ADDS 4375 – Addiction Counseling & Groups
3.0 Credit Hours
Pre-requisite: ADDS 4175

Course Description

Principles and practice for the most common form of addictions treatment offered today. Explores methods of dealing with substance use disorder issues in individual sessions and a group, which offers opportunities to apply skills in class setting.

This course is heavily experiential, with instruction delivered through lectures and applied through practice. ADDS 4375 will provide opportunities for intrapersonal and interpersonal exploration and contribute to strength and facilitation skill building.

Learning Objectives

1. Review the stages of a group.
2. Apply techniques in opening and closing individual and group sessions.
3. Demonstrate the use of skills, such as: open ended questions, active listening, paraverbal communication, healthy body language, silence, redirecting, encouragers, reflection, summarizing, self-disclosure, and empathy.
4. Avoid use of harmful behaviors, such as: interrupting, facilitator-focused groups, fixing problems, personal belief-based advice, use of absolutes, and rigidity.
5. Understand how past experiences can be worked with in the present.
6. Discuss personal and professional strengths and areas needing continued growth.
7. Identify the roles and expectations of participants at the various stages of a group.
8. Discuss how clinicians effectively work with issues of diversity in a group.
9. Discuss the importance of building a climate of trust.
10. Discuss ways to formulate an agenda for a group session.
11. Apply specific skills that help clients formulate personal goals.

Recommended Materials for those planning to become LCDC


Grading

Facilitation & Related Work - 25%
Attendance - 20%
In Class Activities - 20%
Final Reflection - 20%
Other Assignments – 15%
A: 90-100% (Outstanding, excellent work. The student performs well above the minimum criteria.)
B: 80-89% (Good, impressive work. The student performs above the minimum criteria.)
C: 70-79% (Solid, college-level work. 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.)

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

Instructor

Professor Heller Garland has worked in treatment and education as an addiction professional for over 30-years. She served as President of the Dallas Chapter and Texas state board for the Texas Association of Addiction Professionals (TAAP), and on the board for NAADAC, the National Association for Addiction Professionals. She provides training and support to others in the helping profession, a passion she has nurtured since she was an intern.

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 and serves as Coordinator of the Addiction Studies program. She devotes time to the UNT Recovery to Practice initiative and serves as Faculty Advisor to Eagle Peer Recovery at UNT. Paula co-hosts Life, Lived Better, a lifestyle podcast about living well - body, mind, and spirit.

Heller Garland is an inductee of the Texas Counselor Hall of Fame, an award recognizing extended years of significant contributions to the addiction profession and TAAP. This award is not presented every year but when a worthy candidate is presented that meets the full spirit of the award.

In her free time, she enjoys traveling, cooking, writing, spending time with her family and their dachshund.

Email: Paula.Heller-Garland@unt.edu

Office Hours

Wednesday, 10:00 AM - 1:00 PM.
Other times and days are available Monday through Friday.
In-person and virtual availability.
An appointment is recommended.

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 their 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 thirty years of clinical experience. It is my experience that students and interns taught to exceed minimum requirements make exceptional and job ready candidates.

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.
Course Policies

Assignments
Assignments are found on the Course Schedule and details for each assignment can be found on Canvas with each assignment. Follow directions carefully to ensure fulfillment of assignment criteria. Following the directions for assignment criteria, is a demonstration of professional readiness. Format and content are equally as important and weighted in value in course assignments.

ADDS 4375 Assignments are often experiential in nature. You will be provided a rubric or assignment details with criteria to use as a checklist. Purely experiential activities in class are subjective, therefore, most are graded on participation rather than mastery.

Writing Quality
Writing submissions should reflect that of a college senior. 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.

Grade Disputes
Email instructor within 7-days of receiving a grade you desire to dispute. A meeting will be arranged between you and the instructor. Please provide rationale and plan to provide evidence that your assignment submission met the assignment requirements. 7-days after a grade has posted, it is assumed you have no dispute, and the grade will stand.

Late Work/Extra Credit
Work turned in after the due date and time is considered late, unless the student has an absence meeting university excused absence polices. Late Work is automatically deducted points:
- 50% - Work received within 24-hours of the due date and time
- 75% - Work received within 48-hours of the due date and time

Work turned in after 48-hours will not be accepted.

There are no extra credit opportunities or make up work in this course. Please do not ask for an exception. In-class assignments missed due to an unexcused absence cannot be replicated.

Participation and Attentiveness
This course requires flexibility of being able to be attentive to lectures, instructions, and other information conveyed by the course instructor as well as interacting with your classmates. It can be difficult to move from engrossed verbal interactions between classmates within small groups back to being an attentive and engaged listener but will be necessary. If you find you are unable to disengage from conversation with your smaller group and give your full attention to the instructor, please leave the classroom to finish your conversation in the hallway.

UNT Student Attendance and Authorization Absences Policy
Please review UNT Policy Number 06.039 to determine if missed class or assignment submission meets UNT policy standards before emailing the instructor to ask for this modification.

Photography
Photographs may be taken throughout the semester by the instructor in this course. Photos may be used in department postings on social media or bulletin boards. Any other items intended for public display will be conveyed to you at the time of activity. Names are typically not used with such posts.
Response Time

Grading - 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.

Email Response - Email sent Monday – Friday, during normal business hours will be returned within 48-hours. Email sent on weekends, holidays, or after normal business hours will be returned within 48-hours of normal business hours resuming.

Citizenship
Interaction and exchange of ideas with people dissimilar to us is paramount to growth. Student interaction throughout this course is encouraged and expected. 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
Students must have minimum technical skills and the ability to reach out to technical support, when needed. Necessary skills include:
- 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
- Creating, uploading, downloading video
- Ability to upload video to YouTube, set to private, and submit link in assignment

Technical Assistance and Support
Help Desk: 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
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.

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.

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

UNT Academic Integrity
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.

Accommodations for Students with Disabilities
The Department of Rehabilitation and Health Services is committed to full academic access for all qualified students, including those with disabilities. In keeping with this commitment and in order to facilitate equality of educational access, faculty members in the department will make reasonable accommodations for qualified students with a disability, such as appropriate adjustments to the classroom environment and the teaching, testing, or learning methodologies when doing so does not fundamentally alter the course.

If you have a disability, it is your responsibility to obtain verifying information from the Office of Disability Accommodation (ODA) and to inform me of your need for an accommodation. Requests for accommodation must be given to me no later than the first week of classes for students registered with the ODA as of the beginning of the current semester. If you register with the ODA after the first week of classes, your accommodation requests will be considered after this deadline.

Emergency Notifications and 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.

UNT Acceptable Student Behavior
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.

**Syllabus Change Policy**

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary. The instructor has the right to adjust the syllabus and course schedule at any time during the semester.