UNIVERSITY OF CENTRAL OKLAHOMA
Department of Sociology and Substance Abuse Studies

Spring 2013
SAS 4313/5910, CRNs 27987/28001 – Codependency
4:30P-7:15P    T    LAR 218

Syllabus

FACULTY CONTACT INFORMATION
Mrs. Linda J. Williams, M.Ed., LADC
Office Hours: Wednesday, 4:00 – 4:30pm*
*Or by appointment
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The best way to reach me is by e-mail!

The Sociology and Substance Abuse Studies Department secretary is in LA 201

THE CENTRAL SIX
At the University of Central Oklahoma, we are guided by the mission of helping students learn by providing transformative experiences so that they may become productive, creative, ethical and engaged citizens and leaders contributing to the intellectual, cultural, economic and social advancement of the communities they serve. Transformative learning is a holistic process that places students at the center of their own active and reflective learning experiences. A student’s major field is central to the learning experience and is a vital part of the “Central Six”: Discipline knowledge; Leadership; Problem Solving (research, scholarly and creative activities); Service Learning and Civic Engagement; Global and Cultural Competencies and Health and Wellness.

REQUIRED TEXT:
Pia Melody. FACING CODEPENCE; What it is, Where it comes from, How it Sabotages our lives

Handouts will be provided by instructor. Please read and keep these, as I sometimes will use questions for my tests from these handouts. For your convenience, please have a notebook with pockets for your handouts!

COURSE DESCRIPTION:
According to the UCO 2013 catalog, this course is described as follows: This course will provide a guide to understanding codependence; where it comes from and recognizing childhood
trauma that can lead to this crippling condition in later adult years. It will provide a framework for identifying codependent thinking, emotions, and behaviors and provides an effective approach to recovery. The codependent person requires healing from trauma inflicted in childhood. This process involves clearing up toxic emotions left over from painful childhood experiences.

COURSE OBJECTIVES:

When you have successfully completed the course, you will have accomplished the following:
1. Understand the symptoms of codependence.
2. Understand the nature of a child.
4. Become aware of moving toward recovery.

COURSE ORGANIZATION:

The course objectives will be accomplished through the following methods:
1. **Reading**: An outline of the reading schedule is provided in this syllabus. It is important to read the material before class, not only to become aware of the material; but, also be able to participate in class discussions.
2. **Lectures/Handouts**: Lecture material will include the text plus information from various sources outside the text. It will be necessary for you to attend class, so you can acquire additional information that will be included on the exams.
3. **Class Participation**: Participation is an important part of this class and will enhance not only your grade; but, also your learning process. Sharing an opinion is important; however, always be respectful and appropriate.
4. **Field Experience**: ALL students will complete a field experience. This will be a visit to an open CODA meeting. Each student will write a paper (2-4 pages) and oral presentation on this meeting. ALL students will be expected to complete a family genogram.
5. **Graduate students**: Graduate students will be expected to write a 5-7 page paper (cite all references) on a topic of their choice pertaining to Codependency. Graduate students will prepare an oral summary of their paper and present it to class on a chosen date.

COURSE SCHEDULE

| Week 1/Jan 15 | Introductions, cover syllabus, discussion Ch.1/Facing Codependence/definitions |
Week 2/Jan 22  Questions over syllabus, explain attendance procedure, Discussion Ch. 2/ The Five Core Symptoms of Codependence
Week 3/Jan 29  Discussion Ch. 3/How Symptoms Sabotage Our Lives
Week 4/Feb 5  Discussion Ch.4/A Precious Child in a Functional Family
Week 5/Feb 12 Discussion Ch. 5/A Precious Child in a Dysfunctional Family
Week 6/Feb 19 Discussion Ch. 6/The emotional Damage of Abuse
Week 7/Feb 26 Discussion Ch. 7/From Generation to Generation
Week 8/Mar 5 CODA paper due, discussion of the meeting attending, Discussion Ch.8/Facing Abuse
Week9/Mar 12 Review for test Chapters 1 – 8
Week 10/Mar 19 SPRING BREAK- ENJOY AND BE SAFE!!!!!!!!!!!!!!!
Week 11/Mar 26 TEST #1 (chapters 1-8)
Week 12/April 2 Discussion Ch. 9/Defenses Against Recognizing Abuse
Week 13/April 9 Discussion Chs. 10, 11, 12,13,14/Physical Abuse, Sexual Abuse, Emotional Abusive, Intellectual Abuse and Spiritual Abuse
Week 14/April 16 Discussion Ch. 15/ Personal Recovery/ GENOGRAMS DUE!!
Week 15/April 23 Review for chapters 9 - 15
Week 16/May 2 TEST # 2, CHAPTERS 9 - 15/ LAST CLASS!!! NO FINAL :0)

EXAMINATIONS AND GRADING PROCEDURES:

1. There will be two (2) section examinations given during the semester. These exams will consist of combination of multiple choice and essay questions. Each exam will be worth 100 points for a total of 200 points for all three examinations.
2. The only excused absences will be for illness or family death or University sponsored events with signed documentation.
3. Attendance and participation in class and activities are essential components of students’ final grade. This class starts at 4:30pm please be on time; however, I do realize there will be exceptions from time to time. To get full credit for being in class, you MUST return after the break. There will be a required opportunity for gaining field experience in this course.
4. **Graduate** students will be expected to write a paper on a topic of their choice and prepare an oral presentation summary.

5. **ALL** students will be expected to attend one CODA meeting and write a response paper and oral presentation.

6. **ALL** students will be expected to create a family genogram. I will talk about this in class and supply you the necessary outline to accomplish this.

7. Final grades will be determined in the following manner:

**Undergraduate and Graduate Points**

- Exams (2) @ 100 points each = 200 possible points (50%)
- Al-Anon paper @ 100 points each = 100 possible points (25%)
- Genogram @ 100 points each = 100 possible points (25%)
- TOTAL = 400 possible points (100%)

**Graduate Points Only:**

- Exams (2) @ 100 points each = 200 possible points (25%)
- Al-Anon paper @ 100 points each = 100 possible points (25%)
- Paper & oral presentation @ 100 points each = 100 possible points (25%)
- Genogram @ 100 points each = 100 possible points (25%)
- TOTAL = 500 possible points (100%)

8. Standard grading scale will apply for all grades as follows:

- 90-100 = A
- 80-89  = B
- 70-79  = C
- 60-69  = D
- 59 and below = F

**EXTRA CREDIT** – I will discuss this on an individual basis

**ATTENDANCE:**

Attendance is quite important. I will call roll at the beginning of every class. If you come in late, you are responsible to check at the end of class to make sure you are checked-in. If you have to leave class after break, or you come to class after break, it will be counted as an absence.
A student can have up to two (2) absences before points are taken off the final grade. 5 points for each missed class (after 2 absences) will be deducted from final grade, **NO EXCEPTIONS!** The attendance issue for the day is closed once I leave the classroom. I will discuss in class any other information pertinent to absences.

**ACCOMMODATIONS:**
The University of Central Oklahoma complies with Section 504 of the Rehabilitation Act of 1973 and the American with Disabilities Act of 1990. Students with disabilities who need special accommodations must make their requests by contacting Disability Support Services at (405) 972-2549. The DSS office is located in the Nigh University Center, Room 309. Students should also notify the instructor of special accommodation needs by the end of the first week of class.

**PHONES & PAGERS:**
Please turn off all cell phones and pagers when you enter the classroom. Both forms of technology can be annoying and disruptive to the class (this includes text messaging).

**CHILD CARE:**
At times it is quite difficult to find child care and it is never-the-less inappropriate to bring children to class. If this matter does arise, please seek classroom notes from another student.