**SCHOOL OF SOCIAL WORK course ####**

**PRINCIPLES OF RECOVERY AND RELAPSE PREVENTION FALL 2004**

**Instructor: XXX** **e-mail: XXX**

**Office: XXX** **Office Phone: XXX**

**Class Meetings: XXX**

**Office Hours: XXX**

**Required Texts:** *In God’s Care-Daily Meditations on Spirituality in Recovery.* Karen Casey. Hazelden Publication. *Passages Through Recovery-An Action Plan for Preventing Relapse.* Terence T. Gorski. Hazelden Publication.

**Course Requirements:** The course will be required for all students in the *Center for Students in Recovery* program. It is open to other students by permission of the instructor. Students should have a strong interest in recovery from addiction or currently working a 12-step or other recovery program.

**Course Description:**

Recovery from addiction is an ongoing process that involves the physical, psychological, social, intellectual, spiritual and cultural aspects of an individual.

*Principles of Recovery and Relapse Prevention* is designed to address the diverse issues that are related to each of these concepts. Emphasis in the course will be given to developing and demonstrating knowledge; skills, values and self-awareness that will help empower each student's understanding of the recovery process. Major themes of the

course include the passages of recovery, relapse prevention principles, relapse warning

signs, the 12-step approach to recovery, spirituality and general wellness concepts. Using a holistic perspective, students will gain insight into recovery principles through exercise, proper nutrition and techniques to help deal with the everyday stressors of life.

**Course Objectives:**

Upon completion of the course students will be able to:

• Discuss and compare the various models and theories of addiction.

• Have a thorough understanding of personal attitudes toward addiction.

• List and discuss the principles of relapse prevention.

• Identify relapse warning signs.

• Demonstrate an understanding of the various stages of recovery.

• Evaluate personal environmental, physiological and psychosocial obstacles in recovery.

• Discuss and apply various methods to help overcome obstacles that hinder recovery.

• Discuss and demonstrate the positive correlation between exercise, nutrition, stress reduction and the recovery process.

• Discuss the importance of spirituality in recovery.

**Course Regulations:**

***Attendance***

• Regular attendance is expected and will be taken each day.

• Students with 2 absences without prior notification of excuse and/or students with excessive absences (3) will be advised to drop.

• Students with no absences between each test will be eligible to participate in the bonus and extra credit questions associated with each test.

• Students who must be absent on a day that an assignment is due or on test day should call or email as soon as possible.

• Attendance includes promptness. Class will begin at **XXX**.

• ***ALL ABSENCES* will be assessed and treated equally. There is no excused absence.**

***Email policy***

Assignments will ***NOT*** be taken via email unless ***PRIOR*** arrangements have been

made!!

**Course Requirements and Grading System:**

1. Class participation (based on active class participation, 06%

class discussions, completion of in class assignments, questionnaires and class support)

2. Assignments:

Assignment 1 Victim’s impact panel 05% Assignment 2 Personal Philosophy 07% Assignment 3 Affirmation readings 05% Assignment 4 Journal 10% Assignment 5 Celebration of Recovery 07%

3. Tests

Test I 20% Test II 20%

4. Final Exam 20%

5. Total 100%

Please note:

*Any student with a documented disability (physical or cognitive) who requires academic accommodations should contact the Services for Students with Disabilities area of the Office of the Dean of Students at* **XXX** *as soon as possible to request an official letter outlining authorized accommodations.*

**Assignment 1: Victim’s Impact Panel**

During the semester you will schedule a specific time to visit the *Victim’s Impact Panel* that meets at the Criminal Justice Center-Blackwell Thurman Building, 11th and San Antonio, 9th floor 331st Court. Sign ups, specific instructions and directions will be completed in class. When you have completed the meeting a certificate will be issued. Turn in a copy of the certificate for credit. Assignment due: **XXX**

**Assignment 2: Personal Philosophy**

The goal of this assignment is to help you assess your personal thoughts, feelings and beliefs about addiction and recovery. A list of questions will be given out in class to help

guide you through the process. Papers are to be typed and grammatically correct. Your

paper should be 1 to 1.5 pages. Please use normal font size (12pt), double space and regular margins. Assignment due: **XXX**

**Assignment 3: Affirmation Readings**

From the book *In God’s Care, Daily Meditations on Spirituality in Recovery* you will be required to read each days meditation. Randomly in class you will be asked to describe

in writing, 2-5 lines the basic concept of the requested reading.

**Assignment 4: Journal**

Throughout the semester you will be asked to keep a journal (5x7 spiral notebook) of various aspects of the class and assignments pertaining to the class. This could include,

“AH-HA” moments, insights from assignments related to the class, and personal life

experiences that relate to the overall goal . The most important aspect of the journal is how the information has affected you. Good questions to ask yourself are; how will this make me a better counselor, social worker or person? How could this impact someone in recovery? What are the positive and negative aspects of this experience? No specific writing format is required. Please use a 5x7 spiral notebook. Date and time each entry.

A minimum of 25 entries (no maximum) will be required for full credit. Assignment

Due: **XXX**

**Assignment 5: Celebration of Recovery Meeting**

You will be required to attend 4 *Celebration of Recovery* meetings. *COR* meets on

Wednesday evenings from 7 to 8pm, School of Social Work, room 2.130. A form will be given to you so that you can validate your attendance at each meeting, make sure to have it signed by the facilitator of the meeting or myself. Assignment due: **XXX**

**TENTATIVE SCHEDULE AND COURSE READINGS**

Assigned readings are to be completed prior to class. Be prepared to answer questions in class that are based on the readings.

Wednesday, **XXX** Introduction to Class-syllabus

Notecards

Definition of Addiction Activity

Monday, **XXX** Theories of Addiction

Principle of connection (card game) Review the 12-steps

Wednesday, **XXX** What is relapse?

7 principles of relapse

Philosophy of addiction assignment

Monday, **XXX** Labor Day!!! Wednesday, **XXX** **Philosophy due**

Philosophy discussion

Continue 7 principles Monday, **XXX** Relapse signs Wednesday, **XXX** Relapse signs Monday, **XXX** Speaker

Wednesday, **XXX** **TEST I**

Monday, **XXX** Review test

Stages of Recovery

**Read:** chapter 1

Wednesday, **XXX** Transition

**Read:** chapter 2

Monday, **XXX** Stabilization

**Read:** chapter 3

Wednesday, **XXX** Early Recovery

**Read:** chapter 4

Monday, **XXX** Middle Recovery

**Read:** chapter 5

Wednesday, **XXX** Late Recovery

**Read:** Chapter 6

Monday, **XXX** Maintenance

**Read:** Chapter 7

Wednesday, **XXX** **Bring Journals**

Open discussion

Monday, **XXX** Speaker

Wednesday, **XXX** **TEST II**

Monday, **XXX** Relationships

**Read:**

Information can be located on Blackboard site

Wednesday, **XXX** Exercise

**Read:**

Information can be located on Blackboard site

Monday, **XXX** Finish exercise- begin nutrition

**Read:**

Information can be located on Blackboard site

Wednesday, **XXX** Nutrition

**Read:**

Information can be located on Blackboard site

Monday, **XXX** Stress Management

**Read:**

Information can be located on Blackboard site

Wednesday, **XXX** Self-Care

**Read:**

Information can be located on Blackboard site

Monday, **XXX** Progressive Relaxation Exercise

Dress comfortably

Wednesday, **XXX** **Journals due** Spirituality **Read:**

Information can be located on Blackboard site

Monday, **XXX** Speaker

Wednesday, **XXX** **COR forms due**

**Last day of class**