

**EVIDENCE-BASED ASSESSMENT
AND TREATMENT OF ADDICTIVE DISORDERS**

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Office Hours: By appointment via email

This course meets New York State Office of Alcohol and Substance Abuse Services (OASAS) requirements for CASAC program.

Course Description:

The aim of this doctoral course is to introduce clinical psychology graduate students to the basic concepts relevant to understanding the process of treatment for addictive behaviors. The course will review modern theoretical viewpoints of addictions including neurobiological, harm-reduction and stages of change models and contrast these with psychodynamic models of addiction. Students will be familiarized with diagnostic criteria for alcohol and substance use disorders utilizing the Diagnostic and Statistical Manual Fourth Edition-TR (DSM-TR) as well as to more continuum models of assessing addictions. The course offers a comprehensive introduction to all aspects of case management, planning, monitoring, and advocacy. A range of manual-driven, evidence-based treatments will be covered including motivational interviewing and enhancement, relapse prevention, twelve-step facilitation, contingency management, trauma-informed seeking safety, and safer sex skills. A final section of the course will expose students to the medications that have been developed to augment the treatment of addictions, the ways medication and counseling can work together, and understanding the context of a substance abuser's life including the use of couples and family-based social interventions.

Objectives:

To promote critical thinking and to employ these skills while reading and discussing the contemporary literature on models of addictive behavior. A second objective is to expose students to practical guidelines regarding assessment and multi-modal treatments for addictive behaviors. A major aim will be for students to gain familiarity with the current clinical and research literature regarding evidence based practices most common in community substance abuse treatment programs. As an overriding philosophy, psychological concepts will incorporate an understanding of multicultural influences including (but not limited to) racial, ethnic, cultural, gender, sexual and social class in relation to chemical dependency and treatments for substance use disorders. Across all topics, communication skills in oral and written will be tested.

Students with Disabilities:

Any student with a disability may be accommodated. Please speak to me in private about specific needs. It is also recommended that you contact Disability Services at City College; they can provide a number of helpful recommendations and remediation services. In order to accommodate a student with any disability, that student must be on record with Disability Services.

Readings:

Main texts:

Miller WR & Carroll KM. (2006). *Rethinking Substance Abuse*. The Guilford Press. Referred to in syllabus as **RSA**.

Rotgers F, Morgenstern J, Walters ST. (2006). *Treating Substance Abuse: Theory and Technique, 2nd Edition*. The Guilford Press. Referred to in syllabus as **TSATT**.

Handouts:

Throughout the course, assigned readings are given outside of the two main texts. Xeroxed copies of the materials you are required to read will be distributed in class.

Assignments and Grades:

Lead an in-class critique of a research article of your own choosing (List of acceptable journals will be given, exceptions to the list need approval by professor); Summary of presentation must also be handed in = 25 %.

Attendance at an AA meeting accompanied by a one-page (single spaced) write-up of the experience = 10%.

Midterm = 25%.

Final Project = 30%.

Attendance and class participation = 10%

Requirements:

Attendance and class participation are a major part of this class. Only two excused absences and one unexcused absence is permitted. If you are forced to miss several days you will be encouraged to withdraw.

The research critique will be on a topic of your choosing in prevention, social impact, or treatment of substance abuse. The presentation should be 15 to 20 minutes long and accompanied by a 3-5 page write-up; the expectations and format will be discussed further in class.

For a final project students may choose to focus on either a research or clinical topic.

- Research Option: Students will write a final research proposal on one of the topics discussed in this course (topic approval required from professor). Research papers are to contain specific aims, background and significance, proposed design and research methods, and some discussion of potential scientific impact. Each proposal should be no more than 10 double-spaced pages in length.
- Clinical Option: Students may choose to conduct and write-up an addiction consultation. If you choose this option, you must schedule to meet with the professor prior to conducting the consultation for one or more supervision session(s). This consultation will then cover both a formal assessment phase and the application of 1-3 sessions of an EBP (to be planned during the

supervision from the professor). A model for the formal consultation write-up will be given.

Policy for missed exam or late papers:

No makeup exams will be given and a failing grade will be issued for that exam. Late papers will not be accepted.

Week I: Introduction to Class Objectives, Overview of Addictions Epidemiology, and Basic Terminology

Course Introduction, Basic Terms and Concepts Relevant to Addictions Treatment and Review of the Kinds of Treatment Programs Available in the Community

Readings:

- RSA Chapter 17.
- RSA, Chapters 1 and 2.
- “Glossary of terms” from Addiction Counseling Competencies
- Miller, W.R. & Brown, S.A. (1997). Why psychologists should treat alcohol and drug problems. *American Psychologist*, 52(12), 1269-1279.

Week II: Introduction to Modern Theories of Addiction

A Biopsychosocial Model: Contrasting the Disease Model with Neurobiological and Harm Reduction Theories

Objective: To develop critical thinking regarding older and newer models of addictions, and to gain an understanding of different philosophies of treatment.

Readings:

- RSA Chapters 3 & 4
- Khantzian, E.J. (1997). The self-medication hypothesis of addictive disorders: Focus on heroin and cocaine dependence. *The dynamics and treatment of alcoholism: Essential papers* (Chapter 23). Northvale, New Jersey: Jason Aronson, Inc.
- Krystal, H.D. (1997). Self representation and the capacity for self care, *The dynamics and treatment of alcoholism: Essential papers* (Chapter 7). Northvale, New Jersey: Jason Aronson, Inc.
- Krystal, H.D. & Raskin, H. (1994). Affect tolerance. In J.D. Levin & R.H. Weiss (Eds.) *The dynamics and treatment of alcoholism: Essential papers* (pp. 158-175). Northvale, New Jersey: Jason Aronson, Inc.
- Tatarsky, A. (2003). [Harm reduction psychotherapy: Extending the reach of traditional substance use treatment](#). *Journal of Substance Abuse Treatment*, 25 (4), 249-256.

- Wurmser, L.(1994). Psychodynamics in compulsive drug use. In J.D. Levin & R.H. Weiss (Eds.) *The dynamics and treatment of alcoholism: Essential papers* (pp. 176-206). Northvale, New Jersey: Jason Aronson, Inc.

Week III: Transtheoretical Model of Change

Stages of Change

Objective: To be exposed to the trans-theoretical model of addictions and to learn about the research findings that relate to and inform the model, as well as the implications for this model upon expectations for the process of change and how to conceptualize treatment outcomes.

Readings:

- RSA Chapter 6, 9
- TSATT Chapter 11
- DiClemente, C. (2007). The transtheoretical model of intentional behavior change. *Drugs and Alcohol today*, 7 (1), 29- 33.

Measures:

Stages of Change Assessments using URICA and SOCRATES

- Callaghan, R.C., Taylor, L., Moore, B. A., Jungerman, F. S. et al (2008). Recovery and URICA stage-of-change scores in three marijuana treatment studies. *Journal of substance abuse treatment*, 35 (4), 419- 426.
- Miller, W.R. and Tonigan, J.S. (1996). Assessing drinkers' motivation for change: The stages of change readiness and treatment eagerness scale (SOCRATES). *Psychology of Addictive Behaviors*, 10 (2), 81-89.

Week IV: Introduction to Assessment

Alcohol and Psychoactive Drug Types and Definitions of Abuse and Dependence;
Diagnostic Criteria for Evaluating Alcohol and Drug Use Patterns

Objective: To become familiar with DSM-IV-TR definitions of Alcohol and Psychoactive Drug Classes as well as the diagnostic criteria used to evaluate problematic use, misuse and diagnosable disorders

Readings:

- American Psychiatric Association. (2000). Substance related disorders. *Diagnostic and statistical manual of mental disorders, fourth edition, text revision*. Washington, DC: American Psychiatric Association.

- Rikoon, S. H., Cacciola, J. S., Carise, D., Alterman, A. I., McLellan, A. T. (2006). Predicting DSM-IV dependence diagnoses from addiction severity index composite scores. *Journal of substance abuse treatment*, 31 (1), 17-24.

Measures:

Structured Clinical Interview for DSM-IV-TR, Alcohol and Psychoactive Substance Use Disorders

- First, M. B., Spitzer, R. L, G. M., and Williams, J. B.W. (1996). Substance use disorders. *Structured Clinical Interview for DSM-IV Axis I Disorders, Clinician Version (SCID-CV)*. Washington, D.C.: American Psychiatric Press, Inc.

Week V: Psychiatric Comorbidity

Objective: To gain familiarity with most frequent psychiatric conditions that co-occur with addictive disorders and may need referral for additional treatment

Readings:

- **RSA** Chapter 8.
- National Institute on Alcohol and Alcoholism (2005). Screening for Alcohol Use and Alcohol-Related Problems. *Alcohol Alert*, 65(4).
- National Institute on Alcohol and Alcoholism (2005) Helping Patients Who Drink Too Much: A clinician's guide.
- Review the Alcohol Use Disorders Identification Test (AUDIT) assessment tool.
- Review the Michigan Alcoholism Screening Test (MAST) assessment tool.

Week VI: Treatment Planning using the Addiction Severity Index

Using Research Assessment Tools for Clinical Treatment Planning; What is a Treatment Plan for Someone with Addictions?

Objective: To gain familiarity with one of the most frequently used research measures of addiction severity and treatment outcome, and the ways that it can be used clinically to conduct treatment planning

In Class Film: "Addiction" HBO Documentary

Readings:

- **RSA**, Chapter 5.
- McLellan, AT, Cacciola, JS, Alterman, AI, Rikoon, SH & Carise, D. (2006). The Addiction Severity Index at 25: origins, contributions and transitions. *American Journal of Addiction*. 15 (2) (113-24).

Measure:

Addiction Severity Index (ASI) assessment tool

MIDTERM- VII

Week VIII: Alcoholics Anonymous (Attendance at AA Meeting 1-Page Summary is DUE FOR THIS CLASS)

Spirituality in the Treatment of Addictions; In-class Group Discussion of Experience of Attending an AA meeting and the Twelve Steps of AA; Twelve Step Facilitation - and NIAAA Project Match

Objective: To learn about one of the foundations of the Recovery Movement

Readings:

- RSA, Chapter 16.
- TSATT, Chapters 1 & 2
- Alcoholics Anonymous (AA). (2001). How it works. *The big book*, fourth edition. New York: Alcoholics Anonymous World Services, Inc., 58-71.
- Khantzian, E.J. & Mack, J.E. (1994). How AA works and why it's important for clinicians to understand. *Journal of Substance Abuse Treatment*, 11(2), 77-92.
- Mattson, M. E., Babor, T., Cooney, N., Connors, G., et al. (1998). Matching patients with alcohol disorders to treatments: Clinical implications from Project MATCH. *Journal of Mental Health*, 7(6), 589-602.
- Review example Sessions from the Twelve Step Facilitation Manual

Week IX: Motivational Interviewing and Motivational Enhancement

IN CLASS PRESENTATIONS BEGIN!

A Closer Look at MI/MET

Objective: To examine specific behavioral techniques commonly used to help patients progress in their motivation to become sober

Readings:

- TSATT, Chapter 12
- Amrhein, P.C., Miller, W. R. Yahne, C. E., Palmer, M., Fulcher, L. (2003). Client commitment language during motivational interviewing predicts

drug use outcomes. *Journal of Consulting and Clinical Psychology*, 71(5), 862-878.

- Martino, S., Ball, S.A., Gallon, S.L., Hall, D., Garcia, M., Ceperich, S., Farentinos, C., Hamilton, J., and Hausotter, W. (2006). Section C: MI assessment: Summary of the motivational interviewing assessment intervention. *Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency*. Salem, OR: Northwest Frontier Addiction Technology Transfer Center, Oregon Health and Science University.
- Review MET Treatment Manual from Project Match

Week X: Cognitive Behavioral Therapy and Relapse Prevention

What is Cognitive Behavior Therapy and Relapse Prevention?

Objective: To become exposed to basic theories of CBT and to understand key elements of relapse prevention

Readings:

- **TSATT**, Chapters 7 & 8.
- Witkiewitz, K. & Marlatt, A. G. (2004). Relapse prevention for alcohol and drug problems: That was zen, this is tao. *The American Psychologist*, 59(4), 224-235.
- **RSA**, Chapter 14.
- Review Relapse Prevention Sessions:
 - *Coping with cravings and urges to use*
 - *Seemingly irrelevant decisions*

Weeks XI and XII: Treatments for Women-Seeking Safety and Gender Based Therapies

Traumatic Stress Exposure and its Relationship to Substance Misuse and Abuse; Evidence-Based Treatment for Trauma and Addiction

Objective: To review epidemiology of traumatic stress exposure in low-income populations, providing a background for the need to be aware of trauma and trauma-related disorders among substance using populations.

Readings:

- **RSA** Chapter 10
- Back, S., Waldrop, A., Hien, D. & Brady, K. (2006). Evidenced-based time-limited treatment of co-occurring substance use disorders and civilian-related PTSD. *Brief Treatment and Crisis Intervention* 6(4): 283-294.

- Greenfield, S.F., Brooks, A.J., Gordon, S., Green, C.A., Hegedus, A., Kropp, F., Ghiroli, M., Gordon, M., McHugh, K., Hien, D.A., & Miele, G.M.. (2007). Substance abuse treatment entry, retention and outcomes in women: A review of the literature. *Drug and Alcohol Dependence*, 86, 1-21.
- Hien, D.A., Cohen, L.C. & Campbell, A. (2005). Is traumatic stress a vulnerability factor for development of substance use disorders in women? In M. Zvolensky (Ed.) *Role of Anxiety and Stress-Related Vulnerability in Drug Related Problems: Bi-Directional Influences, Mechanisms, and Specialized Intervention.* *Special Issue of Clinical Psychology Review*, 25, 813-823.
- Hien, DA, Cohen, LR, Litt, L, Miele, GM & Capstick, C. (2004). Promising empirically supported treatments for substance-using women with PTSD: A randomized clinical trial comparing Seeking-Safety with Relapse Prevention. *American Journal of Psychiatry*, 161, 1426-1432.

Week XIII: Contingency Management

Behavioral Approaches to Increase Positive Contingencies for Maintaining Recovery

Objective: To learn about motivational incentives techniques and research, and how they have been shown to promote abstinence.

Readings:

- TSATT Chapters 9 & 10
- Kellogg, S.H., Stitzer, M. L., Petry, N. M., & Kreek, M. J. (Unpublished chapter). Contingency management: Foundations and principles. In National Institute on Drug Abuse. *The Science of treatment.*

Week XIV: Pharmacotherapies

Considering How to Intervene with Medications and Therapy; Pharmacologic Treatments for Opioids and Alcohol

Objective: To become familiar with the various pharmacologic treatments utilized with substance use disorders.

Readings:

- TSATT, Chapter 13
- Amass, L., Ling, W., Freese, T., Reiber, C., Annon, J. J., Cohen, A. J., McCarty, D. et al. (2004). Bringing buprenorphine-naloxone detoxification

to community treatment providers: The NIDA clinical trials network field experience. *The American journal on addictions*, 13 (1), 42-66.

- O'Farrell, T.J., Allen, J.P., & Litten, R.Z. (1995). Disulfiram (Antabuse) contracts in treatment of alcoholism. In L. Onken, J. Blaine, & Boren, J. (Eds.) *Integrating behavioral therapies with medications in the treatment of drug dependence, NIDA Research Monograph 150* (pp. 65-91), Rockville, Maryland: US Department of Health and Human Services.
- National Institute on Alcohol and Alcoholism (2008). Alcohol and other drugs. *Alcohol Alert*, 76.
- Rounsaville, B.J. (1995). Can psychotherapy rescue naltrexone treatment of opioid addiction? In L. Onken, J. Blaine, & Boren, J. (Eds.) *Integrating behavioral therapies with medications in the treatment of drug dependence, NIDA Research Monograph 150* (pp. 37-64), Rockville, Maryland: US Department of Health and Human Services.

Week XV: Social Interventions

Couples Work; Engagement of the Family and Social Network

HBO Series on the Adolescent Addict

Objective: To expose students to evidence based couples addiction treatment models.

Readings:

- TSA, Chapters 5 & 6
- Fals-Stewart, W., O'Farrell, T. J., & Birchler, G. R. (2004). Behavioral couples therapy for substance abuse: Rationale, methods, and findings. *Science and Practice Perspective*, 2(2), 30-41.
- Fulmer, R.H. (1988). Lower-income and professional families: A comparison of structure and life cycle process. In B. Carter & M. McGoldrick (Eds.) *The changing family life cycle: A framework for family therapy-second edition* (pp. 545-578). NY: Gardner Press.
- Kaufman, E. (1981). The application of the basic principles of family therapy to the treatment of drug and alcohol abusers. In E. Kaufman & P. Kaufman (Eds.) *Family therapy of drug and alcohol abuse* (pp. 255-273). NY: Gardner Press.
- Meyers, R.J., Miller, W. R., Hill, D. E., & Tonigan, J.S. (1999). Community reinforcement and family training (CRAFT): Engaging unmotivated drug users in treatment. *Journal of substance abuse*, 10 (3), 291- 308.

Week XVI: HIV Prevention-Safer Sex Treatments

HIV-risk and Addictions

Objective: To learn about the epidemiology of HIV among substance using populations and methods for harm reduction

Readings:

- Bodnar, S. (1997). "Gidget Goes to Sing-Sing": An interpersonal therapeutic approach to HIV-positive substance abusers. In M. Blechner (Ed.) *Hope and mortality: Psychodynamic approaches to AIDS and HIV* (pp. 97-112). Hillsdale, NJ: Analytic Press.
- Copenhaver, M.M., Lee, I. C., Margolin, A. (2007). Successfully Integrating an HIV Risk Reduction Intervention into a Community-Based Substance Abuse Treatment Program. *The American Journal of Drug and Alcohol Abuse*, 33(1), 109.
- Mujica, E. (1997). When a patient becomes HIV-positive during psychotherapy. In M. Blechner (Ed.) *Hope and mortality: Psychodynamic approaches to AIDS and HIV* (pp. 193-208). Hillsdale, NJ: Analytic Press.
- Tross, S., Campbell, A. N., Cohen, L. R., Calsyn, D., Pavlicova, M., Miele, G. M. et al. (2008). Effectiveness of HIV/STD sexual risk reduction groups for women in substance abuse treatment Programs: Results of a NIDA clinical Trials Network Trial. *Journal of Acquired Immune Deficiency Syndromes*, 18, 1-9.

Week XVII: Working on Ourselves: Countertransference and Self Care

Understanding our Own Reactions to Working with Substance Users

Objective: In an experiential, mock clinical team meeting format, students will examine their own reactions to a difficult addicted patient. Participants will lead class discussion.

Readings:

- Shaffer, H.J. (1994). Denial, ambivalence and countertransference hate. In J.D. Levin & R.H. Weiss (Eds.) *The dynamics and treatment of alcoholism: Essential papers* (pp. 421-437). Jason Aronson, Inc.: Northvale, New Jersey.
- Weiss, R.H. (1994). Countertransference issues in treatment the alcoholic patient: Institutional and clinician reactions. In J.D. Levin & R.H. Weiss (Eds.) *The dynamics and treatment of alcoholism: Essential papers* (pp. 407-420). Jason Aronson, Inc.: Northvale, New Jersey