

Exploring the Spiritual Experience in the 12 Step Program of Alcoholics

Anonymous - Spiritus Contra Spiritum

COUN 511 Spring Syllabus 2005

COUN 511 SEC. 01
Substance Abuse, Dependency & Recovery

T 5:00-7:50PM
Instructor: Jeff Sandoz, Ph.D.
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I. Text:

A. Primary:

1. Alcoholics Anonymous, 4th Edition
2. Uppers, Downers, All Arounders, 5th Edition by Inaba, Cohen, & Holstein, CNS Publications, Inc.
3. Exploring the Spiritual Experience in the 12 Step Program of Alcoholics Anonymous, Sandoz, Mellen Press

II. Grading Scale:

on A[450-419pts]=93%; B[418-374pts]=83%; C[373-329pts]=73%; D[328-284pts]=63%

III. Purpose of the Course:

The purpose of this course is to familiarize the counseling student with an overview of the addiction process, with particular emphasis on the various aspects of substance abuse and recovery.

IV. Course Objectives:

By course completion, students will be able to:

1. Comprehend the characteristics of chemical and behavioral addictions.
2. Appreciate the various aspects of recovery with special emphasis on the spirituality of the 12 Step Program of AA.
3. Provide an understanding of the mental obsession and physical allergy of alcoholism.

V. Course Requirements, Evaluation Procedures, and Features:

A. Course Requirements:

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1. Complete twelve (12) projects/response papers
2. Complete 1 midterm and 1 comprehensive final exam
3. Attend regularly scheduled class meetings.
4. Participate in discussions of course content during class.

B. Evaluation Procedures:

Response Papers.....12 responses @ 5 points....	60 pts
Primary Test.....	100 pts
Midterm Test.....	100 pts
Final Test.....	100 pts
Attendance & Active participation.....	65pts
AA meeting attendance & report.....	25pts
Total:	450 pts

Grades will be assigned based on the following scale:

450-419pts - A

418-374pts - B 373-329pts - C 328-284pts - D Below 284 - F

** note that this scale is based on A=93%; B=83%; C=73%; D=63%

C. Instructional Strategies:

This course will consist of lecture and class discussion as well as applied practice in preparing and presenting activities designed to maximize effectiveness in a Counseling profession environment. Students will be expected to complete all assigned readings. Attendance at all meetings is required and participation in discussions is expected.

D. Academic Integrity and Honesty:

Students are expected to conduct themselves with the honor and integrity befitting a graduate student preparing to serve as a counselor.

E. Flexibility Clause:

The aforementioned requirements, assignments, policies, evaluation procedures, etc. are subject to change. Students' experiences and needs, as well as emerging knowledge and competencies will be used to modify the course syllabus.

III. Exam Policy:

There will be three exams and a weekly 1-page reflection paper. The weekly 1-page paper will consist of the student's thoughts and reflections about feelings evoked from the lecture material, assigned readings, ancillary readings. The focus is on your growing awareness of knowledge related to counseling an addicted person through the process of recovery. Because of this grading system makeup exams will not be given except under conditions of seriously debilitating

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personal illness, death of immediate family or a religious observance. If you miss an exam for any of these reasons you must notify me at least 24 hours PRIOR to the scheduled exam and then provide written proof of your absence within one week in order to make up the exam. Makeup exams may contain different questions and be presented in a different format than the original (i.e the make-up exam may be an essay or an oral exam) but will cover the same material. Each exam will be based on text and lecture material. Students should bring SCANTRON sheets and No. 2 pencils on exam days. The instructors not responsible for supplying these items. Tests may include any of the following multiple choice, matching or true/false. Hats will not be worn on test day!

AA meeting & report = 25

Test 1 = 100

Test 2 = 100

Test 3 = 100

12 one page papers = 60

Attendance & participation = 65

450points

IV. General Class Rules, Attendance Policy & Emergency Evacuation

Procedures:

1. Attendance for this course is mandatory. If you are unable to attend a lecture, be sure to borrow the notes for that lecture from a classmate. Excessive absences will lower your grade. If you miss more than 2 classes you will lose a letter grade. If you miss 4 classes you will lose 2 letter grades. This is in effect regardless if your absences are excused or not. At the beginning of each class students will sign in on the attendance forms which are being passed around the room. If the roll sheet misses you as it is passed, you may sign it on your way out of class. University policy allows for student to miss 10% of total class meetings without penalty. N.B.: Students will sign in only for themselves. If a student is caught signing in for another student, both students will be penalized 10 percent of their grade which is equivalent to a drop of one letter grade. In addition, students signing names other than their own maybe referred for disciplinary action (e.g. 15.16 -furnishing false information . . . with intent to deceive).

2. Extended absences due to illness or other circumstances beyond the student's control should be reported by the student to the Dean of Students. No student may be dropped from a course due to absences, however, if you accumulate excessive absences it is highly recommended that you drop the course prior to the deadline printed in the schedule of classes.

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3. Students are expected to conduct themselves in a manner conducive to learning during class. Any student who is talking out loud, eating or drinking in class, disrupting class during the lecture, or exam may be asked to leave the classroom. Personal stereo, communication and other electronic equipment are not to be used during class. If you must enter the classroom late or leave early, please do so without distracting others.

4. Students are expected to keep up with text, additional readings and to study for exams. Students are expected to rely on their own memory and preparation when taking exams. Any student suspected of cheating on exams may be asked to move to another location in our out of the classroom, or to leave and schedule makeup.

5. A map of this floor is posted marking evacuation routes and the designated rescue area. This is an area where emergency service personnel will go first to look for individuals who need assistance in exiting the building. Any student who may need assistance in evacuation of the building in emergency should identify themselves to the instructor so that advance evacuation plans can be made.

6. The instructor reserves the right to create and enforce other rules, to change test dates, test formats and to alter syllabus material should the need arrive. Students will be informed of any changes made. Students who are absent from class should check with fellow students for this type of information, as well as missed lecture material. Students are also encouraged to meet with the instructor during office hours, if they need assistance. If you are unable to meet during the scheduled office hours, and talk with me after class to make other arrangements.

Suggested reading:

Abuse & Recovery Related Books:

A Primer of Drug Action by Robert Julien ISBN # 0-7167-0756-X

Pharmacology: Drug actions and reactions by Ruth R. Levine, Ph.D. ISBN # 0-316-52228

The Steps We Took by Joe McQ ISBN # 0-87483-115-2

Came to Believe ISBN # 0-916856-05-4

Twelve Steps and Twelve Traditions ISBN # 0-916856-062

As Bill Sees It ISBN # 0-916856-03-8

Alcoholics Anonymous Comes of Age ISBN # 0-916856-02-x

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'Pass it on' ISBN # 0-916856-12-7

Not God by Ernest Kurtz ISBN # 0-89486-065-8

Children of alcoholics by Kenneth Sher ISBN# 0-226-75271-2

Spirituality & Brain Related Books:

Addiction & Grace by Gerald May

The Spirituality of Imperfection by Ernest Kurtz & Katherine Ketcham ISBN # 0-553-37132-0

Where God Lives : The Science of the Paranormal and How Our Brains Are

Linked to the Universe by Paul Perry, Melvin, Md. Morse Cliff Street Books;
ISBN: 0060175044

Neuroscience and the Person : Scientific Perspectives on Divine Action
(Scientific Perspectives on Divine Action Series) by Robert John Russel Univ of
Notre Dame Pr; ISBN: 0268014906

Neuropsychological Bases of God Beliefs. by Michael A. Persinger Praeger Pub
Text; ISBN: 0275926486

The Humanizing Brain by James B. Ashbrook, Carol Rausch Albright, Anne
Harrington Pilgrim Pr; ISBN: 0829812008

The "God" Part of the Brain by Matthew Alper, Rogue Press; ISBN: 0966036700

Whatever Happened to the Soul? Scientific and Theological Portraits of Human
Nature by Warren S. Brown (Editor), Nancey C. Murphy (Editor), H. Newton
Malony (Editor)Fortress Pr; ISBN: 0800631412

Science and Theology : The New Consonance by Ted Peters (Editor) Westview
Press; ISBN: 0813332591

Why God Won't Go Away : Brain Science and the Biology of Belief by Andrew
Newberg M.D.Eugene G. D'Aquili Ph.D., Vince Rause, Ballantine Books (Trd);
ISBN: 0345440331

Cognitive Models and Spiritual Maps : Interdisciplinary Explorations of Religious
Experience by Jensine Andresen (Editor), Robert K.; C. Forman (Editor), Ken
Wilber (Editor) Imprint Academic; ISBN: 0907845134

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Mysticism, Mind, Consciousness by Robert K. C. Forman State Univ of New York Pr; ISBN: 0791441709

The Problem of Pure Consciousness : Mysticism and Philosophy by Robert K. C.

Forman (Editor) Oxford University Press; ISBN: 0195109767

The Biology of Belief: How Our Biology Biases Our Beliefs and Perceptions by Joseph Giovannoli Rosetta Press, Inc.; ISBN: 0970813716

Varieties of Anomalous Experience : Examining the Scientific Evidence by Etzel Cardena (Editor), Steven Jay Lynn (Editor), Stanley Krippner (Editor) American Psychological Association (APA); ISBN: 1557986258

Religion in Mind : Cognitive Perspectives on Religious Belief, Ritual, and Experience by Jensine Andresen (Editor) Cambridge Univ Pr (Short); ISBN: 0521801524

The Mind of the Universe: Understanding Science and Religion by Mariano Artigas Templeton Foundation Pr; ISBN: 1890151327

Varieties of Religious Experience by William James

Zen and the Brain by James Austin

Ancillary Reading:(Weekly Reflection Papers upon what struck you as read the assignment. Reflect on how this information may be of use to you in counseling others.)

Paper 1: Sandoz foreword, preface, & Introduction

Paper 2: Sandoz Chapter 1 AA History:

Paper 3: Sandoz Chapter 2 AA Book Paper 4: Sandoz Chapter 3 Spiritual Experience

Paper 5: Sandoz Chapter 4 AA Book

Paper 6: Sandoz Chapter 5 AA Book

Paper 7: Sandoz Chapter 6 Family Patterns

Paper 8: Sandoz Chapter 7 Parallels in Myth

Paper 9:. Sandoz Chapter 8 Emotions & AA Program

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Paper 10: Sandoz Chapter 9 Brain

Paper 11: Sandoz Chapter 10 Brain & Alcohol

Paper 12: Sandoz Chapter 11 Neuro-Spirituality,

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