

**SWHS 83 Course Outline as of Fall 2023****CATALOG INFORMATION**

Dept and Nbr: SWHS 83      Title: FAMILY SYSTEMS ADDICTION  
 Full Title: Family Systems in Addiction Studies  
 Last Reviewed: 1/27/2020

Units	Course Hours per Week		Nbr of Weeks		Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: HUSV 83

**Catalog Description:**

This course offers an overview of theories about addiction and family systems. It focuses on the impact of addiction on family members, family oriented approaches to recovery, and the reintegration of the family into the community. This is a highly experiential course and students will participate in exercises frequently to incorporate new skills and theory.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 1A or equivalent

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course offers an overview of theories about addiction and family systems. It focuses on the impact of addiction on family members, family oriented approaches to recovery, and the reintegration of the family into the community. This is a highly experiential course and students will participate in exercises frequently to incorporate new skills and theory. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 1A or equivalent

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective: Fall 2020	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

**Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Demonstrate basic theoretical understanding of addiction and family system theories.
2. Understand key concepts of family process, family development, and lifecycle perspectives.
3. Apply beginning level skills in interviewing and assessing families in order to plan interventions.
4. Demonstrate an understanding of student's own experiences and assessment of client families.

**Objectives:**

At the conclusion of this course, the student should be able to:

1. Differentiate between the major theories of family systems by their goals, techniques and strategies
2. Develop understanding of domestic violence, child abuse and neglect in families
3. Describe the intergenerational nature of family dynamics and the factors which increase risk for substance abuse
4. Describe dysfunctional family roles, values, norms, and various consequences of substance abuse on a family system
5. Identify key elements related to the dynamics of family systems that foster family resilience and health
6. Demonstrate understanding of student's own experience and to the assessment of client families
7. Use different theoretical family therapy understandings to develop interventions in addiction counseling
8. Evaluate and apply counseling strategies and techniques for diverse client populations

**Topics and Scope:**

- I. Theoretical Context of Family Therapy
  - A. Factors associated with defining family
  - B. Individual development and family development
  - C. Qualities of healthy and dysfunctional families
  - D. Family structure and coping strategies of families
  
- II. Domestic Violence, Child Abuse and Neglect in Families
  - A. Prevalence of domestic violence
  - B. Barriers and levels of violence
  - C. Child abuse and neglect in families
  
- III. History and Evolution of Family Therapy
  - A. Family therapy versus family-involved therapy
  - B. Major theories of family systems
    - 1. Experiential Family Therapy
    - 2. Behavioral and Cognitive Behavioral Family Therapy
    - 3. Structural Family Therapy
    - 4. Solution Focused Brief Therapy
    - 5. Narrative Family Therapy
  
- IV. Family Therapy and Substance Use Disorder
  - A. Goals and effectiveness of family therapy
  - B. Complexity of family therapy
    - 1. Co-occurring problems
    - 2. Biological aspects of addiction
    - 3. Socioeconomic constraints
    - 4. Cultural competence
  - C. Stages of change and levels of recovery
    - 1. Precontemplation
    - 2. Contemplation
    - 3. Preparation
    - 4. Action
    - 5. Maintenance
  
- V. Impact of Substance Abuse on Families
  - A. Families with a member who abuses substances
    - 1. Partner (spouse) and minor children
    - 2. Older grown children
    - 3. Parents
  - B. Difference between theory and practice
    - 1. Denial and resistance
    - 2. Family interventions
    - 3. Process and content
    - 4. Self-disclosure
  
- VI. Integrated Models for Treating Family Members
  - A. Benefits and limitations of integrated models
  - B. Levels of involvement with families
  - C. Integrated models for substance abuse treatment
  
- VII. Specific Populations
  - A. Age

- B. Women
- C. Race and ethnicity
- D. Sexual orientation
- E. People with physical or cognitive disabilities
- F. People with co-occurring substance use disorder and mental disorders
- G. Rural population and other contextual factors

**Assignment:**

1. Read assigned textbook and supplemental reading material of approximately 25-35 pages per week
2. Participate in group presentation about a family systems topic or major family systems theory
3. Write a 2-3 page reflection paper on personal encounter with separation and individuation
4. Write a 3-6 page family history paper on a 3 generational family genogram
5. Attend an Alcoholics Anonymous (Al-Anon), Adult Children of Alcoholics (ACA), or Codependents Anonymous (CODA) meeting and write a 1-3 page reflection paper about the experience
6. Write a 3-6 page paper reviewing a movie or book related to addiction and family systems
7. Midterm exam (optional)
8. Final exam

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Analysis of reading/movie, reflection papers, family history paper

Writing  
40 - 70%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Group presentation on family system topic or theory

Skill Demonstrations  
15 - 35%

**Exams:** All forms of formal testing, other than skill performance exams.

Midterm exam (optional), final exam

Exams  
5 - 25%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category  
5 - 25%

**Representative Textbooks and Materials:**

- Codependent No More: How to Stop Controlling Others and Start Caring for Yourself. Beattie, Melody. Hazelden. 1986 (classic)
- The Alcoholic Family in Recovery: A Developmental Model. Brown PhD, Stephanie and Lewis Phd, Virginia M. The Guilford Press. 2002 (classic)
- Family Therapy: History, Theory, and Practice. 6th ed. Gladding, Samuel T. Pearson. 2015 (classic)
- Essentials of Family Therapy: A Structured Summary of Nine Approaches. 2nd ed. Walsh, William M. and McGraw, James A. Love Pub Co. 2002 (classic)
- Another Chance: Hope and Health for the Alcoholic Family. Science & Behavior Books. 2 ed. Wegscheider-Cruse, Sharon. Science and Behavior. 1989 (classic)
- Substance Abuse Treatment And Family Therapy. (Treatment Improvement Protocol (TIP) Series #39. Center for Substance Abuse Treatment. Center for Substance Abuse Treatment. 2005 (classic)