

# Addiction and Recovery

**CL 674**

Fall, 2008-2009

United Theological Seminary

Monday Evening

Room C

6:00 – 9:15 p.m.

## 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, treatment and after care of those afflicted and affected by addiction. The concern for possible prevention strategies with the faith community will be addressed. Special consideration will be given to the pastoral and theological implications of addiction and the 12 step program of recovery as well as the role of the church and its ministry in this arena of pastoral care.

## Course Texts

Clinebell, Howard J., Jr. *Understanding and Counseling Persons With Alcohol, Drug And Behavioral Addictions*. Nashville: Abingdon Press.

Woititz, Janet. *Adult Children of Alcoholics*. Hollywood, FL: Health Services Communications, Inc.

*Alcoholics Anonymous*. New York: A.A. World Wide Services.

*Twelve Steps and Twelve Traditions*. New York: A.A. World Wide Services.

Recommended Texts (Choose ***one*** of the following for review **OR** outline)

Albers, R. *Shame: A Faith Perspective*. New York: Haworth Press.

Booth, L. *When God Becomes a Drug*. Los Angeles: Tarcher Publications.

Hansen, P. *Sick and Tired of Being Sick and Tired*. Lake Mills, IA: Graphic Pub.

Johnson, V. *I'll Quit Tomorrow*. San Francisco: Harper and Row.

May, G. *Addiction and Grace*. San Francisco: Harper and Row.

Mercadante, Linda. *Victims and Sinners*. Louisville: Westminster/John Knox

Moyers, William Cope. *Broken: My Story of Addiction and Redemption*. New York: Viking Press.

Nelson, James. *Thirst: God and the Alcoholic Experience*. Louisville: Westminster/John Knox Publishers.

Wainwright, Andrew and Robert Poznanovich. *It's Not Okay to be a Cannibal*. Center City, MN: Hazelden Press, 2007.

Wegscheider, S. *Another Chance: Help and Hope for Alcoholic Families*. Palo Alto:

Science and Behavior Press.

## Course Objectives

- A. To become aware of the ecclesiastical, social and personal attitudes we bring to the topic of addiction that will affect our ministry with the afflicted and the affected.
- B. To develop a biblical and theological understanding of addiction as it comes to expression in the life of the individual and her/his significant relationships.
- C. To gain an understanding of the etiology and dynamics of addiction as it affects society, the church, households and individuals.
- D. To gain insight regarding the intervention and recovery process from addiction from a pastoral perspective.
- E. To develop and understanding of the 12 step process of recovery and its implications for ministry.
- F. To gain an awareness of the multiple experiences involved in behavioral addictions.
- G. To strategize regarding a ministry of prevention in the context of our culture and in our varying faith communities

## Course Bibliography (Separate Handout)

## Course Requirements

- A. Attendance at scheduled classes having read the assigned readings for the evening's topic.
- B. Reflection Paper: **My Personal Experiences With Addiction.**  
(2-3 pages double spaced reflecting your attitudes and feelings about addiction)
- C. Outline **OR** reviews of the following: (2 pages double spaced)
  - 1. Woititz, *Adult Children of Alcoholics*.
  - 2. *Alcoholics Anonymous* (**pp. 1-164**) You may read further if you choose!
  - 3. Book of your choice: Preferably from the Recommended List
- D. Attendance at **AN "OPEN MEETING"** of A.A. or Alanon
- 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 a minimum of five 12 step meetings during the course of the semester. (These may be Al-Anon, ACoA or some other 12 step support group for those who are afflicted or affected by addiction.)

**A REFLECTION PAPER** (5-7 pages doubled spaced) constitutes the final paper that shares your insights and learning from a **theological, professional, personal and pastoral perspective**.

## 2. STEP PROJECT – TWO PARTS TO THE PROJECT

- a. Part I – A paper (5-7 pages doubled spaced) that presents your reflections on the 12 steps of recovery giving particular attention to the nature of the spirituality it fosters and the theology it represents.
- b. Part II – Completion of a *4<sup>th</sup>/5<sup>th</sup> Step* inventory for yourself. Forms are available from the instructor to guide you in the process. Add a brief paragraph at the end of your paper AFTER YOU HAVE DONE YOUR FIFTH STEP PREFERABLY WITH A CLERGY PERSON, that succinctly *describes the process and how you felt*. The paragraph is NOT to include content of the step, only a reflection on the experience of DOING the fourth and fifth step.

## 3. EDUCATIONAL PROJECT

Develop an educational project of a congregation on the topic of addiction or one of the specific addictions noted in class. The project should include the following parts:

- a. A description of the congregation for whom you are writing the project and the way in which you would inform the parish of this educational opportunity.
- b. Indicate the age group you are targeting and why you chose this age group. If you wish to write an *intergenerational curriculum*, that is viable option.
- c. Write up the presentations as you would teach them providing rationale, method, content and approach to the subject. For a complete project there should be at least four sessions in the curriculum, more if you so choose.
- d. Indicate what kind of evaluative follow-up you would use for the project.

## 4. CREATIVE ART PROJECT

If you are disposed to create an art project that focuses on issues of addiction, you are encouraged to do that. The “write up of the project” should include why you chose this particular medium of expression. How might you use this art project in the context of ministry? What benefits would accrue to you and

to those viewing the art project in terms of providing a greater understanding of addiction and recovery.

## 5. RESEARCH PROJECT

The research paper should deal with some aspect of addiction that you would like to learn more about in preparation for ministry. The paper should reflect sound research with documentation, careful and creative thinking concerning the subject matter you have chosen. Pay particular attention in your research and in drawing conclusions to the theological and pastoral implications of the research. The paper should lift up the salient features of your research topic. **(If anyone in the class is a graduate student, the research paper is required!)**

### DUE DATES FOR PAPERS:

September 16	Personal Reflection Paper
September 23	Woititz Review/Outline
October 14	Book of YOUR choice Review/Outline
November 4	Alcoholics Anonymous Review/Outline
November 18	Open Meeting Reflection Paper
December 9	Final Papers/Projects

**ALL PAPERS are to be 2-3 pages double spaced, except for the final paper. The final paper should be NO LONGER than 10 pages!**

## COURSE SCHEDULE

September 9	Introduction to the course, the syllabus, requirements and expectations. Attention will be given to the impact of household, church and society in the development of attitudes, myths and prejudices that accompany the phenomenon of addiction.
September 16	Introduction to and discussion of the biblical and theological issues relevant to ministry with those afflicted and affected by addiction. The significance of pastoral ministry in the congregational context will be addressed and discussed. <i>Required Reading: Clinbell, chap. 1 and chap. 6</i> <b><i>Due: Personal Reflection Paper – Experience with Addiction</i></b>
September 23	Investigation of the etiological theories of addiction. The impact of these varying perspectives and the implications of each have

relevance for how we read and interpret data and in turn how we minister to individuals and households.

*Required Reading: Clinbell chap. 2*

*Woititz, Adult Children of Alcoholics*

***Due: Review/Outline of Woititz's book, Adult Children...***

- September 30      Review of the basic categories of mood altering substances, their physical, emotional, pharmacological and spiritual impact on the user. A film on medical aspects of mind/mood altering drugs will be show and discussed.  
*Required reading: Clinebell, chap. 3*
- October 7          The implications of addiction for those affected in the household. An overview of family systems theory as it relates to addiction will be reviewed with particular attention given to the impact of addiction on children.  
*Required Reading: Clinebell, chaps 9, 10 and 11*
- October 14        The phenomenon of “codependence,” its definition, description and importance in understanding addiction and in ministering to those affected by addiction. The film, “The Enablers” will be shown and discussed as a case study for the class. Attention will be given to the “traps” of codependence for those doing ministry.  
*Required Reading: Clinebell, chap. 14*  
***Due: Review/Outline of your book of choice!***
- October 21            NO CLASS – READING WEEK***
- October 28        Breaking the cycle of addiction through intervention. How does one interrupt the downward spiral before the addict is completely destitute? The film, “Intervention” will be used as a visual case study and follow-up to the last class discussion. The pastoral role in the intervention process will be discussed.  
*Required reading: Clinebell, chap. 5*
- November 4        Treatment and After-Care of those afflicted and affected by addiction with particular attention given to the 12 step programs

for each person involved. The history of the 12 step program and its design for living will be considered.

*Required reading: Clinebell, chap. 23*

*Alcoholics Anonymous (pp. 1-164)*

***Due: Review/Outline of Alcoholics Anonymous***

- November 11      A thorough discussion of the twelve steps and twelve traditions of the recovery program and their interface with theology and the practice of ministry will be presented. Issues of “relapse” and its implications for those afflicted and affected will be noted.  
*Required reading: Clinebell, chap. 7 and chap. 8*  
*Recommended Reading: Twelve Steps and Twelve Traditions*
- November 18      The awareness and explosion of “behavioral” or “process” addictions. An introduction to the more prominent behavioral addictions and their concomitant manifestations will be considered.  
*Required reading: Clinebell, chap. 4*  
***Due: Reflection Paper on an “Open” Twelve Step Meeting***
- November 25      One of the fastest growing addictions is that of “GAMBLING,” particularly in the state of Minnesota. A guest speaker will come to share insights relative to this phenomenon in our society and the role of the church in dealing with this addiction.  
*No required reading*
- December 2      A panel of “recovering people” will share their experience, strength and hope relative to their own dealing with addiction. They will share what it was like, what happened and what it is like now.  
*No required reading!*
- December 9      Attention will be given to issues of “prevention” of addiction in our society and the role of the faith community in that process. A wrap up of course concerns and issues.  
*Required reading: Clinbell, chap. 13 and chap. 15*  
***Due: Final Papers or Projects for the Course***

## 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 each week. Evidence of having read the assigned readings for the announced topics.
- B. Quality of written reviews/outlines of assigned books.
- C. Quality of the reflection paper on the “open” twelve step meeting.
- D. Quality of the final project.

Professor: Robert H. Albers, Ph.D.  
Visiting Professor of Pastoral Care  
Office #224  
Office Phone: (651) 255-6133  
E-mail: [balbers@unitedsem.edu](mailto:balbers@unitedsem.edu)

Office Hours:

Monday: 1:30 – 4:30 p.m.  
Tuesday 10:00 – 11:30 a.m.  
Wednesday 2:00 - 4:00 p.m.

Other appointments by a mutually agreed upon time!