

ADDICTIONS

Spring, 2006

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Office Hours: To be announced - posted on door and on my machine.

Texts: Ray, Oakley & Ksir, Charles. DRUGS, SOCIETY, AND HUMAN BEHAVIOR. 11th Ed. Paper. 2003. McGraw-Hill.

Weil, Andrew. THE Natural MIND. 1986. Paper. Houghton Mifflin. (Dr. Pete has copies).

Brochures from the American Statistical Association including: "What is a Survey", "How to Plan a Survey", "How to Collect Survey Data", "Judging the Quality of a Survey", etc. (You may download).

1. COURSE DESCRIPTION

This course is an examination of the history and use of drugs and of addictions including legal and illegal substances, habits and behaviors which may be both healthy and unhealthy. Substance addiction will include stimulants, depressants, over-the-counter and prescription drugs, narcotics, nicotine, caffeine, hallucinogens, marijuana. Eating disorders, work addiction, sexual addiction, sport addiction, etc. will also be examined. This will be accomplished through a variety of teaching methods looking at the various dimensions of health: physical, social, mental, emotional, spiritual/intuitive. Students will design, implement and evaluate a basic drug and health use survey.

2. COURSE GOAL

To become more intellectually, emotionally, spiritually/intuitively knowledgeable of addictions in order to make progressively more healthful life choices both as an

individual and as a community.

3. COURSE OBJECTIVES

After successfully completing the course the student will be able to:

A. Compare and contrast a variety of legal and illegal substances, their major properties, and their patterns of use including their classifications and schedules. (Ray text and class lectures and presentations);

B. Successfully design, implement, and interpret a brief survey instrument. (Am. Statistical Assn. and instructor presentations);

C. Map the patterns of physical and emotional/psychological addiction. (Ray and Weil text);

D. Identify various treatment methods of addictions, rating their appropriateness and matching specific types of treatment to specific addictions. (Ray and Weil text; material presented from local sources);

E. List methods, examples and benefits of natural highs. (Class presentations and demonstration, Weil text);

F. Diagram the interrelationships of various addictions. (All material)

4. METHODS OF EVALUATION

A. Tests: from class material, handouts, text, etc. mid-term	30%
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final	30%
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B. Questionnaire and data analysis	20%
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C. Short reports: AA meeting, film presentations?	10%
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D. Attendance and participation: Included in attendance and	
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participation grade is regular and prompt attendance. The university is a place to share, discuss and debate ideas. Your regular, consistent presence is needed for all to learn. If one misses more than two classes, class participation grade will be reduced by a letter grade for each additional absence. Students are expected to be in class on time, material read, ready to engage. Any student with perfect attendance will have a test grade raised a letter grade.

10%

100%

At the start of each class period, please take that time to ask questions, make comments, schedule appointments, etc. I almost always return tests, etc., the NEXT class period, so please turn in all material when due.

5. Tentative schedule:

- Jan 10 Introduction, syllabus review, first community building exercise.
- Jan 12 Brief review of first class. Drug use game.
Read Ch 1 & 2 Drug use.
- Jan 17 Discuss first three chapters of Ray.
Case histories discussed.
Read Ch 3 Addictions: Theory & Treatment.
- Jan 19 Discuss major epidemiological questions.
Read Ch 4 The Nervous System.
- Jan 24 Briefly review physical reactions of drugs, Begin Mental health overview.
Read Ch 5 The Actions of the Drugs.
- Jan 26 Continue discussion of mental health.
Read Ch 6 Stimulants.
- Jan 31 Stimulation game.
Read Ch 7 Depressants and Inhalants.
- Feb 2 Review classical depression and case histories, particularly with alcohol.
Read Ch 8 Medication for Mental Disorders.
- Feb 7 Review infatuation and love addiction.
Read Ch 9 Alcohol.
- Feb 9 Discuss love addiction case histories, present short histories from film clips.
Read Ch 10 Tobacco.
- Feb 14 Bring love object to class, discuss alcohol relationship with love.
Read Ch 11 Caffeine.
- Feb 16 Alcohol review and discussion and attendance at AA meetings. Review questionnaire construction.
Report due on AA meeting. Read ASA brochure on surveys.

Feb 21 Review for test one. Discuss questionnaire construction.
Feb 23 Test I on class notes and the first 11 ch of Ray.
Feb 28 Review test results, discuss "bad trips" and first aid.
Read Ch 12 Dietary Supplements and O.T.C.
Mar 2 Review medical and health model of mental health.
Read ch 13 Opioids
Mar 7 Discussion of abstinence programs. Plan questionnaire
distribution.
Mar 9 Spring break exercise.
Mar 21 Review questionnaires.
Read Ch 14 Hallucinogens.
Mar 23 Discuss movie review presentations from the following
groups: withdrawal/recovery, drug trade, relationships,
plus one other topic of choice.
Read Ch 15 Marijuana.
Mar 28 Start movie presentations.
Read Ch 16 Performance Enhancing Drugs.
Mar 30 Movie clip from Reefer Madness. (Reichle in Tampa)
Read Ch 17 Preventing Substance Abuse.
Apr 4 Discuss data analysis and review files.
Read Ch 18 Substance Abuse and Dependence..
Apr 6 Discuss Hyde research on sport and sexual addictions.
Apr 11 Continuation of Hyde discussions on Sexual addictions.
Apr 13 Student movie presentations.
Apr 20 Discussion of data results.
Apr 25 Healthy addictions
Complete readings of THE NATURAL MIND, critique due.
Last class. Review, separation
May 2 Three - 5:30 Exam