

SCHOOL OF SOCIAL WORK
SW 360: UNIQUE 63610 (undergraduate) 64055 (graduate)
PRINCIPLES OF RECOVERY AND RELAPSE PREVENTION
Fall 2009

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Office: School of Social Work 1.102 **Office Phone:** 475-8352
Class Meetings: Monday-Wed 9:30-10:50 **Location:** Social Work 2.130
Office Hours: Monday 1:00-2:00, Wednesday 11:00-12:30 or as needed by appointment.

TA: Suzy Dalton **email:** s.dalton@mail.uhs.utexas.edu
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Office Hours: M/W 11:00-12:30

Required Texts: *In God's Care-Daily Meditations on Spirituality in Recovery.* Karen Casey. Hazelden Publication. *Passages Through Recovery-An Action Plan for Preventing Relapse.* Terence T. Gorski. Hazelden Publication. Available at the Co-op.

Course Requirements: Principles of Recovery and Relapse Prevention is required for students who are in the *Center for Students in Recovery* program. It is open to other students by permission of the instructor. Students should have a strong interest in recovery from addiction or currently working a 12-step or other recovery program.

Course Description:

Recovery from addiction is an ongoing process that involves the physical, psychological, social, intellectual, spiritual and cultural aspects of an individual. *Principles of Recovery and Relapse Prevention* is designed to address the diverse issues that are related to each of these concepts. Emphasis in the course will be given to developing and demonstrating knowledge, skills, values and self-awareness that will help empower each student's understanding of the recovery process. Major themes of the course include the passages of recovery, relapse prevention principles, relapse warning signs, the 12-step approach to recovery, spirituality and general wellness concepts. Using a holistic perspective, students will gain insight into recovery principles through exercise, proper nutrition and techniques to help deal with the everyday stressors of life.

Course Objectives:

Upon completion of the course students will be able to

- Discuss and compare the various models and theories of addiction.
- Have a thorough understanding of personal attitudes toward addiction.
- List and discuss the principles of relapse prevention.
- Identify relapse warning signs.
- Demonstrate an understanding of the various stages of recovery.
- Evaluate personal environmental, physiological and psychosocial obstacles in recovery.
- Discuss and apply various methods to help overcome obstacles that hinder recovery.
- Discuss and demonstrate the positive correlation between exercise, nutrition, stress reduction and the recovery process.

- Discuss the importance of spirituality in recovery.

Course Regulations:

Attendance

- Regular attendance is expected and will be taken each day.
- Students with 2 absences without prior notification of excuse and/or students with excessive absences (3) will be advised to drop.
- Students with no absences between each test will be eligible to participate in the bonus and extra credit questions associated with each test.
- Students who must be absent on a day that an assignment is due or on test day should call or email as soon as possible.
- Attendance includes promptness. Class will begin at 9:30 A.M.
- **ALL ABSENCES will be assessed and treated equally. There is no excused absence.**
- At the end of the semester you will be given an opportunity to assess your attendance and participation in class.

Email policy

Assignments will **NOT** be taken via email unless **PRIOR** arrangements have been made!

Course Requirements and Grading System:

	<u>Undergrad</u>	<u>Grad</u>
1. Class participation (based on active class participation, class discussions, completion of assignments and questionnaires. Class participation form due December 2 nd).	06%	06%
2. Assignments:		
Assignment 1 CD review	05%	05%
Assignment 2 Personal Philosophy	07%	07%
Assignment 3 Quizzes	05%	05%
Assignment 4 Abstinence Journal	10%	10%
Assignment 5 Support group meetings	07%	07%
3. Tests		
Test I	20%	15%
Test II	20%	15%
Test III	20%	15%
Graduate Project		15%
Total	100%	100%

Please note:

Any student with a documented disability (physical or cognitive) who requires academic accommodations should contact the Services for Students with Disabilities area of the Office of the Dean of Students at 471-6259 as soon as possible to request an official letter outlining authorized accommodations.

Assignment 1: CD Review

During the semester you will have the opportunity to check out recovery related CD's. A list of each CD and the topic are posted on Blackboard under Course Documents. You are required to listen to two CD's—your choice. When you are finished listening to each CD, type a short summary discussing your thoughts about the CD. Make sure to include what you learned, interesting facts, and if you thought it was beneficial in increasing your knowledge about addiction and recovery. Your summary should be less than 1 page. Please use normal font size (12pt), double space and regular margins. Instructions for

checking out the CD's will be given in class. Assignment due: No later than Wednesday, December 2nd.

Assignment 2: Personal Philosophy

The goal of this assignment is to help you assess your personal thoughts, feelings and beliefs about addiction and recovery. Questions are posted on Blackboard to help guide you through the process. Papers are to be typed and grammatically correct. Your paper should be 1 to 1.5 pages. Please use normal font size (12pt), double space and regular margins. Assignment due: Wednesday, September 16th.

Assignment 3: Affirmation Readings and Class Quizzes

There will be nine to eleven quizzes throughout the semester. Material will be taken from the book *In God's Care, Daily Meditations on Spirituality in Recovery* and class readings. You will be asked to describe in writing, 2-5 lines describing the basic concept of the requested material.

Assignment 4: Abstinence Journal

Select one substance (caffeine, nicotine, alcohol, marijuana, etc), or food (chocolate, sugar, soda, cookies, bread, etc) or behavior (television, computer games, shopping, facebook, online gaming, negative self-talk, sex, etc) and abstain for at least a four week period. Keep a journal of your daily experiences. In your journal discuss some of the following;

- Was abstaining that day difficult?
- How difficult was the day? You can use a 1-10 scale (1=easy—10=hard)
- Did you experience any withdrawal symptoms? Physical or emotional.
- Was your mood affected in any way?
- Did you relapse? Why?
- Did you have any support? How did it help?
- Did anyone try to sabotage your efforts? How?
- How did you feel, physically, emotionally, and spiritually?
- Did you have any insight on what emotional, physical or spiritual need the substance, food or behavior was serving?
- Any other thoughts are welcome.

Formatting your journal

- You may use a notebook or your computer to record your entries.
- Date and time each entry.
- Make your first entry a description of your project. Include why you chose what you did and what you think the experience will be like.
- Make the last entry a summary of the experience.

Grading

- You will need to have approximately 32 entries minimum to receive full credit. Partial credit is accepted.
- There is no maximum.
- There is no set length for each entry. Some entries may be 10 lines and some may be a full page depending on what you have to say and how you are feeling that day.
- Your final grade will reflect the following
 - Legibility
 - Correct formatting

- First and last entry
- Necessary questions (above) were addressed
- Insight as it relates to addiction and relapse
- Depth of entries

Assignment due: Upon completion, no later than Wednesday, November 25th.

Assignment 5: Celebration of Recovery or other support group meetings

You will have the opportunity to attend 4 *Celebration of Recovery (COR)* meetings or other recovery meetings within the Austin or surrounding community. *COR* meets on Tuesday evenings from 7:15 to 8:15pm, Social Work 1.108. A list of Austin AA meetings can be found at <http://www.austinaa.org>. A form will be given to you so that you can validate your attendance at each meeting, make sure to have it signed by the facilitator of the meeting or myself. Assignment due: Upon completion- no later than Wednesday, December 2nd.

Graduate Students

In addition to the undergraduate course requirements, graduate students are required to submit an additional project.

General Information

Students may work individually or in groups no larger than three. Individual students and groups will be required to meet periodically during the semester with the course instructor to monitor progress. Graduate students will present their project in a short 5-10 minute presentation to students in the class. This project will account for 15% of your total grade.

Project Information

Graduate students will choose a topic that deals with addiction, recovery and/or relapse. Once a topic is chosen the student or student group and the course instructor will confirm the topic and the method of research and learning. Suggested methods of learning may include, but are not limited to;

- A 5-7 page research paper.
- Attendance at one or several professional seminars, workshops or the like, followed with a paper discussing the learning experience.
- Interviews with professionals and/or experienced individuals, followed with a paper discussing the learning experience.
- Attendance to various support group meetings (AA, Alanon, ACOA, Alateen, etc), followed with a paper discussing the learning experience.
- Visitations and observations to several treatment and/or recovery centers, followed with a paper discussing the learning experience.
- A special project that may benefit a treatment and/or recovery center.

Timeline

September 9 Students review topics, select groups

September 28 Students must have topic and groups confirmed with instructor.

Please submit information in email format.

October 28

Students submit progress and status to instructor. Please submit information in email format.

November 25

Project presentations.

December 2

Projects due.

TENTATIVE SCHEDULE AND COURSE READINGS

Assigned readings are to be completed prior to class. Be prepared to answer questions in class that are based on the readings.

Wednesday, August 26	Introduction to Class-syllabus Definition of Addiction Activity (4Q) 4X4 Model of Addiction
Monday, September 7	Labor Day
Wednesday, September 9	Philosophy assignment Theories of Addiction
Monday, September 14	Finish Theories of Addiction Recovery models Cultural/ethnic issues in recovery BB-CD: Abstinence vs. Recovery
Wednesday, September 16	Philosophy assignment due!! Discuss Abstinence vs. Recovery article Neurotransmitters
Monday, September 21	Use-Abuse-Addiction What is relapse? 7 principles of relapse
Wednesday, September 23	Finish 7 principles of relapse Relapse signs
Monday, September 28	Relapse signs Discuss abstinence project Last day for grad students to submit project topic
Wednesday, September 30	TEST I
Monday, October 5	Review test Stages of Recovery Read: chapter 1
Wednesday, October 7	Negative self-talk assignment Transition Read and discuss: BB-CD: Sam's Story Read: chapter 2
Monday, October 12	Stabilization Read: chapter 3

Wednesday, October 14	Discuss negative self-talk assignment Positive self-talk assignment Early Recovery Read: chapter 4
Monday, October 19	Middle Recovery Read: chapter 5
Wednesday, October 21	Discuss positive self-talk assignment What is your motto? Late Recovery Read: Chapter 6
Monday, October 26	What's your motto on the board Maintenance Read: Chapter 7
Wednesday, October 28	Test II
Monday, November 2	Review test Balancing Your Life
Wednesday, November 4	Stress Read: BB-CD: 1. Principles of Stress Mgt 2. Stress Mgt- It's Not What you Think BB-EL: 1. De-Stress
Monday, November 9	Relationships Read: BB-CD: 1. Your Relationships and Social Life 2. Your Relationships in Phase Two
Wednesday, November 11	Continue Relationships
Monday, November 16	Exercise Read: BB-CD: 1. Exercise and Recovery Handouts: 1. 6.7 2. 6.11 3. Benefits of Exercise
Wednesday, November 18	Finish exercise- begin nutrition Read: BB-CD: <i>How Food Affects Your Mood</i> Optional Reading and Review: Textbook: <i>Food and Mood</i> , second edition. Elizabeth Somer, M.A., Movie assignment: Watch- <i>Super Size Me</i>
Monday, November 23	Nutrition Discuss: <i>Super Size Me</i> Handouts: 1. Amino Acids 2. Vitamins 3.3 3. Minerals 3.4 4. Amino Acid Table 3.1

Wednesday, November 25

Abstinence Projects Due

Grad student projects due

Progressive Relaxation Exercise

Dress comfortably/bring a towel or mat

Monday, November 30

Spirituality

Read: BB-EL: 1. Recovery and Spirituality

BB-CD: 1. Spirituality, Contentment and Stress in
Recovering Alcoholics

Wednesday, December 2

Last day of class

Final Exam

Latest date to turn in

- **Support group form**
- **Fun run validation form**
- **Participation form**
- **CD reviews**