Department of Sociology and Substance Abuse Studies

SAS 5633, CRN 28000 - COUNSELING THE ABUSED
SYLLABUS

Monday 7:30 p.m. – 10:15 p.m.
Room LA #130

Spring, 2013
G. Pace
Masters in Counseling Psychology
Licensed Alcohol and Drug Counselor
Licensed Professional Counselor
Listed in the International Registry of The American Academy of Experts in
Traumatic Stress
Diplomate American Academy of Experts in Traumatic Stress
Level Two EMDR trained clinician

Off Campus Phone: 525-9426 (call ANYTIME)
Cell Phone: Off campus phone is forwarded to cell.
(phone is NOT available for texting)
Campus Phone: Department secretary (Evelyn) 974-5520
Fax Number: 528-0707
E-mail: gdpace@aol.com
gpace@uco.edu

Required Prerequisites: Substance Abuse Studies majors only.

TEXT:
Carruth, Bruce Phd, LCSW
2006 Psychological Trauma and Addiction Treatment: Binghamton,
NY The Haworth Press, Inc.

COURSE DESCRIPTION: Counseling the Abused is an extensive view of
individual counseling and therapeutic processes involving the treatment of
abuse and trauma. Topics include psychoanalytic, behavioral, existential,
and humanistic perspectives, in addition to cognitive behavioral approaches.
Select theorists are highlighted based upon relevance and application to the
field of alcohol and drug dependency.
**COURSE OBJECTIVES:** The primary goal of this course is to provide principles for treating the chemically dependent adult who was psychologically, physically, and or sexually abused and or neglected in childhood. Students will be expected to develop an understanding of the etiology, symptomatology and basic treatment techniques of the abused/traumatized chemically dependent client.

When you have successfully completed this course you will:
1. be knowledgeable regarding an array of counseling modalities and their application to abuse/trauma.
2. understand the relationship between chemical dependency and abuse/trauma.
3. have a fuller knowledge of the neurobiology of trauma and how neurobiology impacts the therapeutic process.
4. be familiar with the array of aftereffects of abuse/trauma; including the possible lifelong physical health issues.
5. become aware of a variety of therapeutic “tools” to assist the client in maintaining stability.
6. have an appreciation for the therapeutic frame and the importance of the therapeutic alliance.
7. fully comprehend the issues of affect regulation and the Therapeutic Window of Tolerance.

**COURSE ORGANIZATION:** Course objectives will be achieved through the use of five methods. First, by reading and studying the text, second taking notes and participating in class discussions, third through the use of occasional audio or video presentations and guest speakers, journal articles, etc., fourth class participation and fifth research assignment.

**TRANSFORMATIVE LEARNING:** The University of Central Oklahoma is a learning centered organization committed to transformative education through active engagement in the teaching-learning interchange, scholarly and creative pursuits, leadership, global competency, healthy lifestyles, and service to others. This course addresses 3 of the university’s transformative learning goals.

Discipline Knowledge by establishing a foundation of knowledge integral to assisting the maltreated population, Problem Solving (Research and Scholarly Activities) by examining, organizing, discussing and writing about sociological and psychological issues effecting the abused and Health and
Wellness by incorporating current research regarding maltreatment and lifelong health consequences.

**READING:** Students will be informed prior to examinations the text chapters for which they will be responsible. If a student does not understand or is confused about text material it is the responsibility of the student to request clarification before examinations.

**LECTURE:** Lecture material will reflect the symptomatology outlined in text but will not necessarily parallel text or attend to each issue as presented in text. The majority of lectures are based on information from other sources. Both the text and lectures are important for understanding the subject matter in this course. I strongly encourage you to attend class, take notes and read the texts outside of class. About one-half of examination questions will be taken from text and about one-half from lecture and or other presentations.

**EXAMINATIONS:** There will be three exams (including the final) during the semester. Each regular exam will cover readings, lectures, handouts, guest speaker presentations and/or video materials. Exams will be administered the first hour of class. These examinations will value 50 points each and will be multiple choice and possible essay questions. Students are required to bring a small green scantron answer sheet to class on the exam day. If ONE person has finished the exam and left the room, no one else can begin that exam. Any student who arrives after this point will be counted as "absent" and will be required to take a makeup.

**MAKEUP EXAMINATIONS:** I strongly suggest you make every effort to take an exam at the scheduled time. Permission to take a makeup must be given by the instructor. Acceptable excuses for missing an exam would include illness, unavoidable circumstances, or an administrative excuse. The first makeup per class per semester for each student will be without penalty. Subsequent make-ups will be penalized 10% per exam and the student will not benefit from the class curve. Each exam for which I do not have a score will result in a zero grade. Students with exceptional circumstances and administratively excused absences will never be penalized. **ALL MAKEUP EXAMINATIONS WILL BE ADMINISTERED THE LAST DAY OF CLASS** (the day of the final).
EXAMINATION SCHEDULE  
(subject to change)

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Chapters</th>
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<tbody>
<tr>
<td>February 15</td>
<td>One, Two, Three and Four</td>
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<tr>
<td>March 28</td>
<td>Five, Six, Seven and Eight</td>
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<tr>
<td>May 4th @7:30</td>
<td>Nine through Fourteen</td>
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</tbody>
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GRADING SCALE

A = 45 – 50  
B = 40 – 44  
C = 35 – 39  
D = 30 – 34  
F = Below 30

The total number of possible points for this class is 200; 50 points for each exam and 50 points for the research paper (see attached).

ATTENDANCE: Class will begin on time. Anyone who arrives later than 10 minutes after class has started (unless they have a reasonable excuse) will be marked absent for the first half of class. Failure to return after break will result in an absence for the remainder of the class. Any student who has more than two unexcused absences will not benefit from the class curve.

Do not call your professor about missed notes. I suggest students exchange phone numbers so that they might assist each other in sharing class notes in the event of an absence.

CLASS POLICIES: Please turn off cell phones and put them in your pocket, purse, or briefcase. Using you phone for any purpose may be disruptive to class and will not be tolerated. In the event special circumstances may require immediate attention, ask for permission to place your phone on vibrate. If you have permission to have your phone on vibrate, please leave the room if a call or text needs immediate attention. In the event a student is observed using his or her phone during class I will ask the student to leave.
Students may use their computers to take notes. However, using your computer for any other purpose, during class, other than note taking is not appropriate behavior.

I will respectfully sit down with any student to discuss any and all complaints regarding text, class content, construction of reviews and/or tests or my teaching methods. I will not respond to any grievance placed in an e-mail. The conversation needs to be in person.

Please treat each other with dignity and respect. I encourage class discussion, however, over talking, talking loudly or frequent whispering to other students, repetitive lateness, excessive exits, note passing, etc. is not acceptable behavior.

A suggestion… I can not stress strongly enough for those of you who were maltreated as children and whose childhood pain may be “triggered” by the information presented in this class, that you become involved in a safe, loving, supportive network of caring, nurturing people. Though this environment does not provide the necessary safety for therapeutic healing, it is my hope this course will enable you to learn more about what was done to you so that you might gain more control over your life.

Due to the adult content of this course children are not permitted to visit this class.

**SPECIAL ACCOMMODATIONS:** The University of Central Oklahoma complies with Section 504 of the Rehabilitation Act of 1973 and the American Disabilities Act of 1990. Students with disabilities who need special accommodations must make their requests by contacting the coordinator of Disability Support Services, at 972-2549. The office is located in the Nigh University Center, Room 415. Students should also notify the instructor of the need for special accommodations by the end of the first week.

The Official Policy of Academic Affairs on a number of important issues can be found at [http://www.uco.edu/academic-affairs/files/aa-forms/faculty/StudentInfoSheet.pdf](http://www.uco.edu/academic-affairs/files/aa-forms/faculty/StudentInfoSheet.pdf). Scroll to the link that says “student information sheet.” Carefully read the official policy at your earliest convenience.
RESEARCH ASSIGNMENT

Format:

• Conform to APA format
• 1” margin (top, right, left, and bottom)
• Double space
• Number the pages
• 12 pt. New Times Roman
• Title page
• Ten (10) pages; title page and reference page is not included in the total page count
• Alphabetized reference page
• Ten (10) sources are required. Sources must be dated no earlier than 2000 and must be referenced according to the APA format. Sources are to be from professional journal articles, no more than two books (text is not included) and no Internet sources (unless approved by your instructor). Do not take any material from popular magazines void of scholarly content – e.g., Glamour, Cosmopolitan, Family Circle, Psychology Today, Wikipedia, etc. Quotes from this instructor are very flattering; however, they are not acceptable as a resource.
• The topic of examination needs to relate to issues concerning abuse/trauma and its relationship to addiction(s). When the submission is investigating a psychological/mental disorder or specific symptom related to maltreatment, treatment options must be incorporated into your proposal. Also, in stating your research conclusions, students are encouraged to offer any informed opinion regarding the selected topic.
• Papers are due May 06, 2013; research will not be accepted after this date. Students are advised to retain a copy of their work.
• Your paper is valued at fifty (50) points. The majority of the evaluation will relate to your coverage of the topic (75%). Grammar, writing style, and format will constitute roughly 25% of the evaluation.
OUTLINE FOR THE ABUSED

topics and examination dates are subject to change

Class One   January 14       Introduction
             The Motherless Bear
Class Two    January 21       Martin Luther King Day
             (no class)
Class Three  January 28       Define Trauma
Class Four   February 04      Freeze/Dissociation
             Peter Levin & The Polar Bear Hunt
             The SABAM Model
             Memory Making
Class Five   February 11      Family Film
Class Six    February 18      Trauma Bonding and Re-enactment
Class Seven  February 25      Examination
Class Eight  March 05        Neurobiology of Trauma
Class Nine   March 11        Trauma Symptoms
Class Ten    March 18        Spring Break
Class Eleven March 25        Trauma Symptoms Continued
Class Twelve April 01        Window of Tolerance
Class Thirteen April 08      Examination
Class Fourteen April 15      Lisa Najavits’ Model of Safety
Class Fifteen April 22      Various Counseling Models for
                          Trauma Treatment
Class Sixteen April 29       Forgiving the Unforgivable
Class Seventeen May 6th     Final Examination
                          @ 7:30
Makeup Exams
Papers Due

ABOUT THE INSTRUCTOR: Along with teaching The Abused at this
campus, my work includes a full-time private practice in Oklahoma City and
Monkey Island, Oklahoma, Executive Director and women’s therapist for
H.A.V.E.N. (Help All Violence End Now) and frequent presenter for The
Oklahoma Department of Mental Health and Substance Abuse.