



# Independent Study | in Idaho

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**PSYC 476 Relapse  
Prevention in  
Chemical Addictions  
Counseling**

The University of Idaho in statewide cooperation with  
Boise State University — Idaho State University — Lewis-Clark State College

# Course Guide

Independent  
Study | in Idaho

*Self-paced study. Anytime. Anywhere!*

**PSYCHOLOGY 476**  
**Relapse Prevention in Chemical Addictions Counseling**  
University of Idaho  
3 Semester-Hour Credits

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1 – PSYC 476  
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**Table of Contents**

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Welcome!..... 1

Policies and Procedures..... 1

Course Description ..... 1

Course Materials ..... 1

Course Delivery ..... 1

Course Introduction..... 1

Course Objectives ..... 2

Lessons..... 2

Exams..... 2

Grading..... 3

About the Course Developer..... 3

Contacting Your Instructor..... 3

Chapter 1: Recovery and Relapse Prevention ..... 4  
     20 point assignment

Chapter 2: Relapse Prevention Therapies..... 5  
     20 point assignment

**Take Exam 1: Covers Chapters 1, 2. 100 points. .... 6**

Chapter 3: Counseling Strategies to Promote Recovery and Reduce Relapse Risk..... 7  
     20 point assignment

Chapter 4: Counseling Aids for Relapse Prevention ..... 8  
     20 point assignment

Chapter 5: Relapse Prevention Groups for Substance Use and Other Addictive Behaviors..... 9  
     100 point assignment

**Take Exam 2: Covers Chapters 3, 4, 5. 100 points..... 11**

Chapter 6: Relapse Prevention for Co-occurring..... 12

Chapter 7: Problem Solving Group or Therapy Groups ..... 13  
     20 point assignment

Chapter 8: Relapse and the Family..... 14

**Take Final Exam: Covers Chapters 6—8. 100 points. .... 15**

## **PSYC 476 Relapse Prevention in Chemical Addictions Counseling** **3 Semester-Hour Credits: U of I**

### **Welcome!**

Whether you are a new or returning student, welcome to the Independent Study in Idaho (ISI) program. Below, you will find information pertinent to your course, including the course description, course materials, course objectives, and information about assignments, exams, and grading. If you have any questions or concerns, please contact the ISI office for clarification before beginning your course.

### **Policies and Procedures**

Refer to the ISI website at [www.uidaho.edu/isi](http://www.uidaho.edu/isi) for the most current policies and procedures, including information on setting up accounts, student confidentiality, exams, proctors, transcripts, course exchanges, refunds, academic integrity, library resources, and disability support, and other services.

### **Course Description**

Overview of addictions relapse, issues and triggers related to relapse, prevention of relapse, and issues related to addictions relapse in general. Additional projects/assignments required for graduate credit. University of Idaho students: Joint-listed with PSYC 576. Prereq: PSYC 101

6 assignment, 3 exams  
*Available online only.*

Students may submit up to 1 assignment per week. Students receive grades for assignments within two weeks after the submission date, but instructors are not required to grade faster than the number of assignment submissions allowed per week. Additional grading time may be needed during holidays, vacations, or instructor illness.

### **Materials**

#### **Required Course Materials**

Dennis C. Daley, Ph.D. and Antoine Douaihy, MD. *Relapse Prevention Counseling: Clinical Strategies to Guide Addiction Recovery and Reduce Relapse*. Publisher: PESI Publishing & Media, August 2015. ISBN-10: 9781937661687. ISBN-13: 978-1937661687.

### **Course Delivery**

All ISI courses are delivered through the University of Idaho's Learning Management System that hosts the course lessons, assignments, and other essential items. Upon registration, the student will receive a *Registration Confirmation Email* with information on accessing ISI courses online.

### **Course Introduction**

This course is designed to help students understand and facilitate the process of recovery and reduce the risk of relapse among clients or patients with substance use disorders, including those with co-occurring psychiatric disorders. This course will provide the students with tools for individual or group settings, treatment models and therapies, and group sessions for substance use or co-occurring disorders. Sources of information for this course are clinical trials, meta-analyses of treatment studies, clinical literature, and

treatment manuals. The authors' review information from G. Alan Marlatt's extensive research on Relapse Prevention.

## **Course Objectives**

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This course's primary goal is to provide clinical strategies and tools to use in individual, group, or family sessions. Information provided include:

- An overview of recovery
- An overview of relapse prevention treatment models
- Strategies to promote recovery and reduce relapse risk
- Counseling tools that can be used in individual, group, or family sessions
- Group interventions and formats
- Structured groups on Relapse Prevention
- Process therapy or problem-solving groups
- Relapse and the Family

## **Assignments**

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- Complete all reading assignments and watch the PowerPoints associated with an assignment before completing the assignment.
- Keep a copy of the submitted assignment.
- Set a schedule allowing for course completion one month before your personal deadline.
- Web pages and URL links in the World Wide Web are continuously changing. Contact your instructor if you find a broken Web page or URL.

Refer to the **Course Rules** in the Learning Management System for further details on assignment requirements and submission.

## **Exams**

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- Complete all reading assignments, watch the PowerPoints, and complete the assignments associated with an exam before completing the exam.
- There will be two tests and a final exam worth 100 points each. The exams are an open book, two hours, and tests include information provided from the textbook and the PowerPoints.
- All exams are delivered through the Learning Management System.

## **Grading**

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It may take up to two weeks after the instructor receives an assignment or exam to receive grades and feedback. The course grade will be based upon the following considerations:

Five Assignments	= 100
Autobiography in Five Short Chapters	= 100
Three Exam x 100	= 300
Total Points Possible	= 500

All grading will be based on the total amount of points possible divided by the total points earned.

The final course grade will be issued after all assignments and exams have been graded.

Acts of academic dishonesty, including cheating or plagiarism, are considered a very serious transgression and may result in a grade of F for the course.

### **About the Course Developer**

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**Cindy Hansen, M.A., ACADC, CCS**

M.A., Sociology (Medical Sociology, Health, and Illness)

Ms. Hansen has a vast breadth of experience and expertise in medical sociology, health, illness, prevention theories, chemical dependency, and education.

### **Contacting Your Instructor**

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The instructor's contact information is listed on the Learning Management System site under *Course Rules*.

## **Lesson 1**

### **Recovery and Relapse Prevention**

#### **Overview**

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For many people, SUDs (Substance Use Disorders) are chronic conditions in which relapse is common. Relapse Prevention was a phrase coined in the late 1970s by Dr. Alan Marlatt to describe a theoretical model and provide an umbrella term for a set of cognitive-behavioral intervention strategies designed to reduce the likelihood and severity of relapse following the cessation or reduction of substance use.

#### **Reading**

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Read Chapter 1: Recovery and Relapse Prevention

This chapter reviews some of the factors that affect recovery and the effects of relapse.

#### **PowerPoint Lectures and Stages of Change**

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After reading Chapter 1, watch and listen to the PowerPoint Presentation. The first PowerPoint provides an overview of some of the issues and research around relapse prevention. The content in this PowerPoint will be reviewed in more detail in later chapters.

- Introducing Relapse Prevention audio.pptx
- Chapter 1 audio part a.pptx
- Chapter 1 audio part b.pptx
- Stages of Change audio.pptx

#### **Written Assignment**

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Chapter 1, Recovery and Relapse Prevention, helps the student understand the different phases of the recovery process. Please complete the assignment worth 20 points.

1. Define "Recovery" (2 points)
2. List and explain the three phases of recovery (5 points)
3. What do you think the difference is between being alcohol/drug free, and being in Recovery (5 points)
4. There are several factors that affect Recovery. List and explain five of them from Chapter 1 (5 points)
5. According to research, relapse is caused by an interaction of many variables. Per the chapter, what are the nine factors (3 points)