

GRAYS HARBOR COLLEGE

SYLLABUS

2004-2006

ALSA 125

THE DYSFUNCTIONAL FAMILY

3 CREDITS

I. COURSE DESCRIPTION

Prerequisite(s):

Examines major family counseling theories and their application to the family system that is being affected by and is affecting the chemically dependent person.

II. AIMS AND OBJECTIVES

INTENDED COURSE OUTCOMES & DESIRED ABILITIES

Intended Course Outcome	Desired Student Abilities
Meet mandated course requirement for Substance/Alcohol Counselor I certification by Bureau of Alcohol and Substance Abuse, Chemical Dependency Certification Board and State Department of Licensing.	Disciplinary learning, Literacy, Critical Thinking, Social & Personal Responsibility, Using Resources
To introduce students to family group processes and theoretical framework for treatment of family disorders related to alcohol/substance abuse.	Disciplinary learning, Literacy, Critical Thinking, Social & Personal Responsibility,

Course Ratings

Course	Disciplinary Learning	Literacy	Critical Thinking	Social & Personal Responsibility	Information Use
ALSA 125	4	3	3	4	2

III. TEXTBOOK(S)

Another Chance: Hope and Health for the Alcoholic Family, 2nd edition, Sharon Wegscheider, Science & Behavior Books, Inc.

Co-Dependent No More: How to Stop Controlling Others and Start Controlling Yourself, 1997, Melody Beattle, Hazelden Books.

IV. OTHER INSTRUCTIONAL MATERIAL

- A. Xerox materials/handouts
- B. VHS/16mm film
- C. Chalkboard presentations

V. TECHNIQUE OF INSTRUCTION

These classes will primarily be lectures and open group discussions, supplemented by audiovisual material as well as student presentations.

VI. ORGANIZATION OF COURSE CONTENT

- A. Exploration of healthy family traits
- B. Marital therapy
- C. Child management
- D. Co-dependence issues
- E. Adult children of alcoholics
- F. Loving an alcoholic
- G. Family therapy
 - 1. Getting the addict to involve his family or origin
 - 2. In initial contact is to assess the family system
 - 3. Principles and techniques for getting “resistant” families into treatment
 - 4. Crisis resolution and the addiction cycle
 - 5. Treating families of adolescent drug abusers
 - 6. Strategies and techniques
 - 7. Treatment outcome
- H. The family disease
- I. Treatment plans
- J. I.P. assessment issues

SAMPLE:

Reports

- A. Do a report on Healthy family
Be ready to discuss your progress each of the previous weeks.
- B. Do a report on a co-dependence and how it affects the family.
Be ready to discuss your progress each of the two previous weeks.
- C. Do a report on ACOA and how it affects family life.
Be ready to discuss your progress each of the two previous weeks.
- D. Do a report on the chemically dependent dysfunctional family.
Be ready to discuss your progress each of the two previous weeks.
- E. Develop a report of family systems therapy.
Be ready to discuss your progress each of the two previous weeks.

Reading: Another Chance

- Week 1: Forwards, Prologue, Preface
- Week 2: Chapter 1, Old Methods/New Insights
Chapter 2, Whole Person Model
Chapter 3, Anatomy of the Family
- Week 3: Chapter 4, Addiction Spiral
Chapter 5, Family Disease
- Week 4: Chapter 6, The Enabler
Chapter 7, The Hero
- Week 5: Chapter 8, The Scapegoat
Chapter 9, The Lost Child
- Week 6: Chapter 10, The Mascot
Chapter 11, Intervention
- Week 7: Chapter 12, Care
Chapter 13, Primary Care
- Week 8: Chapter 14, Aftercare
Chapter 15, Recovery Unlimited
- Week 9: Chapter 16, A.A. as a Treatment
Chapter 17, The Whole Counselor
- Week 10: Chapter 18, Adult Children/Co-Dependency
Chapter 19, Family Reconstruction
- Week 11: Chapter 20, Professional Denial and Co-Dependency
Chapter 21, Spirituality

VII. METHODS OF EVALUATION

The student will complete all assignments in a timely manner, take exams on the date due (no make ups), and attend/participate.

Grading:

Open discussion quizzes	20%
500 word papers	20%
Mid-term exam/Final exam	40%
Oral presentation	20%