

**DELAWARE TECHNICAL & COMMUNITY COLLEGE**

**COURSE SYLLABUS**

**CAMPUS:** Terry  
**DEPARTMENT:** Human Services  
**COURSE:** DAC 240, Families and Addiction  
**INSTRUCTOR NAME:** Telephone: E-mail:

**PREREQUISITE:** DAC 141

**CO-REQUISITE:** None

**COURSE HOURS AND CREDITS:**3:0:3

**COURSE DESCRIPTION:**

This course examines the impact of drug and alcohol addiction on the family. The focus is on reviewing the models of family dysfunction and methods of treating the addicted family.

**TEXTS:** Wegscheider, S., Another Chance. Science and Behavior Books Inc.

Bradshaw, J., Bradshaw on; The Family. HCI

Curtis, O. Chemical Dependency: A Family Affair. Brooks Cole.

**MATERIALS:** Additional readings may be on reserve in the library.

**METHOD OF INSTRUCTION:** Campus Classroom

**MANUALS:** None

**DISCLAIMER:** None

### **CORE CURRICULUM COMPETENCIES (CCC)**

(Approved by President George and President's Council 8/25/98; Rev. 4/27/06)

The graduate will be able to:

1. Communicate clearly and effectively both orally and in writing.
2. Demonstrate effective problem solving and reasoning skills.
3. Work effectively in groups of people from diverse backgrounds.
4. Demonstrate ethical and professional understanding and conduct.
5. Apply appropriate information literacy skills to locate, evaluate and use information effectively.
6. Use computer technology appropriate to the field.
7. Use scientific and mathematical reasoning appropriate to the technology.

The Core Curriculum Competencies apply to all Associate Degree programs at the College. These are incorporated into each curriculum either by a course or by being integrated into coursework. These competencies are incorporated into each program review employer survey.

### **HUMAN SERVICES TECHNOLOGY PROGRAM GRADUATE COMPETANCIES (PGC) DRUG AND ALCOHOL COUNSELING OPTION (2-2004)**

The graduate will be able to:

1. Create and maintain effective and professional documents relevant to Drug and Alcohol Counseling.
2. Interact ethically and professionally within the Drug and Alcohol Counseling field.
3. Apply information to identify client's strengths, weaknesses and resources to create a treatment plan.
4. Provide effective client services at an entry level by utilizing professional Drug and Alcohol Counseling principles and practices.
5. Establish effective working relationships within the Drug and Alcohol Counseling arena.
6. Apply basic management and leadership skills in Drug and Alcohol Counseling environments, including time management, organization, and the ability to follow directions.
7. Utilize feedback to assess the effect of oneself on Drug and Alcohol Counseling outcomes and make adjustments accordingly.

## **COLLEGEWIDE CORE COURSE PERFORMANCE OBJECTIVES: (CCPO)**

The student will be able to:

1. Define the basic terms of the addictions field, including drug use, drug abuse, drug misuse, drug addiction, family systems, and codependency. (PGC 3, 4, 6 and CCC 1, 2, 3)
2. Describe the concept of the family as a system, whereby the actions of each individual influence the actions of all other family members. Describe the traits of a dysfunctional family as well as the traits of a healthier family. (PGC 3 and CCC 1, 2, 3)
3. Describe the impact that drug and alcohol use/abuse has on the family, including the spouse, children and grandchildren. (PGC 3 and CCC 1, 2, 3)
4. Describe the term codependency and the impact it has on the individual and family's life, including behavior, career, relationships and daily living. (PGC 3 and CCC 1, 2, 3)
5. Describe the various comorbid disorders that are commonly seen with families with addiction. (PGC 3 and CCC: 1, 2, 3)
6. Develop a genogram demonstrating at least three generations of family history and describe the impact this has on the participant. (PGC1, 3 and CCC: 1, 2, 5, 3)

## **MEASURABLE PERFORMANCE OBJECTIVES: (MPO)**

1. Define the basic terms of the addictions field, including drug use, drug abuse, drug misuse, drug addiction, family systems and codependency.
  - 1.1 *Identify and explain the terms drug use, drug abuse, drug misuse, drug addiction, family systems, and codependency.*
  - 1.2 *Demonstrate correct use of these terms in oral and written discussion*
2. Describe the concept of the family as a system, whereby the actions of each individual influence the actions of all other family members. Describe the traits of a dysfunctional family as well as the traits of a healthier family.
  - 2.1 *Describe the concept of the family as a system.*
  - 2.2 *Identify how the actions of one family member may impact on the other members of the family.*
  - 2.3 *Describe the characteristics of a healthy family.*
  - 2.4 *Describe the characteristics of a dysfunctional family.*
  - 2.5 *Summarize the major theories of family therapy.*
  - 2.6 *Compare and contrast treatment approaches used in family therapy.*

3. Describe the impact that drug and alcohol use/abuse has on the family, including the spouse, children and grandchildren.
  - 3.1 *Identify and describe how the addict's behavior and addiction become the "central organizing theme" of the addicted family*
  - 3.2 *Identify and summarize the primary roles adopted by family members: Dependent, Enabler, Hero, Scapegoat, Lost Child and Mascot*
  - 3.3 *Identify the traits family members develop as a child that serve to protect or improve the individual's life skills.*
  - 3.4 *Identify and distinguish between those learned behaviors of an addicted family member that are helpful and those which create problems in an individual's life*
  - 3.5 *Participate in a 12 Step Recovery Meeting for family members of an addicted person (Alanon, Gam Anon, Nar Anon).*
  - 3.6 *Summarize the experience and describe your reaction.*
  - 3.7 *Describe the concept of an "Adult Child."*
  
4. Describe the term codependency and the impact it has on the individual and family's life, including behavior, career, relationships and daily living.
  - 4.1 *Describe codependency*
  - 4.2 *Summarize the implications of codependency, in terms of behavior, career, relationships and daily living.*
  - 4.3 *Identify assessment and treatment practices with codependent clients.*
  
5. Describe the various comorbid disorders that are commonly seen with families with addiction.
  - 5.1 *List and identify the various comorbid disorders that are commonly seen with families with addiction*
  - 5.2 *Identify the role codependency plays in the recovery from active chemical addiction*
  - 5.3 *Describe the appropriate times in the recovery process to address these issues*
  
6. Develop a genogram demonstrating at least three generations of family history and describe the impact this has on the participant.
  - 6.1 *Identify the major components of a genogram*
  - 6.2 *Interview members of the family to solicit and obtain family history*
  - 6.3 *Construct a genogram showing at least three generations of family history*
  - 6.4 *Describe the impact this family history has on the participant and other family members*
  - 6.5 *Analyze and describe the manner in which the participant's life choices have been effected by this history*

## **Evaluation Criteria:**

Students will demonstrate proficiency on all Measurable Performance Objectives to the 75% level. The final course grade will be derived from:

### **Examinations**

**60%**

(CCC 2; MPO 1-6)

There will be three examinations in the course that will average to 60% of the final grade. The exams may contain a variety of question types including multiple choice, matching, true/false, short answer, and essay. The questions will reflect the competencies within this course syllabus. You are expected to make up any missed exams within one week of your return to class, and to complete retests within the time parameters and guidelines of your instructor. Make-up exams may not be in the same format as the scheduled exam. You must contact the instructor for details as to where and when to complete the make-up exam.

### **Projects:**

#### **Genogram & Presentation:**

**20%**

(CCC 1, 5; MPO 6)

Following the guidelines of your instructor and the information gained in this course, you will construct a family genogram tracing back three generations of your family system (back to your grandparents). Your genogram will reflect the impact the family history has had on the family members and you will make an oral presentation of your project and findings to the class..

#### **12 Step Reaction Paper:**

**10%**

(CCC 1, 4, 6; MPO 3.5, 3.6)

You will attend a 12 Step Recovery Meeting for family members of an addicted person (Alanon, Gam Anon, Nar Anon). You will complete the reaction paper distributed by your instructor and participate in a class discussion of the experience.

### **Participation**

**10%**

(CCC 3; MPO 1-6)

For each chapter covered in the course you will be expected to complete one or more homework assignments and/or in-class activities. These will be assigned by your instructor and must be completed per his/her instructions. The homework and activities may include but not be limited to text-based and/or web-based activities, instructor provided handouts, small group work, and/or lab work, and one or more web-based activities. No missed in-class activities may be made up due to the nature of the activity. All homework and activities will be graded and averaged together to comprise 5% of your final course grade.

See Measurable Performance Objectives for detailed expectations and requirements.

Grades will be computed using the following scale:

92 - 100 = A

83 - 91 = B

75 - 82 = C

0 - 74 = R

**Students should refer to the Student Handbook for information on Academic Standing Policy, Academic Honesty Policy, Student Rights and Responsibilities, and other policies relevant to their academic progress.**

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