COURSE INFORMATION

RHAB 4175, 3-hours
Online - Canvas
Pre-requisites: None

COURSE DESCRIPTION

This course will explore the main counseling practices used in treating addictions after reviewing the principle theoretical and empirical bases of these approaches and methods.

COURSE OBJECTIVES

Upon successful completion of the course, students mastering content will be able to:

1. Describe the main conceptualizations of addiction and their impact on treatment.
3. Explore the assets and liabilities of theories as they are applied to Addiction Counseling.
4. Explain the use of Mindfulness in the minimization of recurrence of use.
5. Discuss the contributions made by Person-Centered Therapy to Addiction Counseling.
6. Discuss the benefit of Mutual Aid programs for people in recovery.
7. Discuss the benefits and necessity of empathy.
8. Compare and contrast theories, as they pertain to the treatment of Substance Use Disorder.

COURSE MATERIALS

Required: Man’s Search for Meaning by Viktor Frankl
Recommended: Theory & Practice of Counseling and Psychotherapy, 10th Edition Update by Gerald Corey

COURSE INSTRUCTOR

As an addiction professional since 1993, Professor Heller Garland has worked in multiple treatment milieu and has provided training on the local, state, national, and international level. She has served as President of the Dallas Chapter and the Texas state board for the Texas
Association of Addiction Professionals, as well as on the board for NAADAC, the National Association for Addiction Professionals.

Heller Garland is currently a Senior Lecturer at The University of North Texas in the Department of Rehabilitation and Health Service in the College of Health and Public Service. She is the Coordinator of Addiction Studies and Faculty Advisor to Eagle Peer Recovery (EPR) at UNT. EPR is a student organization for students interested in addiction and mental health recovery events, initiatives, support, advocacy, and information.

In August 2016 she was inducted into the Texas Counselor Hall of Fame. This award recognizes the body of work of an individual in the field of addictions counseling and is awarded based on the many facets of their contributions over an extended period of time, the varied scope of services provided, and the populations these services reached.

In her free time, Professor Heller Garland enjoys traveling, cooking, writing, spending time with her family and their dachshunds, Max & Marshall.

Email: Paula.Heller-Garland@unt.edu

OFFICE HOURS

Virtual and in-person appointments available Monday – Friday by appointment. Walk in hours are offered on Thursday.

TEACHING PHILOSOPHY

My approach to teaching is based on my deep regard of the addiction and recovery profession. I believe my role is to equip students with the most current and accurate information possible. My goal is for students to become ethical, compassionate, and sought-after professionals in the field of addiction and recovery. I desire to help students accomplish his or her goals by providing information, introducing respected clinicians into the classroom, mentoring, and role modeling. In addition to reading materials and lectures, I provide ethical decision-making opportunities and counseling scenarios from my more than twenty-five years of clinical experience.

I believe students learn from a multi-faceted approach and a practical application of information. I provide opportunities for students to actively participate through brainstorming the new information and debating old ideas.

ASSIGNMENTS

Assignments during the semester include (arranged in alphabetical order):

Book Club - You will interact with classmates several times throughout the semester to discuss the book everyone is assigned, Man's Search for Meaning by Viktor Frankl. The Book Club will be prompted to discuss topics presented within Book Club Briefings. Groupings are made
randomly by the instructor at the onset of the semester and the groups are free to meet and interact via the platform of their choosing. Each student will also turn in an Individual Book Review at the conclusion of the Book Club.

Counseling Theories Paper - In lieu of a Final Exam, you will develop a paper covering one of the Counseling Theories discussed during the course.

Discussion Questions - When used in an online course, discussion questions hope to mimic some of the interactions that occur in the classroom during face-to-face classes. The use of these activities will be sparse in this class.

Statement of Understanding - During the Introductory Module, all Addiction Studies courses offer a reminder lesson regarding the accurate and current language used related to addiction and recovery. Each student is expected to refrain from the use of antiquated language. Point deductions may be given for non-adherence.

Theory Applications - To better understand a theory, a few will be examined in a more "hands on" approach. Those assignments include:

- Media Review - Re-examination of many human-interest issues will occur at the conclusion of a few modules through observing specific media. You will have the freedom to choose from an extensive list of films, documentaries, books, podcasts, and webinars which you will review.
- Opinion Paper - During one of the modules you will view a documentary after the presentation of theory content and provide your opinion of the approach.
- Genogram - The module covering Systems Theories will culminate with the development of your own Genogram.

WRITING QUALITY

Writing submissions should reflect that of a college junior. Format of a formal paper is as important as the content. The same is true for meeting length requirements. Combat senseless point deductions by reading assignment directions carefully. The UNT Writing Center is available to all students wishing to improve their writing. Other resources will be provided within the Canvas classroom.

GRADING

30% - Counseling Theory Paper (Final)
25% - Book Club
25% - Theory Applications
20% - Other Assignments
GRADING BREAKDOWN

A: 90-100% (Outstanding. The student performs well above the minimum criteria.)
B: 80-89% (Good. The student performs above the minimum criteria.)
C: 70-79% (Solid. The student meets the criteria of the assignment.)
D: 60-69% (Below average work. The student fails to meet the minimum criteria.)
F: 59 and below (Sub-par work. The student fails to complete the assignment.)

ROUNDING UP FINAL GRADE

.5 and above are rounded up on final grade.
.04 and below are not rounded up on final grade.

LATE WORK / EXTRA CREDIT / MAKE UP WORK

Late work is not accepted in this course. All work turned in after the deadline will receive a grade of zero unless the student has a university excused absence and provides documentation with 48-hours of the missed deadline. There are no extra credit opportunities or make up work in this course. Please do not ask for an exception.

TURNAROUND TIME

I aim to return graded work to you within one week of the due date. When this is not possible, I will send an announcement to the class.

GRADE DISPUTES

You are required to wait 24-hours before contacting me to dispute a grade. Within that time, I expect that you will review the assignment details and reflect on the quality of the work you turned in. If you would still like to meet, email me to set up a meeting. You should present to our scheduled meeting with specific examples that demonstrate that you earned a higher grade than you received. If you miss your scheduled meeting, you forfeit your right to a grade dispute. If you do not contact me to schedule a meeting within seven days of receiving your grade, you also forfeit your right to a grade dispute.

COLLABORATIVE WORK

Collaborative work is only allowed when indicated by an assignment. Please do your own work. Do not post course content on study sites, such as Quizlet. Action will be taken through the university if cheating is brought to the attention of the instructor.
WORKING AHEAD

When modules and assignments are open early, you are welcome to work ahead. This does not, however, afford you the opportunity to re-do or re-submit assignments if the score is less than you desire.

CITIZENSHIP

I believe the only way to grow is to interact and exchange ideas with people dissimilar to us. Student interaction throughout this course is encouraged. However, there will be no tolerance for name-calling, condemnation, or other forms of aggression.

Please reach out to me if you have any issues in this area. I can only assist when I am aware.

MINIMAL TECHNICAL SKILLS

This is an online course, therefore, you must have minimum technical skills and the ability to reach out to technical support, when needed.

Students in this course must:

- Have ongoing access to internet
- Have familiarity with or be willing to become familiar with Canvas
- Be able to create and attach Word Documents
- Be able to create and attach jpegs
- Be able to create and attach PowerPoint presentations
- Be able to create original Discussions in Canvas
- Be able to respond to Discussion in Canvas
- Know how to open and complete quizzes in Canvas

COPYRIGHT INFRINGEMENT

It is a violation of Copyright to reproduce information from this course, as well as upload the contents to a website that is not university sponsored. Should information be found online that originated in this course, cease and desist will be filed, followed by all legal options.

This includes posting material from the course onto “study” websites, such as Quizlet.

COVID-19

Need to get tested for COVID-19? Visit GoGetTested.com
If you tested positive for COVID-19 and this impacts your coursework, UNT requires you to report to UNT’s COVID Hotline at 844-366-5892 or COVID@unt.edu.
TECHNICAL ASSISTANCE

Help Desk: [http://www.unt.edu/helpdesk/index.htm](http://www.unt.edu/helpdesk/index.htm)
The University of North Texas provides student technical support. The student help desk may be reached by emailing helpdesk@unt.edu or by calling 940.565-2324
Canvas technical requirements: [https://clear.unt.edu/supported-technologies/canvas/requirements](https://clear.unt.edu/supported-technologies/canvas/requirements)
Contact tech support immediately if you encounter issues submitting an assignment or taking a quiz. Follow up with an email to the instructor that includes the ticket number from tech support.

STUDENT SUPPORT

**Code of Student Conduct:** provides Code of Student Conduct along with other useful links
**Office of Disability Access:** exists to prevent discrimination based on disability and to help students reach a higher level of independence
**Counseling and Testing Services:** provides counseling services to the UNT community, as well as testing services, such as admissions testing, computer-based testing, career testing, and other tests
**UNT Libraries**
**UNT Learning Center:** provides a variety of services, including tutoring, to enhance the student academic experience
**UNT Writing Center:** offers free writing tutoring to all UNT students, undergraduate and graduate, including online tutoring
**Succeed at UNT:** information regarding how to be a successful student at UNT
**COVID-19 Health Alerts**

UNT Academic Integrity Policy

Academic Integrity Standards and Consequences. According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University. [Insert specific sanction or academic penalty for specific academic integrity violation.]

UNT ADA Policy

UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one’s specific course needs. Students may request accommodations at any time; however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for
every semester and must meet with each faculty member prior to implementation in each class. For additional information see the ODA website at disability.unt.edu.

UNT Emergency Notification & Procedures

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

UNT Retention of Student Records

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student's records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University's policy. See UNT Policy 10.10, Records Management and Retention for additional information.

University Acceptable Student Behavior Policy

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including University and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at deanofstudents.unt.edu/conduct.

Access to Information - Eagle Connect

Students’ access point for business and academic services at UNT is located at: my.unt.edu. All official communication from the University will be delivered to a student’s Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward e-mail: eagleconnect.unt.edu/

Student Evaluation Administration Dates

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be
made available during weeks 13, 14 and 15 [insert administration dates] of the long semesters to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey, they will receive a confirmation email that the survey has been submitted. For additional information, please visit the SPOT website at http://spot.unt.edu/ or email spot@unt.edu.

Sexual Assault Prevention

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct, including sexual harassment, sexual assault, domestic violence, dating violence, and stalking. Federal laws (Title IX and the Violence Against Women Act) and UNT policies prohibit discrimination on the basis of sex, and therefore prohibit sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking, and/or sexual assault, there are campus resources available to provide support and assistance. UNT’s Survivor Advocates can assist a student who has been impacted by violence by filing protective orders, completing crime victim’s compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change where appropriate, and connecting students to other resources available both on and off campus. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565-2648. Additionally, alleged sexual misconduct can be non-confidentially reported to the Title IX Coordinator at oeo@unt.edu or at (940) 565 2759.