

ADS R106: ADULT CHILDREN OF ALCOHOLICS

Originator

ptrujillo

Co-Contributor(s)
Name(s)

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College

Oxnard College

Discipline (CB01A)

ADS - Addictive Disorders Studies

Course Number (CB01B)

R106

Course Title (CB02)

Adult Children of Alcoholics

Banner/Short Title

Adult Children of Alcoholics

Credit Type

Credit

Start Term

Fall 2021

Catalog Course Description

This course is designed to teach potential counselors how to recognize the characteristics of adult children of alcoholics. Students will examine their own upbringing and study the traits of healthy and unhealthy families and how those parenting styles lead to co-dependency and issues with maintaining boundaries in adult relationships. Effective methods for changing behavior through the reprogramming of family roles and setting healthy boundaries will be taught. Students will also be taught healthy parenting approaches. This course fulfills one 3-unit skills requirement for the California Association for Alcohol/Drug Educators (CAADE).

Taxonomy of Programs (TOP) Code (CB03)

2104.40 - *Alcohol and Controlled Substances

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

B (Transferable to CSU only)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

C - Clearly Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

May be required

Grading method

Letter Graded

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Minimum Contact/In-Class Lecture Hours

52.5

Maximum Contact/In-Class Lecture Hours

52.5

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

0

Maximum Contact/In-Class Laboratory Hours

0

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Minimum Outside-of-Class Hours

105

Maximum Outside-of-Class Hours

105

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

157.5

Total Maximum Student Learning Hours

157.5

Minimum Units (CB07)

3

Maximum Units (CB06)

3

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|---|
| 1 | Students will identify areas of parental behavior and develop a parenting skills class that could be presented to a group of parents. |
| 2 | Students will identify areas of behavior of alcoholism in the family. |
| 3 | Students will identify areas of behavior in themselves through a description of how they were parented. |

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|---|
| 1 | Define the concept of the disease of alcoholism as a family disease. |
| 2 | Analyze the concept of co-dependency. |
| 3 | Explain the importance of boundary limits in relationships. |
| 4 | Demonstrate knowledge of the reprogramming strategies for adult children of alcoholics. |
| 5 | Differentiate and utilize one of the main types of parenting styles. |

Course Content

Lecture/Course Content

1. Overview of Addiction
 - a. Disease concept and alcohol abuse
 - b. Definitions – a family disease
 - c. Demographics in the United States
2. Traits of Healthy and Unhealthy Families

- a. Rigidity
 - b. Denial
 - c. Family secrets
 - d. Messages: don't talk, don't feel, don't trust
3. Co-Dependency
 - a. How it grows with addiction
 - b. Medical effects
 - c. Psycho-somatic/somato-psychic effects
 - d. Generational co-dependency and abuse
 4. The Importance of Boundaries in Relationships
 - a. Limits in family relationships
 - b. Limits in client relationships
 - c. The rescuer syndrome
 5. Roles the Adult Children of Alcoholic (ACA's) Play in the Addicted Family
 - a. The responsible one
 - b. The adjusted one
 - c. The placater
 - d. The acting out child
 6. Reprogramming the ACA Roles
 - a. Changing awareness
 - b. Changing behavior
 - c. A place for psychotherapy
 - d. Treating post traumatic stress disorder (PTSD)
 - e. Resiliency
 - f. Self-help programs: Adult Children of Alcoholics (ACA), Co-dependents Anonymous (CODA), Alanon
 7. Healthy Human Sexuality
 - a. Intimacy
 - b. Relationship building
 - c. Issues of incest and sexual abuse
 - d. Healing sexual abuse
 8. Approaches to Parenting
 - a. Parental attitudes
 - b. Cultural differences
 - c. Parenting styles

Laboratory or Activity Content

None

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Essay exams

Essays

Group projects

Individual projects

Objective exams

Oral presentations

Quizzes

Role playing

Reports/papers

Research papers

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations

Computer-aided presentations

Class activities
Class discussions
Case studies
Distance Education
Field trips
Group discussions
Guest speakers
Lecture
Role-playing
Small group activities

Describe specific examples of the methods the instructor will use:

Instructor will discuss the concept of the disease of alcoholism as a family disease.

Instructor will give examples of the the main types of parenting styles.

Students will break into pairs/small groups discuss the reprogramming strategies for adult children of alcoholics.

Representative Course Assignments

Writing Assignments

1. Students will critique a book available in the college library on co-dependency, parenting skills, or healing family abuse.

Critical Thinking Assignments

1. Students will break into pairs/small groups to discuss the pros and cons of different parenting styles then share their thoughts with the class.

Reading Assignments

1. Students will be required to read the text books at least four hours per week covering such subjects in chapters on Family Roles, Intervention, and Reprogramming.

Outside Assignments

Representative Outside Assignments

1. Students will get a book available in the college library on co-dependency, parenting skills, or healing family abuse & write a critique on it.

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

F. Ethnic Studies/Gender Studies

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Textbook

Description

Black, C. (2002). *It Will Never Happen to Me* (2nd). (Latest edition) Hazelden.

Resource Type

Other Resource Type

Description

Video: Under the Influence.

Resource Type

Other Resource Type

Description

Video: The Roles of Adult Children of Alcoholics .

Resource Type

Other Resource Type

Description

Video: Masks of Denial.

Resource Type

Other Resource Type

Description

Video: Shattered Spirits.

Resource Type

Other Resource Type

Description

Video: Medical Aspects of Co-Dependency.

Distance Education Addendum

Definitions

Distance Education Modalities

- Hybrid (51%–99% online)
- Hybrid (1%–50% online)
- 100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Synchronous Dialog (e.g., online chat)	Instructor will have live on-line chat with students
Asynchronous Dialog (e.g., discussion board)	Students will respond to prompts about the skills covered in the chapter then respond to other students' postings as well
Other DE (e.g., recorded lectures)	Instructor will use recorded lectures and videos demonstrating counseling skills

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Synchronous Dialog (e.g., online chat)	Instructor will have live on-line chat with students
Asynchronous Dialog (e.g., discussion board)	Students will respond to prompts about the skills covered in the chapter then respond to other students' postings as well
Other DE (e.g., recorded lectures)	Instructor will use recorded lectures and videos demonstrating counseling skills
Video Conferencing	Instructor will have live video lectures/presentations of the material with role modeling skills and having students practice the skills

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Synchronous Dialog (e.g., online chat)	Instructor will have live on-line chat with students
Asynchronous Dialog (e.g., discussion board)	Students will respond to prompts about the skills covered in the chapter then respond to other students' postings as well
Other DE (e.g., recorded lectures)	Instructor will use recorded lectures and videos demonstrating counseling skills
Video Conferencing	Instructor will have live video lectures/presentations of the material with role modeling skills and having students practice the skills

Examinations**Hybrid (1%–50% online) Modality**

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

ADDICTION PARAPROFESSIONAL TRG

Review and Approval Dates**Department Chair**

08/26/2020

Dean

08/26/2020

Technical Review

09/09/2020

Curriculum Committee

09/09/2020

Curriculum Committee

12/09/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000024116

DOE/accreditation approval date
MM/DD/YYYY