



# Independent Study | in Idaho

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**PSYC 576 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 576**  
**Relapse Prevention in Chemical Addictions Counseling**  
University of Idaho  
3 Semester-Hour Credits

**Prepared by:**  
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1 – PSYC 576  
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## PSYC 576 Relapse Prevention in Chemical Addictions Counseling 3 Semester-Hour Credits: U of I

### **Welcome!**

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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**

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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**

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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 476. Prereq: PSYC 101

2 assignments, 3 exams

*Available online only.*

Read the textbook's assigned chapters and review the PowerPoints associated with an exam before beginning an exam. It may take up to three weeks after the instructor's date of receipt to receive grades and feedback. A final grade for the course will be received after all assignments and exams have been submitted.

### **Course Materials**

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#### **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**

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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**

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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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- Keep a copy of all the submitted assignments.
- Complete all reading assignments.
- 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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- There will be two tests and a final exam worth 100 points each. The exams are open book, two hours allowed, 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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The course grade will be based upon the following considerations:

Autobiography in Five Short Chapters	= 100
Relapse Prevention Plan template	= 100
Three Exam x 100	= 300
<b>Total Points Possible</b>	<b>= 500</b>

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**

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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None