

Psychology 376

Seminar in Experimental/Cognitive Psychology: Addictions

Fall, 2006

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Office Hours:

Monday	10:00 . 11:30
Wednesday	10:00 . 11:30
Thursday	10:00 . 11:30
Tuesday & Friday	by appointment only.

If none of these times are convenient for you, other times may be arranged. Please feel free to call me to set up an appointment that will work for you.

Classtime: Monday & Wednesday 2b
8:50 . 10:00

Course Description

This course will explore the nature of addiction. We will discuss substance abuse as well as other emerging categories of addiction (such as gambling, eating, sexual, internet, and shopping). We will examine each of these addictions in the context of four perspectives: biological, psychological, historical, and cultural. Special emphasis will be placed upon the neural mechanisms of addiction.

Course Requirements

Substance Abuse Research Papers and Presentations:

Student Presentations will focus on four specific drugs: Cocaine, Alcohol, Opiates and Cannabis. The class will be divided into four groups—with each group focusing on a specific substance. Each student will write a research paper on the drug they were assigned. Your paper should include: the history of the substance, the biological mechanisms and drug action, drug effects, side effects, demographic variables—special populations, social impact, and drug treatment. Each group will present their findings to the class in a 30—minute presentation on 9/20 and 9/25. Group members will present a small portion of their research paper (for example... drug action, social impact, history). Each group member will present for five minutes. A one—page fact sheet should be distributed as a portion (e.g. Drug action) of the presentation.

Book Review:

Each of you will read and write a critical analysis of James Frey's book *A Million Little Pieces*. *A Million Little Pieces* is Frey's account of his drug and alcohol addiction and his time in a treatment program. A handout will be distributed in class regarding how to write a book review. The book reviews are due on October 11th. The class will also engage in a discussion of the book on that date.

Gambling Analysis:

When gambling/gaming enters a community there are many economic implications and social impacts that must be considered. Half of the class will research the economic implications of gambling and the other half will research the social impacts upon the community. Each student will write a five—page paper. Your paper should focus on a specific issue regarding the economic/social impact of gambling. Students will present portions of their papers in class.

Writing Assignments:

Several of the topics on the course outline below have writing assignments (WA) associated with them. These assignments are meant to be brief (1 page) reaction papers to the readings or topic for the day. The writing assignments are due on the date listed below. Late writing assignments will NOT be accepted – that includes e—mailed assignments after class!

Excessive Appetites Paper:

An addiction is an excessive appetite. It is the same whether it is alcohol, cocaine, gambling or sex. Your Excessive Appetites paper should take a psychological view of the origins and nature of addiction. You are to select a psychological factor that is linked to addiction and conduct a literature review on your topic. For example, you may want to select a psychological theory and apply it to addiction or select a personality trait or characteristic and link it to addiction. Your Excessive Appetites Paper topic is due on 10/18 and your final paper is due on 12/4. Students will present the highlights of their papers on 12/4 & 12/6.

Class Participation:

Attendance is expected and participation is highly encouraged.

Our guest speakers are giving their time and expertise to facilitate student learning. Please treat them with courtesy and respect. Most will offer an opportunity for a question and answer period. Please take advantage of this as it can only help your learning (and your class participation grade).

Evaluation

Your grade in this class will be based upon your performance on the following assignments:

Book Review	15%
Substance Abuse Papers and Presentations	20%
Impact of Gambling	10%
Writing Assignments	20%

Excessive Appetites Paper	20%
Class Participation	<u>15%</u>
	100%

Course Readings

Frey, J. (2003). *A Million Little Pieces*, Anchor Books. The readings listed below have been put on reserve in Reeves Library.

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Addictions Course Outline

Week 1 (8/28 & 8/30)

Introductions, Syllabus Review, and Course Overview (8/28) The Nature and Spectrum of Addictions (8/30)

Readings:

Kennedy, A. (2002). Counselors Propose Creation of a New Addiction Diagnosis.

Huhn, C. (2003). *Addiction*. Chapter 15.

(WA: Write a brief statement regarding your interest in the topic of addiction. 8/30)

Week 2 (9/4 & 9/6)

No Class -Labor Day (9/4)

Film: *Intervention Episode* (9/6)

Week 3 (9/11 & 9/13)

Addictions: Trauma, Personal Inclination, and Culture (9/11) Bob's Story (9/13)

Readings:

Oayton, T. (2000). The Connection Between Trauma and Addiction.

(WA: What connections are apparent to you between the Intervention episode we watched and the assigned readings? 9/11)

Week 4 (9/18 & 9/20)

This is your Brain on Drugs. (9/18)

Cocaine & Alcohol Presentations (9/20)

Substance Abuse Research Papers Due 9/20

Readings

Nestler, E. & Malenka, R. (2004). The Addicted Brain (9/18)
)~bman, D., Yucel, M & Pantelis, C. (2004). Addiction, A
Condition of Compulsive Behavior? Neuroimaging and
Neuropsychological Evidence of Inhibitory Dysregulation.
(9/18).

Week 5 (9/25 & 9/27)

Opiates & Cannabis Presentations (9/25)

Film and Discussion

Week 6 (10/2 & 10/4)

Addiction Treatment Continued: 12 Step Programs versus Harm
Reduction Therapy 10/2

Addiction Treatment Plans (10/4)

Guest Speaker: Jeanette Egan

Readings:

White, W. L. (1998). *The Birth of Alcoholics Anonymous: A Brief History*. Chapter 15.

White, W. L. (1998). *The Program of Alcoholics Anonymous*. Chapter 16.

ADD HARM REDUCTION READING

(WA: AA believes that alcoholism is a disease. Critics suggest that AA's advocacy of a disease concept of alcoholism undermines personal responsibility. What do you think? 2/16)

Week 7 (10/9 & 10/11)

No Class Recess (10/9)

Book Review and Discussion: A Million Little Pieces (10/11)

Week 8 (10/16 & 10/18)

Behavioral Addictions: Cyberspace

The unique nature of cyberspace addiction (10/16)

Are you addicted? (10/18)

Excessive Appetites Paper topic due .10/18

Readings:

Suler, J. (2004). Computer and Cyberspace Addiction.

Yuen, C & Lavin, M. (2004). Internet Dependence in the Collegiate Population: The Role of Shyness.

Carnes, P., Delmonico, D., & Griffin, E. (2001). On the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior: Chapter 1: The Shadow of the Net, Chapter 3 Understanding Problematic Sexual Behavior on the Internet.

(WA: Search the Web for information on cyberspace addiction. Write a description of what you found. 10/16)

Week 9 (10/23 & 10/25)

Behavioral Addictions: Sex and Love

Guest Speaker: Marjorie Rosen (10/23)

Treating Sex and Love Addiction

Readings:

Carnes, P. (2001). Out of the Shadows: Understanding Sexual Addiction: Chapter 1 (The Addiction Cycle) and Chapter 2 (The Levels of Addiction).

(WA: Examine the table of eleven behavioral types from Carnes's 1991— Don't Call it Love text. Select one to investigate for this writing assignment. 10/25)

Week 10 (10/30 & 11/2)

Behavioral Addictions: Gambling an Impulse Control Disorder (10/30)

Film: *Dreamland: Personal Gambling Stories (11/2)*

Readings:

DSM -Pathological Gambling -312.31

Petry, N. (2005). Pathological Gambling. Chapter 2:
Terminology, Prevalence Rates, and Types of Gambling.

Potenza, M., et. al. (2001). Gender—related Differences
In the Characteristics of Problem Gamblers Using a
Gambling Helpline.

(WA: Why do you think that gambling is becoming so prevalent in
college age male students? 10/3 0).

Week 11 (11/6 & 11/8)

*Economic Issues of Gambling .Student Presentations
(11/6) The Socialimpact of Gambling .Student
Presentations (11/8)*

Week 12 (11/20 & 11/22)

BehavioralAddictions: Addicted to Food (11/20)

Readings:

Kalodner, C.R. (2003). Sociocultural Influences: The Impact
Of Western Culture on Eating and Body Image Disturbances.

Chapter 7.

(WA: Discuss the prejudice that exists in our culture regarding obesity)

Week 13 (11/27 & 11/29)

*Behavioral Addictions: Dying to be Thin (11/27) Film. Walking
the Thin Line (11/29)*

Readings:

Keel, P. (2005). Treatment. Chapter 9 and Prevention Chapter 10.

(WA: Focus on prevention—what are several concrete things that can be done (at home or at school) to prevent disordered eating.)

Week 14 (12/4 & 12/6)

Excessive Appetites Paper Presentations (12/4 & 12/6) All papers are due on the 4th.

Week 15 (12/11)

Closure and Course Evaluations (12/11)