Course Title:
The Twelve Step Recovery Program

Course Number:
HR 5100-101

Course Description:
The Twelve Step program originally developed by the fellowship of Alcoholics Anonymous remains the most successful model for addiction recovery. Originally started as a self-help program, Twelve Step models are now an integral part of the counseling and treatment approaches to recovery from substance abuse and addiction. Additionally, a substance abuse, addiction, and Twelve Step recovery are frequently present in a significant number of persons seeking other therapy, thus therapy must be integrated with Twelve Step programs.

This course is an in-depth examination and analysis of the history and principles of Twelve Step programs. Students will explore ways in which the principles can be presented in the counseling setting, and ways by which the counselors can most effectively adapt the steps to address issues in the persons they counsel. The distinction between counseling and “sponsorship” (i.e., assistance and advice of more experienced program members) will be explored in detail.

This course is for both the counselor in an addiction treatment setting, and the counselor treating recovering addicts for other issues.

Class Dates, Location and Hours:
Dates: October 5-7 & 12-14, 2012
Location: OCCE, Norman, Oklahoma. Classes are held at the Thurman White Forum Building of OCCE, 1704 Asp Avenue.
Hours: Fri 5:30-9:30 p.m.; Sat 8:30 a.m.-4:30 p.m.; Sun 1:00-5:00 p.m.
Last day to enroll or drop without penalty: September 6, 2012

Site Director:
Cathy Yeaman. Assistant: Jan Plavchak. Phone: 405-325-3333; Fax: 405-325-9148; email: apnorman@ou.edu

Professor Contact Information:
Course Professor: Susan F. Sharp, Ph.D.
Mailing Address: University of Oklahoma
Department of Sociology
780 Van Vleet Oval, KH331
Norman, OK 73019
Telephone Number: (405) 325-2829
Fax Number: (405) 325-7825
E-Mail: ssharp@ou.edu
Professor availability: The professor will be available via e-mail to students before and after the class sessions. On-site office hours are half an hour before and after each class session, by appointment.
Textbook(s) and Instructional Materials:

Student materials are available at the Follett/AP Bookstore located in the Oklahoma Memorial Union, 900 Asp Ave., Norman, OK. Orders can be placed online at www.oklahomaunion.bkstr.com or by telephone at 866-369-9713 (toll free in the U.S.) or 405-325-5960 (outside the U.S.). E-mail orders may be sent to oklahomaunion@bkstr.com. Representatives are available from 8 a.m. to 6 p.m. CST Monday through Thursday and 8 a.m. to 5 p.m. CST on Friday. Summer hours: 8 a.m. to 4 p.m. CST. Faxed orders may be placed 24 hours a day to 866-223-5607 (toll free in the U.S.) or 405-325-7140 (outside the U.S.).


Note: The Follett/AP Bookstore is the Advanced Programs contractual textbook provider. Should text changes become necessary after publication of the course syllabus, Advanced Programs will facilitate text returns/refunds only for texts purchased through the Follett/AP Bookstore.

Course Objectives:

By completing this course, the student should:

1. be able to integrate counseling methods and twelve step recovery principles;
2. knowledgeably discuss the history and development of the twelve step recovery programs;
3. understand the psychological factors that create and sustain addiction;
4. be able to utilize counseling methods to assist in replacing causative factors with those leading to recovery;
5. understand the importance of recognizing individual differences in addicts when integrating the recovery principles with counseling methods; and
6. be able to help the client distinguish between therapy approaches and personal recovery choices in order to integrate the two.

Assignments, Grading and Due Dates:

Please do not be hesitant to be original and creative in fulfilling these assignments. Exploring alternative ways to explain and guide others through the Twelve Step Program is a major goal of this course.

Every student is expected to participate in each group meeting, presentation, and class discussion to receive credit for those parts of the course.

1. Read *Alcoholics Anonymous* (the “Big Book”), beginning with the Preface, the Forwards, and “The Doctor’s Opinion” through “Dr. Bob’s Nightmare.” Also read the entire text of *Twelve Steps and Twelve Traditions* (the “12 and 12”). Finally, read the *Clinician’s Guide to Twelve Step Principles*. All reading assignments should be completed prior to the first class meeting. Each student should submit two 3-4 page papers at the beginning of the first class session.
   a. Alcoholism and drug addiction are often considered primary diseases, meaning that treatment of co-existing disorders cannot be accomplished until the person stops drinking or using drugs. Your essay should discuss whether or not you agree with this approach, using materials from your readings where appropriate. **Due the beginning of the first class session. 15 points**
   b. Make a list of at least ten 12-Step Recovery programs and identify what disorder is associated with each one. Select one type of addiction (alcohol, drugs, gambling, co-dependency, etc.), and discuss how you would try to integrate that program into treatment for a hypothetical client. **Due the beginning of the first class session. Due the beginning of the first class session. 10 points**
In-class assignments (group and individual)

a. **Group assignments** (Each group will turn in a written summary.)

1. At the first class session, each student will be assigned to a group. Each group will meet to discuss: “what is alcoholism?”, “how does it differ from drug addiction, or does it?”, “what is an addiction? Is it an allergy or a disease?” Each group will report its conclusions to the class for further discussion. **5 points**

2. Each group will discuss the following: What benefits beyond the steps do meetings provide? Are A.A. meetings a form of group psychotherapy? How does group therapy differ from individual counseling? What are the differences between a “fellowship” such as A.A. and group therapy? Each group will discuss this issue and report its conclusions to the class. **5 points**

3. Psychoanalysis (Freudian) is largely based on the healing benefit of self-knowledge. Is this of value to an alcoholic? Each group will discuss this issue and report its conclusions to the class. **5 points**

4. Twelve Step programs stress the importance of becoming an active participant in a 12-Step fellowship as well as continued participation. In contrast, therapy is usually self-limiting, with patients discontinuing therapy once they have achieved resolution of the presenting problem. Each group will discuss the pros and cons of continued participation in 12-Step programs once the client is successfully clean, sober, etc. **5 points**

5. Some argue that non-addicts are less effective in the treatment of alcoholics and other addicts. As a group, discuss this issue and report to the class why you agree or disagree with this position. **5 points**

6. The topic will be the reasons some people fail to recover, including the problems of self-delusion and its causes and effects. The opinions of the groups will be presented and followed by discussion. **5 points**

b. **Individual in-class assignments**

1. Practicing alcoholics have numerous attitudes and actions that are troublesome to the alcoholic and to others associated with her or him. After a discussion of the topic, each student is to submit in writing what he or she considers to be the two most debilitating attitudes or actions in three of the alcoholic’s relationships: intrapersonal, marital-family, social, and vocational-professional. **10 points**

2. A spiritual awakening was called “God awareness” by Wilson. How does a belief in God help an alcoholic? Are there drawbacks to the belief? Why do 12-Step programs refer to a “higher power” rather than simply using the term God. **10 points**

3. Each student will reword the twelve steps in a manner that would be clear to a new person who is uneducated. This assignment should be written for the professor, and presented orally by each student to the class. Class discussion follows. **10 points**

3. The professor will lecture on:
   a. The history of A.A., including the influence of the Oxford Group
   b. The development of recovery methods by Bill Wilson and Dr. Bob Smith
   c. The development of the book “Alcoholics Anonymous.”
   d. The history of Alanon Family Groups, Narcotics Anonymous, and Over Eaters Anonymous.
   e. People who influenced the thinking of Wilson and Smith, either directly or indirectly. They include Dr. Silkworth, Ebby Thatcher, William James, Karl Jung, and Sigmund Freud. The contributions of each will be discussed.
   f. The role of the sponsor will be explained.
   g. Types of AA/NA etc. meetings
   h. The 12 Traditions of Alcoholics Anonymous

4. More recently, many alcoholics and other addicts recover primarily by attending A.A. meetings. We will have a quasi A.A. meeting with the discussion topic of “Should special groups (American Indians, gay men or women, professional people) be allowed to have meetings that exclude others?”
5. Conclusions and Wind-up

6. Post Seminar Assignment: First, describe your profession, real or hypothetical, and the kinds of issues and problematic behaviors it addresses. Second, list and briefly explain the attitudes and actions you believe underlie the problems. Please be specific with examples of each. Next, describe which of the AA principles abstracted from the steps or the traditions you would apply to each of the problems. Please give briefly stated examples of the process of application and intended results. This part of the report should reflect the notion that recovery is a process of replacement, not repression. (5-6 pages)

**15 points** You may find the following optional text useful:


Post-seminar assignment due date: October 23, 2012

Grading: This is a letter-graded course: A, B, C, D, or F. A = 90-100; B = 80-89; C = 70-79; and D = 60-69.

NOTICE: Failure to meet assignment due dates could result in a grade of I (Incomplete) and may adversely impact Tuition Assistance and/or Financial Aid.
POLICIES AND NOTICES

Attendance/Grade Policy

Attendance and participation in interaction, individual assignments, group exercises, simulations, role playing, etc. are valuable aspects of any course because much of the learning comes from discussions in class with other students. It is expected that you attend all classes and be on time except for excused emergencies.

Excused absences are given for professor mandated activities or legally required activities such as emergencies or military assignments. Unavoidable personal emergencies, including (but not limited to) serious illness; delays in getting to class because of accidents, etc.; deaths and funerals, and hazardous road conditions will be excused.

If you are obtaining financial assistance (TA, STAP, FA, VA, Scholarship, etc.) to pay all or part of your tuition cost, you must follow your funding agency/institution’s policy regarding “I” (Incomplete) grades unless the timeline is longer than what the University policy allows then you must adhere to the University policy.

Students who receive Financial Aid must resolve/complete any “I” (Incomplete) grades by the end of the term or he/she may be placed on “financial aid probation.” If the “I” grade is not resolved/completed by the end of the following term, the student’s Financial Aid may be suspended make the student ineligible for further Financial Aid.

Students are responsible for meeting the guidelines of Tuition Assistance and Veterans Assistance. See the education counselor at your local education center for a complete description of your TA or VA requirements.

Academic Honesty

Honesty is a fundamental precept in all academic activities and … [you] have a special obligation to observe the highest standards of honesty. Academic misconduct in any form is inimical to the purposes and functions of the University and is therefore unacceptable and is rigorously proscribed. Academic misconduct includes:

cheating (using unauthorized materials, information, or study aids in any academic exercise), plagiarism, falsification of records, unauthorized possession of examinations, intimidation, and any and all other actions that may improperly affect the evaluation of a student’s academic performance or achievement; assisting others in any such act; or attempting to engage in such acts.

All acts of academic misconduct will be reported and adjudicated as prescribed by the student code of the University of Oklahoma. All students should review the “Student’s Guide to Academic Integrity” found at http://www.ou.edu/provost/integrity

Accommodation Statement

The College of Continuing Education [Advanced Programs] is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your OU Site Director.

Course Policies

Advanced Programs policy is to order books in paperback if available. Courses, dates, and professors are subject to change. Please check with your OU Site Director. Students should retain a copy of any assignments that are mailed to the professor for the course. Advanced Programs does not provide duplicating services or office supplies.

Copyright

Any and all course materials, syllabus, lessons, lectures, etc. are the property of professor teaching the course and the Board of Regents of the University of Oklahoma and are protected under applicable copyright.

For more information about Advanced Programs, visit our website at: http://www.goou.ou.edu/
INSTRUCTOR VITA
Susan F. Sharp, PH. D.

Education
• M. A. in Sociology, Texas Tech University
• Ph.D. in Sociology, University of Texas at Austin

Current Positions
• L. J. Semrod, Presidential Professor of Sociology and Women’s Studies, Department of Sociology, University of Oklahoma
• Adjunct, Department of Human Relations, University of Oklahoma
• Adjunct and Faculty Fellow, College of Liberal Studies, University of Oklahoma

Frequently Taught Advanced Programs Courses
• HR 5100 Gangs, Drugs, and Violence
• HR 5110 12 Step Programs & Recovery
• LSTD 5913 Qualitative Research Methods
• HR 5110 Multiculturalism

Major Areas of Teaching and Research Interest
• Research Methods
• Gender, Deviance and Crime and Criminal Justice
• Theoretical explanations of Crime and Deviance
• The Effects of Incarceration on Families
• The Death Penalty

Representative Publications and Presentations
• 2005 Sharp, Susan F. Feminist Criminology: The Relationship Between Policy, Practice and Research, Women, Girls and Criminal Justice Newsletter
• 2010 Report to the Oklahoma Commission on Children and Youth and the Oklahoma State Legislature (2009)

Representative Honors and Awards Received
• 2011 University of Oklahoma Student Association’s Outstanding Faculty Member of the University of Oklahoma
• 2009 Kinney-Sugg Outstanding Professor, College of Arts & Sciences
• 2009 L.J. Semrod Presidential Professor
• 2008 Saltzman Award, Division on Women and Crime, ASC
• 2007 Kenneth E. Crook Outstanding Faculty Award, OU College of Liberal Studies
• 2005 University of Oklahoma Good Teaching Award.
• 2003-4 Chair, Division on Women and Crime of the American Society of Criminology
• 2003 Rufus G. Hall Award, Outstanding Faculty, College of Liberal Studies, University of Oklahoma
• 2000 Most Inspiring Faculty, University of Oklahoma Student Athletes
• 1998 University of Oklahoma Student Association President’s Outstanding Faculty Award
• 1997 Arts and Sciences Junior Faculty Summer Research Fellowship
• 1996 Student Paper Competition Winner, Sociologists’ AIDS Network, American Sociological Association
• 1981 Outstanding Undergraduate Paper, Mid-South Sociological Association
• 1969 National Merit Scholar

Major Professional Affiliations
• Academy of Criminal Justice Sciences
• American Society of Criminologists
• American Sociological Association