RHAB 4175, 3-hours
Online
Pre-requisite: RHAB 4075 or RHAB 3975

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.

Learning 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

Mrs. Kobylnski is a Licensed Professional Counselor (LPC) and Licensed Chemical Dependency Counselor (LCDC) as well as the Assistant Clinical Director at Chapter House Counseling Center where she specializes in clients with substance use disorder and co-occurring disorders. She has a master’s degrees in Professional Counseling and Marriage and Family Therapy through Amberton University.

Mrs. Kobylnski is EMDR trained (Eye Movement Desensitization and Reprocessing) and treats clients from an Eclectic, Trauma-Informed theoretical standpoint. She has written curriculum for
Intensive Outpatient Therapeutic Programming as well as contributed to professional blogs. In the classroom, she is focused on helping students not only understand content but also how it plays into real life case management and planning. She is passionate about young professionals and helping them find their niche.

In her spare time, Mrs. Kobylinski enjoys hanging out with her husband and dogs, reading everything she can get her hands on, Netflix and Amazon Prime, and enneagram work.

Grading and Assignments

Listed in alphabetical order

Book Club – A Book Club is a group of individuals reading and discussing the same book. Students in this course will be placed into cohorts to read and discuss Viktor Frankl's Man’s Search for Meaning. Frankl, a psychiatrist and neurologist, is one of the most notable contributors to Existential Theory. As a prisoner of war in a Nazi concentration camp during World War II, Frankl provides unique insight into the application of this counseling theory. Students showing proficiency on this assignment will demonstrate marketable skills including critical thinking, teamwork, and written communication.

Book Review – Each student will individually write a review and summary of Man’s Search for Meaning. Students showing proficiency on this assignment will demonstrate the marketable skill of written communication.

Counseling Theory Paper – In lieu of a Final Exam you will conclude the semester by writing about one of the counseling theories discussed in this course and an example of its application. Students showing proficiency on this assignment will demonstrate marketable skills including critical thinking, informal research, and written communication.

Quiz – Quizzes will be used as an exercise to review course content.

Theory Application Activities – Throughout the semester you will engage in therapeutic activities as they relate to various counseling theories discussed in the course. This will provide insight into how to use the theories with a client. Film summaries, Genograms, and Worksheets are examples of possible activities. Students showing proficiency on this assignment will demonstrate the marketable skill of critical thinking.

Grading
20% - Quiz
25% - Book Club & Review
25% - Theory Application Activities
30% - Counseling Theory Paper

Final Grade
• 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
.04 and below are not rounded up.

Grades will only be discussed in private.

Students with questions about grades must inquire within 10-days of grade being posted.
Grades stand 11-days after being posted.

Assignment details can be found on Canvas.

Late Work, Extra Credit & Makeup Work

Work received after the time/date due will be accepted for 24-hours with a 50% deduction of final grade.

Work is not accepted after the 24-hour grace period. The only exception to this policy is a serious medical issue accompanied by a doctor’s note.

This course does not offer extra credit or make up work.

Citizenship

Student interaction throughout this course is encouraged. However, there will be no tolerance for name-calling, condemnation, or other forms of aggression. The instructor expects students to abide by the Core Rules of Netiquette online.

Technical Requirements

Students in this course must:

• Have ongoing access to internet
• Have access to a computer
• Be or become familiar with Canvas
• Be or become familiar with PowerPoint and Word
• Be able to create and attach jpegs

Technical Assistance

UIT 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 at:
Email: helpdesk@unt.edu
Phone: 940.565-2324
In Person: Sage Hall, Room 130

Canvas technical requirements: https://clear.unt.edu/supported-technologies/canvas/requirements

Communication with Instructor

Email is the preferred method of communication. Use your UNT email address. Indicate course number in subject line. Instructor will respond to email within 24 – 48 hours.

Syllabus Change Policy

The instructor reserves the right to amend syllabus when the need may arise.

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.

Student Academic 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

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.

Important UNT Policies

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.

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.

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 obtained online.

Access to Information - Eagle Connect

Students’ access point for business and academic services at UNT is located at: my.unt.edu (Links to an external site.). 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.

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/ (Links to an external site.) 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.