



**PSY 661: Intro to Addiction Counseling**  
University of Hawai'i at Hilo      Semester  
Online Course      3 credits



**INSTRUCTOR INFORMATION**

Instructor:

Email:

Office Phone:

Course website: [Lamakū](#)

Zoom:

Office Hours:

**COURSE MATERIALS**

- Miller, W. R., Forcehimes, A. A., & Zweben, A. (2019). Treating Addiction (2nd ed.). New York: Guilford Press.
- [ASAM](#) (2021). Advancing Racial Justice and Health Equity in the Context of Addiction Medicine.
- [Papa Ola Lōkahi](#) (2022). E Hui Ana Nā Moku (The islands shall unite): A resource guide for harm reduction in Native Hawaiian communities.

**COURSE DESCRIPTION:**

This introduction to addiction counseling covers myriad addictive behaviors, exploring psychological, medical, social, and political views of addiction. We will examine systemic health disparities, and explore evidence-based treatments and clinical skills. We will integrate the impact of colonization on risk and protective factors in Hawai'i.

**COURSE LEARNING OBJECTIVES**

- 1) Describe the biopsychosocial model of addiction.
- 2) Develop a basic working knowledge of psychoactive drugs and their effects.
- 3) Discuss the impact of systemic health disparities on criminalization and barriers to accessing care.
- 4) Identify a menu of evidence-based interventions and related clinical tools for treating addiction.
- 5) Acknowledge and challenge personal assumptions and stigma toward addiction.

**COURSE FORMAT**

This graduate course will be conducted entirely online via Lamakū in an asynchronous format. All discussions and assignments will be posted online. You must have access to a reliable computer and internet. The class is seminar-style, with no formal lectures. Through interaction and self-reflection, you will deepen your understanding of the material and connect with it personally.

**ACADEMIC INTEGRITY:** Students must follow UH Hilo's [Student Code of Conduct](#), act with integrity, and uphold ethical standards for yourself and your peers.

Violations include but are not limited to: *"Cheating, plagiarism, or other forms of academic dishonesty. Cheating is an act of academic dishonesty and includes, but is not limited to: (1) use of any unauthorized assistance in taking quizzes, tests, or examinations; (2) use of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments; (3) the acquisition, without permission, of tests or other academic material belonging to a member of the UH faculty, staff or student body; and (4) engaging in any behavior specifically prohibited by a faculty member in the course syllabus or class discussion."*

If there is a suspicion of academic dishonesty, an investigation will be conducted and may be referred to the Dean's Office. Possible sanctions for being found responsible for academic dishonesty could include a failing grade for the course, suspension, or expulsion from the Counseling Psychology Program and/or University. These consequences may impact candidacy for graduate/professional programs and future employment.

**PROFESSIONAL CONDUCT:** Students who make significant professional or ethical errors, omissions, or violations may be withdrawn from the course by the Professor or Program Director and may receive a grade of W or F. Additionally, depending on the severity of the infraction, the student may face expulsion from the Counseling Psychology Program.

**SUPPORT FOR STUDENTS:** Please [click here](#) for a document describing additional support available to UHH students.

## GRADING

Your grade in this course is based on points earned in the domains below. Assignment instructions and all materials (including grading rubrics) are posted online. You **can work ahead** on all assignments, but late submissions will **NOT** be accepted. All submissions are due by **11:59pm HST on the date listed** and will meet professional standards and adhere to APA style. If you are concerned about your progress, you should notify me as early as possible.

### Personal Reflections (Assignments: 2 reflections, 20 points + 40 points; 60 points total; 30% total grade)

ALL behavioral health providers work with addictions, whether we intend to or not. You will start and end the course with a developed and thoughtful personal reflection about your professional identity in addiction counseling. **The first reflection** (1-2 pages) will capture your journey and interest in the field, including your strengths, weaknesses, and future goals as a counselor. This should be completed *prior to* reading the textbook. **The second reflection** (2-3 pages) will include a thorough update to your first reflection incorporating the skills, controversies, and knowledge obtained throughout the semester. These reflections are about your attitudes and insights, so experience with and commitment to specialized Addiction Counseling is not necessary.

### Annotated Bibliography (Discussions: 15 x 4 points each; 60 points total; 30% total grade)

You will maintain an annotated bibliography for each of the assigned textbook chapters and the ASAM Statements. Each 150-250 word discussion post will include: 1) a brief summary of the key ideas/topics, 2) a personal take away (something you learned, realized, or can implement), and 3) a future interest or question. Engagement with peer posts is encouraged but optional. Posts should demonstrate your completion and understanding of the assigned reading but extend the summary to personally-relevant learning and interest for your reflective clinical practice.

### Group Reflections (Assignments: 3 x 20 points each; 60 points total; 30% total grade)

You will attend two open support / treatment groups from differing perspectives (e.g., 12 step + SMART recovery). Attendance may be in person or virtual. **Best practices for ethically attending groups are in our course resources.** You will submit a 1–2-page reflection paper for each group attended, including an unidentified descriptive overview, summary of the group's approach or beliefs about addiction, your personal reflections, and the relationship between the group and Addiction Counseling. Finally, having attended these two open support / treatment groups from differing perspectives, the third reflection (1-2 pages max) will include an overview of each group, similarities and differences between the groups, and your reflections and synthesis of the experiences with course materials.

### POL Reflection (Assignments: 20 points; 20 points total; 10% total grade)

The Papa Ola Lōkahi (POL) PDF *E Hui Ana Nā Moku (The islands shall unite): A resource guide for harm reduction in Native Hawaiian communities* is available for your review. It's over 70 pages long, but it's a RESOURCE GUIDE meaning it's not to read/study every word but to become familiar with its content. After familiarizing yourself with the resources in the first 45 pages (through "Culture is Healing"), you will submit a 1-2 page reflection. Your reflection will include: 1) a brief summary of the key ideas/topics/resources most relevant to you, 2) a personal reflection of the resource *from the heart*, 3) a professional reflection of the resource *from the brain*, 4) integration with course material, and 5) at least one SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound) Action Plan for your professional development outside of (after) this course.

Your overall grade will be based on how many points you receive out of the possible 200 points. Extra credit is at the discretion of the instructor. Successful completion of this course is required to move on to PSY 662.

Grade	%	Total Points
A	95%	190-200
A-	90%	180-189
B+	87%	174-179
B	83%	166-173

Grade	%	Total Points
B-	80%	160-165
C+	77%	154-159
C	73%	146-153
C-	70%	140-145

Grade	%	Total Points
D+	67%	134-139
D	63%	126-133
D-	60%	120-125
F		< 120

## CHANGES TO SYLLABUS:

The instructor reserves the right to change the syllabus at any time. Students will be notified of any changes.

**COURSE SCHEDULE** (All assignments are due by 11:59pm on date indicated)

#	Chapters	Tuesday	Thursday	Saturday	Sunday
1	1. Why Treat Addiction? 2. What Is Addiction?	Personal Reflection 1	Chapter 1	Chapter 2	
2	3. How Do Drugs Work? 4. Engaging 5. Screening, Evaluation, and Diagnosis	Chapter 3	Chapter 4	Chapter 5	Group Reflection 1
3	6. Withdrawal Management & Health Care Needs 7. Individualizing Treatment 8. Case Management	Chapter 6	Chapter 7	Chapter 8	Group Reflection 2
4	9. Brief Interventions 10. Motivational Interviewing 11. Behavioral Coping Skills	Chapter 9	Chapter 10	Chapter 11	Group Synthesis
5	12. Meditation and Mindfulness <i>ASAM Racial Justice Policy Statements</i> <i>Papa Ola Lōkahi: E hui ana nā moku</i>	Chapter 12	ASAM 2	ASAM 3	POL Reflection
6	24. Professional Ethics	Chapter 24	Personal Reflection 2		