

**CENTRAL PIEDMONT COMMUNITY COLLEGE  
SUBSTANCE ABUSE PROGRAM**

***SAB 135 - ADDICTIVE PROCESS***

**SPECIFIC COURSE INFORMATION**

**COURSE PREFIX AND TITLE:**

*SAB 135 - ADDICTIVE PROCESS*

**PREREQUISITES:**

*PSY 150*

**COREQUISITE:**

None

**COURSE DESCRIPTION:**

This course explores the physical, emotional, psychological, and cultural aspects of the addictive process. Emphasis is placed on addictions to food, sex, alcohol, drugs, work gambling, and relationships. Upon completion, students should be able to identify the effects, prevention strategies, and treatment methods associated with addictive disorders. *This course is a unique concentration requirement of the Substance Abuse concentration of the Human Services Technology program.*

**CREDIT HOURS:**

Lecture	Lab	Clinic	Credit
3	0	0	3

**TEXTBOOK:**

Lewis, Judith, *Addictions: Concepts & Strategies for Treatment*, 1<sup>st</sup> edition, NA Aspen

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**COURSE OBJECTIVES**

This course is designed to meet the performance domains for education and assessment as identified by substance abuse certification and regulatory agencies.

The student will demonstrate an ability to:

1. Observe and document client's behavioral, psychological, social and physiological symptoms of addiction.
2. Provide addiction information to clients and families.
3. Assist clients and families in recognizing the defense mechanisms that will interfere with recovery efforts.
4. Identify the similarities and differences between substance-based addictions and behavioral or process-based addictions.
5. Describe and discuss the effects, prevention strategies and treatment methods utilized with both substance addictions and process addictions.

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**COURSE REQUIREMENTS**

**ASSIGNMENTS**

1. Three -page paper based on research of the literature of one of the non-chemical addictive processes.
2. Four exams
3. Participation
4. Attendance
5. A one-page reaction paper on attendance at a 12-step or other support group meeting for a condition other than chemical dependency.

**COURSE GRADING:**

Research Paper	15%
Exams	60% (15% each)
Participation	7.5%
Attendance	7.5%
Reaction Paper	10%

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**COURSE SCHEDULE:**

<b>Session 1</b>	Introduction, definitions and discussion of course content. Learning models, cultural aspects and behavior change.	Chapters 1 & 2
<b>Session 2</b>	PTSD and Addictions	Chapters 5, 6, 12, 13
<b>Session 3</b>	Alcohol and other drug addictions (cont.) Treatment. Stages of Recovery.	Chapter 11
<b>Session 4</b>	<b><i>EXAM I</i></b> Eating disorders Anorexia Bulimia Over-eating	Chapters 7 & 8
<b>Session 5</b>	Eating Disorders (cont.)	
<b>Session 6</b>	Pathological Gambling Addictive Process	Chapter 10
<b>Session 7</b>	<b><i>EXAM II</i></b>	
<b>Session 8</b>	Work and high risk behaviors	
<b>Session 9</b>	Relationships Co-dependency: looking for Mr. Goodbar	
<b>Session 10</b>	Relationships (cont.)	
<b>Session 11</b>	<b>EXAM III</b>	
<b>Session 12</b>	Sexual addiction	

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<b>Session 13</b>	Sexual addiction and co-morbidity	<b><i>PAPERS DUE</i></b>
<b>Session 14</b>	Treatment and Recovery	
<b>Session 15</b>	<b><i>EXAM IV</i></b>	

***PLEASE NOTE: 3 Hours of class time to be announced due to only 15 Mondays.***