

COURSE OUTLINE

**Alcohol/Drug Studies 150
Self-Help Groups and Recovery**

I. Catalog Statement

Alcohol/Drug Studies 150 provides students with an opportunity to observe and evaluate Alcoholics Anonymous and several other self-help groups involved in the treatment of alcohol/drug dependency and related disorders. Alcoholics Anonymous is studied as the foundation or blueprint for emerging self-help groups. The “Twelve Steps” of Recovery from Alcoholics Anonymous are studied from both a psychological and self-help perspective.

Units – 2.0

Lecture Hours – 2.0

Recommended Preparation: Eligibility for English 120 or ESL 151.

II. Course Entry Expectations

Skills Level Ranges: Reading 5; Writing 5; Listening/Speaking 5; Math 1.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

1. identify self-help groups located within the community that are involved in the treatment of chemical dependency and related disorders;
2. analyze the philosophical concepts which are the foundation of Alcoholics Anonymous and other self-help recovery groups;
3. evaluate the internal philosophical consistency of several self-help groups.
4. explain the 12-step recovery process from both a psychological and behavioral perspective;
5. appraise personal self-awareness and self-acceptance as part of the ability to relate more effectively with the chemically dependent individual;

IV. Course Content

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| A. Introduction to Alcoholics Anonymous (AA) | 6 hours |
| 1. AA as a solution | |
| 2. Alcoholism from the AA perspective | |
| 3. How it works – action and vision | |
| 4. Spiritual and religious components | |
| B. Principles and Guidelines of the Individual Recovery Process | 12 hours |

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| C. Organizational Traditions of Conduct and Ethics | 10 hours |
| D. Contemporary Recovery Self-Help Organizations | 4 hours |
| 1. Other 12 Step Programs | |
| 2. Alternative Self Help Groups | |

V. Methods of Presentation

The following instructional methodologies may be used in the course:

1. lecture/discussion;
2. small group participation and observation.

VI. Assignments and Methods of Evaluation

1. Self-help meeting attendance and written synopsis.
2. Term paper.
3. Quizzes, midterm(s), and final examination.

VII. Textbook

Alcoholics Anonymous World Services, Inc. Alcoholics Anonymous. Current Edition.
New York: Alcoholics Anonymous, 2002.
12th Grade Textbook Reading Level. ISBN: 1-893007-16-2

Alcoholics Anonymous World Services, Inc. Twelve Steps and Twelve Traditions. Current Edition.
New York: Author, 1983.
12th Grade Textbook Reading Level. ISBN: 0-916856-01-1

VIII. Student Learning Outcomes

1. Student will be able to identify self help groups located within the community that are involved in the treatment of chemical dependency and related disorders.
2. Students will be able to analyze the philosophical concepts which are the foundation of Alcoholics Anonymous and other self-help recovery groups.
3. Students will be able to explain the 12-step recovery process from both a psychological and behavioral perspective.
4. Students will be able to appraise persona; self-awareness and self-acceptance as part of the ability to relate more effectively with the chemically dependent individual.