrd, and K. Revell. Counseling for Substance Abuse and Addiction. Waco, TX: Word, 1987.
- Walters, R.P. Counseling for Problems of Self-Control. Waco, TX: Word, 1987.
- Washton, Arnold M. and Donna Boundy. Crack: What You Need To Know. Hillside, NJ: Enslow Publishers, 1989.

What is G.A.? Center City, Minn: Hazelden Foundation, 1985.  
Winn, Marie. Unplugging the Plug-In Drug. New York: Penguin, 1987.

### Journals

- “Alcohol and Drug Abuse.” World Book Health & Medicine, 1989. pp. 235-238.
- Barnes, Deborah M. “Breaking the Cycle of Addiction.” Science, August 26, 1988, pp. 1029-1030.
- \_\_\_\_\_. “The Biological Tangle of Drug Addiction.” Science, July 22, 1988, pp. 415-417.
- \_\_\_\_\_. “Meeting on the Mind.” Science, January 8, 1988, pp. 142-144.
- Beaty, Jonathan. “Do Humans Need to Get High.” Time, August 21, 1989, p. 58.
- Byrne, Gregory. “Nicotine Likened to Cocaine, Heroin.” Science, May 27, 1988, p. 1143.
- Chiauzzi, Emil, Ph.D. “Breaking the Patterns that Lead to Relapse.” Psychology Today, December 1989, pp.18-19.
- Dougherty, Steve. “Addicted to Love.” People, October 3, 1988, p. 125+.
- Eisenberg, Steve. “Looking for the Perfect Brew.” Science News, April 16, 1988, pp.252-253.
- Freifield, Karen. “Smoke-Free Forever.” Health, November 1987, pp.12-13.
- Goleman, Daniel. “Breaking Bad Habits: New Therapy Focuses on the Relapse.” New York Times, December 27, 1988.
- \_\_\_\_\_. “Why Do People Crave the Experience?” The New York Times, August 2, 1988.
- Gorman, Christine. “Why it’s so hard to quit smoking.” Time, May 30, 1988, p. 56.
- Grady, Denise. “Don’t Get Jittery Over Caffeine.” Discover, July, 1986, pp. 73-79.
- Grant, Eleanor. “The Exercise Fix.” Psychology Today, February, 1988, pp. 24-28.
- Holzman, David. “Potent from the First Ancient Puff.” Insight, May 8, 1989, pp. 50-51.
- Hooper, Judith. “The Brain’s River of Rewards.” American Health, December 1987, pp. 37-41.
- Hurley, Dan. “Cycles of Craving.” Psychology Today, July/August, 1989, pp. 54-58.
- Kagan, Daniel. “How America Lost Its First Drug War.” Insight, November 20, 1989, pp. 8-17.
- Leerhsen, Charles. “Unite and Conquer.” Newsweek, February 5, 1990, pp. 50-55.
- Marbella, Jean. “Exercise Can Become an Unhealthy Obsession.” The Baltimore Sun Syndication, September 3, 1988.
- McCarthy, Paul. “Strong Coffee, Weak Babies.” American Health, October, 1986.
- Melillo, Wendy. “Hormone levels linked to ‘runner’s high’.” The Washington Post Syndication, May 31, 1988.
- Nadelmann, Ethan A. “Drug Prohibition in the United States: Costs, Consequences, and Alternatives.” Science, September 1, 1989, pp. 939-946.
- Peele, Stanton. “Ain’t Misbehavin’: Addiction Has Become an All-Purpose Excuse.” The Sciences, July/August, 1989, pp. 14-21.
- Pennisi, Elizabeth. “Addiction and the Brain.” Science Year 1988. Chicago World Book, pp. 117-127.
- Rapoport, J.L. “The Biology of Obsessions and Compulsions.” Scientific American, March 1989, pp. 82-89.
- Reilly, Jean. “Seduced by the Power of Plastic.” People, March 14, 1988, p. 115+.
- Shapiro, Joseph P. “How To Beat Drugs.” U.S. News & World Report, September 11, 1989, pp.69-81.
- Silver, Marc. “Curing Kids Who Want It All.” U.S. News & World Report, March 20, 1989, pp. 83-85.
- Straus, Hal. “From Crack to Ecstasy.” American Health, June 1987, pp. 50-54.

Trachtenberg, P. "The Man Who Couldn't Be Faithful." Mademoiselle, May, 1989, pp. 188-189+.

Weiss, Rick. "How Dare We?" Science News, July 25, 1987, pp. 57-59.

Wells, Chris. "America's Gambling Fever." Business Week, April 4, 1989, pp. 112-120.

Wilber, Robert. "Drugs that Fight Coke." American Health, June 1987, pp. 44-49.

Zuckerman, Mortimer B. "The Enemy Within." U.S. News & World Report, September 11, 1989, p. 91.