

Addiction and Recovery

CL 674

Thursday: 1:30 -4:45

Classroom B

Course Description

This course is an introduction to the historical, cultural and ecclesiastical attitudes towards the phenomenon of addiction. Consideration will be given to the etiology, symptomatology, intervention and prevention of addiction. Special consideration will be given to the theological and pastoral implications of addiction and the 12 step program of recovery as well as the role that the church and its ministry might play in addressing the issue of addiction.

Course Objectives

- A. To become aware of the ecclesiastical, social and personal attitudes we bring to the topic of addiction which will affect our ministry with the afflicted and affected.
- B. To develop a theological understanding of addiction and the nature of effective ministry.
- C. To gain an understanding of the dynamics of addiction as it affects society, church, families and individuals.
- D. To gain insight regarding the intervention and recovery process from a pastoral perspective.
- E. To gain an understanding and appreciation of the theology and purpose of the Twelve Step program of recovery.

Course Texts

Clinebell, Howard J., Jr. *Understanding and Counseling Persons With Alcohol, Drug and Behavioral Addictions*. Nashville: Abingdon Press.
Alcoholics Anonymous. New York: A.A. World Wide Services
Nelson, James. *Thirst*. Louisville: Westminster/John Knox Publishers, 2004.
Woititz, Janet. *Adult Children of Alcoholics*. Hollywood, FL: Health Services Communications, Inc.

Possible Suggested Books for the "Book of your Choice" assignment:

Albers, R. *Shame: A Faith Perspective*. New York: Haworth Press.
Booth, L. *When God Becomes A Drug*. Los Angeles: Tarcher Publications.
Johnson, Vernon. *I'll Quit Tomorrow*. San Francisco: Harper & Row.
May, G. *Addiction and Grace*. San Francisco: Harper & Row.
Mercadante, Linda. *Victims and Sinners*. Louisville, Westminster/John Knox Press
Moyers, William Cope. *Broken*. New York: Viking Press, 2006.

Twelve Steps and Twelve Traditions. New York: A.A. World Services Inc.
 Wainwright, Andrew and Robert Poznanovich. *It's Not Okay to be a Cannibal*.
 Center City, Hazelden Press, 2007.
 Wegscheider, S. *Another Chance: Help and Hope for Alcoholic Families*. Palo Alto:
 Science and Behavior Press.

Course Bibliography (Separate handout)

Course Requirements

- A. Attendance at scheduled classes with reading and involvement for the evening's topic.
- B. Personal Paper – “Impact of Addiction” **Due: September 23**
- C. Critical reviews of the following:
- | | |
|---|-------------------------|
| 1. Woititz: ADULT CHILDREN OF ALCOHOLICS. | Due: October 7 |
| 2. Big Book of ALCOHOLICS ANONYMOUS | Due: October 21 |
| 3. Book of your Choice | Due: November 11 |
- D. Attendance at an Open Meeting of any 12-step group **Due: December 2**
- E.. **ONE** of the following projects:
1. PERSONAL/PROFESSIONAL GROWTH PROJECT
 This project is for students in the class who either suffer from an addiction or have significant others in their lives who suffer from addiction. This project involves attending **at least four** 12 Step Meetings during the course of the semester. A reflection paper (5-7 pages double spaced) should follow this experience which reports your theological, professional, pastoral and especially personal learning.
 2. STEP PROJECT (Two Parts)
 - a. A paper (5 pages double spaced) that presents your reflections on the 12 steps giving particular attention to the nature of the spirituality it fosters and the theology it represents.
 - b. Completion of a 4th and 5th step inventory for yourself. Add a brief paragraph to your paper that briefly describes what ***the process was like for you, not the content!***
 3. EDUCATIONAL PROJECT
 Develop an educational project for a congregation on the topic of addiction or one of the addictions dealt with in class. Project should include:
 - a. a description of the congregation for whom you are writing the project and the way you would inform them of this educational opportunity.
 - b. indicate what age group you are targeting and why you chose this age group.
 - c. outline each of the presentations in detail providing a rationale, method,

content and approach to the subject. For a complete project there should be **no less than four sessions**.

d. indicate what kind of evaluative follow-up you would use for the project.

4. RESEARCH PROJECT (12-15 pages, double spaced)

This is to be a research paper dealing with one of the topics on the attached sheet. Another topic of concern or interest to you may be selected if you consult with the instructor. The paper should reflect sound research, careful and creative thinking concerning the subject. Pay particular attention in your research to the theological and pastoral implications of the subject you have chosen. The paper should represent what you feel are the salient issues in your search.

Final Project

Due: December 21

COURSE SCHEDULE

September 16 Orientation and introduction to the course. Introductory exercises and video, GUIDELINES with discussion following.

September 23 ADDICTION: AN UNSANCTIONED ILLNESS

Biblical and theological rationale for ministry with those afflicted and affected. The role of ‘disgrace shame’ associated with this illness and other “unsanctioned illnesses.”

REQUIRED READING: Clinebell, Chapter 1

DUE: Personal Paper : “Impact of Addiction on my Life”

September 30 ADDICTION: ETIOLOGY AND THEOLOGY

Consideration of the substance/behavior as solution for the dependent person. Etiological theories of addiction will be examined and discussed.

REQUIRED READING: Clinebell, Chapters 2-3

October 7 ADDICTION: SOCIAL AND FAMILIAL IMPLICATIONS

Addiction is a social disease with social implications for the households of society as well as for the church and community. Implications of communal reaction and action will be discussed. The issue of enabling and codependency will be highlighted.

REQUIRED READING: Clinebell, Chapter 14

DUE: Review of Woititz Book

October 14

ADDICTION: PROFILE OF AN ADDICT

The dynamics of a “lifestyle” and how one recognizes the illness as well as how one appropriates an understanding of the illness theologically and sociologically. The intervention process will be noted with special attention given to the pastoral care role.
REQUIRED READING: Clinebell, Chapter 6 and 7

ADDICTION: INTERVENTION AND TREATMENT

The intervention process will be noted with special attention given to the role of the pastoral care giver in this setting. More specific attention to 12 step issues will be discussed.
REQUIRED READING:
 Clinebell, Chapters – 8-9

October 21

ADDICTION: TWELVE STEP GROUPS AND RECOVERY

The history, development and implications of twelve step groups a related to recovery. An in-depth look at “how and why it works” for the afflicted and the affected.
REQUIRED READING: Big Book of AA

DUE:**Review of Alcoholics Anonymous, pages 1-164**

October 28

No Class – Reading Week

November 4

AN EVENING OF RECOVERY! Addicts will share their experience, strength and hope and indicate what it was like, what happened and what it is like now. Come prepared with questions to pose.

November 11

Introduction to Behavioral Addictions

The concern for addictive or obsessive compulsive behavior not related to substance abuse is likewise an important concern for ministry. An introduction to the nature and extent of these addictions will be addressed.

REQUIRED READING: Clinebell, Chapter 4**DUE:****Book of Your Choice**

- November 18 ADDICTION: GAMBLING
- One of the fastest growing forms of behavioral addiction is gambling, particularly so since its legalization in so many states. A special presentation related to gambling will be featured.
REQUIRED READING: Clinebell, chapter 4
- November 25 **No Class – Thanksgiving Holiday!**
- December 2 ADDICTION: WORK
- The phenomenon of “burn out” or “compassion fatigue” is often a result of work addiction that precludes a healthy lifestyle and self-care. Signs, symptoms and treatment of work addiction will be discussed.
REQUIRED READING: Clinebell, chapters 11-13
- DUE:** **Reflection on an Open Meeting**
- December 9 ADDICTION: SEXUAL ADDICTION AND EXPLOITATION
- A presentation on the implications and power issues of sex addiction and sexual exploitation will be presented by the ASK ministry initiative in Minneapolis.
REQUIRED READING: Clinebell, chapter 10
- December 16 ADDICTION: FOOD
- The dynamics of eating disorders as well as the obsessive Compulsive nature of over-eating will be discussed.
REQUIRED READING: Clinebell, chap. 4
- December 21 ADDICTION: PREVENTION MINISTRY
MONDAY
- Interrupting addictive behavior is not sufficient in and of itself. Insuring sobriety/abstinence with serenity is what constitutes follow-up ministry after treatment. The avenues open for doing prevention will be considered. Special presentation on 5th step ministry.
REQUIRED READING: Clinebell, chapter 15

Course Evaluation and Grading

There will be no exams in this course. The final grade will be determined by:

- A. Attendance and participation in class. Evidence of having read the assignment for the announced topic. **More than two unexcused absences results in failure for the course.**
- B. Quality of written reviews of assigned books.
- C. Quality of the final project.

Professor: Robert H. Albers

Office: McMillan # 224
Office Phone: (651) 255-6133
E-Mail: balbers@unitedseminary.edu

Office Hours: Monday: 10:30 – 12:00
Wednesday: 10:30 – 12:00 (except third Wed. of the month)
Thursday: 9:00 - 11:30
Other Times by Special Appointment