Carolyn Sinclair is the Director of Care and Counseling at McLean Presbyterian Church. She is a licensed professional counselor as well as a certified sexual addiction therapist. She received her doctorate from Gordon Conwell Seminary in Marriage and Family Counseling. She is also an adjunct professor at two other seminaries teaching on human sexuality and pastoral counseling as well as teaching at the FBI training academy on sexual addiction.

**Course Description:**

This course will cover the different types of addictions, their impact on the individual as well as the family. At the end of this course the student will be able to conceptualize the problem of addiction as well as the different models of counseling. Students will understand an integrated approach to recovery that includes the physical, emotional and spiritual areas.

**Course Objectives:**

At the end of this course you should be able to:

1) Understand the problem of addiction including signs and symptoms as well as methods of assessment.
2) Development of self awareness of own propensity toward addictive behaviors
3) Develop and integrated model for understanding addiction using current resources as well as the Scriptures.
4) Develop knowledge and understanding of treatment resources in the community for clients with addiction.

**Course Requirements:**

Attendance is mandatory for all four days of class. A part of the required reading is to be completed before intensives begin, part during class and the rest before the end of the semester. The final grade will be an average of the completed reading, reflection paper, attendance at a 12 step meeting, class participation, and your presentation. Missing class hours may result in the loss of a letter grade.

**Reading:** Students are to complete all the required reading by the end of the semester. The Last Addiction should be read prior to the first day of class. The Biology of Addiction should be read by June 24. Additional reading must be completed by the end of
the semester. At the end of the semester students will submit on the form provided that they have completed all the reading.

12-step meeting: Students are required to attend one 12-step meeting and write a brief (1-2 paragraph) evaluation of what the experience was like for them. This is due by Aug. 1.

30 minute class presentation: Students will present a 30 minute teaching session to the class on any non-substance addiction. Students may present by themselves or with a classmate(s). The information you share should include not only a description of the addiction but suggested interventions as well. Be prepared to give each member of the class handout(s) at the time you make the presentation which should include resources. Topics to choose from: gambling, shopping, shoplifting, sex, pornography, work, food, self-mutilation, relationships, internet, video gaming, etc.

Paper: A two-page reflection paper addressing the evidence, energy, or experience of addiction and personal assumptions about addiction (from class discussion, 12-step meeting, and reading). Due: July 20, 2016

Course Policies:

1) Grading Policy:
   a. Attend a 12-step group 5 points
   b. Assigned reading 10 points
   30 Minute Presentation 20 points
   Reflection Paper 20 points
   Class Participation 45 points

2) Grading Scale:
   A (97-100) 4.00
   A- (94-96) 3.66
   B+ (91-93) 3.33
   B (88-90) 3.00
   B- (86-87) 2.66
   C+ (83-85) 2.33
   C (80-82) 2.00
   C- (78-79) 1.66
   D+ (75-77) 1.33
   D (72-74) 1.00
   D- (70-71) 0.66
   F (below 70) 0.00
3) All papers are to be typed and double spaced. Turabian eighth edition guidelines are required for all papers.

4) No late papers accepted.

**Required Reading:**

The Biology of Desire: Why Addiction is Not A Disease, Marc Lewis, Ph.D., ISBN: 978-1610394376


The Last Addiction: Why Self-Help is Not Enough, Sharon Hersh, M.A., LPC, ISBN: 978-0877882039

**Students will choose one of the following memoirs (required):**

A House Interrupted: A Wife’s Story of Recovery from her Husbands Sex Addiction, Maurita Corcoran. ISBN: 978-0982650585


Holy Hunger, Margaret Bullitt-Jonas, ISBN: 978-0375700873


**Additional resources:**

- The National Institute of Drug Abuse website and view the resources for Medical and Health Professionals at [http://www.nida.nih.gov](http://www.nida.nih.gov)
- The ASAM-PPC-2 (American Society of Addiction Medicine Patient Placement Criteria for the Treatment of Substance-Related Disorders) (2nd edition) criteria at
• SAMHSA’s resources for providers to view Screening/Brief Intervention/Referral/and Treatment (SBIRT) which is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders, at http://samhsa.gov/
• The Substance Abuse Mental Health Services Administration website and view the Treatment Intervention Protocols at http://www.kap.samhsa.gov/products/manuals/tips/
• The Drinker’s Checkup website at http://www.drinkerscheckup.com/
• The National Registry of Evidence-Based Programs and Practices at http://www.nrepp.samhsa.gov/help-start.htm
• The Quitline at http://www.quitline.com/
• The AA website at http://www.alcoholics-anonymous.org/?Media=PlayFlash
• The Big Book online at http://www.aa.org/bigbookonline/
• The websites for AlAnon and Al Ateen at http://www.al-anon.alateen.org/
• The websites for Narcotics Anonymous (http://www.na.org/) and Cocaine Anonymous (http://www.ca.org/)
• The website for Overeaters Anonymous at https://www.oa.org/
• The website for Co-dependents Anonymous at http://www.codependents.org/
• The National Coalition against Legalized Gambling at http://www.ncalg.org/ and Gamblers Anonymous at http://www.gamblersanonymous.org/
• The website for Shoplifters Anonymous at http://www.shopliftersanonymous.com/
• The website for Shopaholics Anonymous at www.shopaholicsanonymous.org
• The website for Workaholics Anonymous at http://www.workaholics-anonymous.org/

Additional reading resources:

Cyber Junkie, Kevin Roberts, ISBN: 978-1592859481