



CHRISTIAN HERITAGE COLLEGE

**CO380**

## **COMPULSIVE BEHAVIOURS**

This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.

<b>Unit code</b>	CO380														
<b>Unit name</b>	Compulsive Behaviours														
<b>Associated higher education awards</b>	Bachelor of Counselling														
<b>Duration</b>	One semester														
<b>Level</b>	Advanced														
<b>Core/elective</b>	Elective														
<b>Weighting</b>	Unit credit points: 10 Course credit points: 240														
<b>Delivery mode</b>	Face-to-face on site External														
<b>Student workload</b>	<p><i>Face-to-face on site</i></p> <table> <tr> <td>Contact hours</td> <td>35 hours</td> </tr> <tr> <td>Reading, study, and preparation</td> <td>55 hours</td> </tr> <tr> <td>Assignment preparation</td> <td>60 hours</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>150 hours</b></td> </tr> </table> <p><i>External</i></p> <table> <tr> <td>Engagement with study materials</td> <td>90 hours</td> </tr> <tr> <td>Assignment preparation</td> <td>60 hours</td> </tr> <tr> <td><b>TOTAL</b></td> <td><b>150 hours</b></td> </tr> </table> <p>Students requiring additional English language support are expected to undertake an additional one hour per week.</p>	Contact hours	35 hours	Reading, study, and preparation	55 hours	Assignment preparation	60 hours	<b>TOTAL</b>	<b>150 hours</b>	Engagement with study materials	90 hours	Assignment preparation	60 hours	<b>TOTAL</b>	<b>150 hours</b>
Contact hours	35 hours														
Reading, study, and preparation	55 hours														
Assignment preparation	60 hours														
<b>TOTAL</b>	<b>150 hours</b>														
Engagement with study materials	90 hours														
Assignment preparation	60 hours														
<b>TOTAL</b>	<b>150 hours</b>														
<b>Prerequisites/ co-requisites/ restrictions</b>	<p><i>Prerequisites</i></p> <p>60 credit points of Introductory Social Sciences units <i>including</i></p> <p>SO110 The Person of the Practitioner SO112 Introduction to Human Behaviour SO114 Foundational Interpersonal Skills</p>														
<b>Rationale</b>	<p>The abuse of substances has become an issue of major concern for many individuals, families, and groups in our community. However, substance abuse and problems related to compulsive behaviours are complex, often associated with society and culture, and rarely simple to resolve. For these reasons it is important for counselling students to be well grounded in the diverse aspects of working with clients struggling with compulsive behaviours and their families.</p> <p>Therefore, in this unit, students will have the opportunity to gain this grounding as they explore patterns of compulsive behaviour, traditional and contemporary theories and interventions. They will also investigate the recent advances in neuroscience that inform this field of counselling. The student will also investigate the importance of ethical issues and the establishing and maintaining of appropriate boundaries through self-care and referrals. Such learning will assist students to examine the issues and information surrounding compulsive behaviours in such a way as to separate facts from moral judgements or opinions and to explore both the Christian and secular current understandings and interventions.</p>														

<b>Prescribed text(s)</b>	Myers, P. L., & Salt, N. R. (2012). <i>Becoming an addictions counselor: A comprehensive text</i> (3rd ed.). London, UK: Jones and Bartlett.
<b>Recommended readings</b>	<p><b>Books</b></p> <p>Collins, G., &amp; Adleman, A. (2010). <i>Breaking the cycle: Free yourself from sex addiction, porn obsession, and shame</i>. Oakland, CA: New Harbinger.</p> <p>Hayes, S., Strosahl, K., &amp; Wilson, K. (2012). <i>Acceptance and commitment therapy: The process and practice of mindful change</i> (2nd ed.). New York, NY: Guilford Press.</p> <p>Marsh, A., &amp; Dale, A., &amp; O'Toole, S. (2013). <i>Addiction counselling: Content and process</i> (2nd ed.). Melbourne, Australia: IP Communications.</p> <p>Miller, G. (2015). <i>Learning the language of addiction counselling</i> (4th ed.). New York, NY: Wiley.</p> <p>Miller, W., &amp; Rollnick, S. (2012). <i>Motivational interviewing: Helping people change</i> (3rd ed.). New York, NY: Guilford Press.</p> <p>Perkinson, R. (2012). <i>The gambling addiction client workbook</i>. Los Angeles, CA: Sage.</p> <p>Stevens, P., &amp; Smith, R. L. (2013). <i>Substance abuse counseling: Theory and practice</i> (5th ed.). Sydney, NSW, Australia: Prentice Hall.</p> <p>Struthers, W. (2009). <i>Wired for intimacy: How pornography hijacks the male brain</i>. Downers Grove, IL: InterVarsity Press.<sup>1</sup></p> <p><b>Journals</b></p> <p><i>Journal of Psychology and Christianity</i></p> <p><i>Addiction</i></p> <p><i>Journal of Addiction Research and Therapy</i></p> <p>In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV 2011) or The Holy Bible: New King James Version (NKJV).</p> <p>These and other translations may be accessed free on-line at <a href="http://www.biblegateway.com">http://www.biblegateway.com</a>. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p>
<b>Specialist resource requirements</b>	Digital recording device
<b>Content</b>	<ol style="list-style-type: none"> <li>1. When does use become abuse? Social and cultural influences of compulsive behaviour</li> <li>2. Theories of compulsive behaviour</li> <li>3. Neurobiological understanding of compulsive behaviour</li> <li>4. Patterns of compulsive behaviours</li> <li>5. Descriptions, origins and effects of drugs</li> <li>6. Alcohol addictions</li> <li>7. Gambling compulsions</li> <li>8. Sexual compulsions and addictions</li> <li>9. Other compulsions</li> <li>10. Co-morbidity</li> <li>11. Interventions and strategies</li> <li>12. Boundaries and referral</li> <li>13. Christian worldview perspectives of compulsive behaviour</li> </ol>

<sup>1</sup> Seminal text

<b>Learning outcomes</b>	<p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> <li>1. understood patterns of compulsive behaviours and underlying unmet needs, including from a neurobiological perspective;</li> <li>2. examined the causes and effects of substance abuse in general and in relation to specific substances;</li> <li>3. critiqued specific intervention strategies available for the treatment of substance abuse and other compulsive behaviours;</li> <li>4. applied specific intervention strategies for the treatment of substance abuse and other compulsive behaviours;</li> <li>5. explored the parameters of counsellor/client working relationships and identified referral professionals and agencies;</li> <li>6. reflected on the social and cultural roots of compulsive behaviours and the relationship of compulsive behaviours and substance abuse to special groups from theoretical, ethical and Christian perspectives; and</li> <li>7. communicated at an appropriate tertiary standard with special attention to correct grammars, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing, and presentation.</li> </ol>
<b>Assessment tasks</b>	<p><b>Task 1: Case study report</b></p> <p>Present a case study that describes a potential client dealing with substance abuse.</p> <p>Word Length/Duration: 2,000 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-7</p> <p>Assessed: Week 8</p> <p><b>Task 2: Research essay and video recording</b></p> <p>Choose a different compulsive behaviour from that discussed in Task 1. Present a literature review of this issue, and discuss and critique research pertaining to current interventions and strategies. Demonstrate one specific intervention described in your paper on a video of no more than 15 minutes duration.</p> <p>Word Length/Duration: Essay - 2,500 words; Video - 15 minutes</p> <p>Weighting: 60%</p> <p>Learning Outcomes: 1-7</p> <p>Assessed: Week 13</p>
<b>Unit summary</b>	<p>This unit is designed to introduce students to both the Christian and secular current understandings and interventions for working with compulsive behaviours, and to assist students to examine the issues and information surrounding compulsive behaviours in such a way as to separate facts from moral judgements or opinions.</p>