The Rutgers Summer Schools in Alcohol and Drug Studies

The Advanced School of Alcohol and Drug Studies
May 31 to June 5, 1992

The Summer School of Alcohol Studies
June 14 to June 26, 1992
50th Anniversary Year

The New Jersey Summer School of Alcohol and Drug Studies
July 12 to July 17, 1992

The Education and Training Division
Center of Alcohol Studies
Rutgers University
The 1992 Summer Schools of Alcohol and Drug Studies

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The Education and Training Division
Center of Alcohol Studies
The Summer Schools of Alcohol and Drug Studies

The Education and Training Division

Center of Alcohol Studies

Smithers Hall

Rutgers University

ABOUT THE UNIVERSITY

Rutgers, The State University of New Jersey, is one of the major state university systems in the nation. Originally chartered in 1766 as Queen's College, the name changed in 1825 to honor a former trustee, Colonel Henry Rutgers. The school became a land-grant college in 1864, and achieved university status in 1924. The University currently has thirteen undergraduate colleges and eleven graduate schools, and offers over two thousand programs, including education for professionals.

ABOUT THE CENTER

The Center of Alcohol Studies is known nationally and internationally as a leader in alcohol research, education and training, and publication and documentation of the alcohol literature. The Center is the first interdisciplinary research center devoted to alcohol use and alcohol problems and treatment, evolving in the late 1930s and 1940s at Yale University Laboratory of Applied Physiology and Biodynamics, directed by the eminent Yale physician, Howard W. Haggard. Haggard's interests in the effects of alcohol on the body had broadened into a wide perspective of alcohol problems and he brought to Yale a number of scientists with similar interests, among them R.M. Jellinek, who became head of the Section on Alcohol Studies. Dr. Jellinek, a noted biostatistician, became widely known for his classic studies of the etiology of alcoholism, including The Disease Concept of Alcoholism. Jellinek became the first director of the Summer School of Alcohol Studies, which celebrates its fifth year this summer.

The Center of Alcohol Studies was the leader of the movement to recognize alcoholism as a major public health problem and to have the American Medical Association accept alcoholism as a treatable illness, a policy formally adopted in the 1950s. The increasing demand for information about alcoholism led the Center to found the Summer School of Alcohol Studies in 1943. The Center also began the Yale Plan Clinics, the first ever outpatient facilities for the treatment of alcoholism, in 1944. The Yale Plan for Business and Industry, forerunner of current-day employee assistance programs, also began in the mid-1940s in response to requests from business and industry having to cope with employment shortages during World War II.

Another of Dr. Haggard's many important contributions to the field was the founding of the Quarterly Journal of Studies on Alcohol in 1940. This journal remains today the foremost journal in the field and is one of the top ten most cited scientific journals in the nation.
Over the years, Center faculty have served as consultants and experts for many of the important organizations and meetings, including the World Health Organization, the National States' Conference on Alcoholism, The Moorland Commission, The Cooperative Commission on the Study of Alcoholism, National Council on Alcoholism Blue Ribbon Panels, and helped to develop the federal legislation which created the National Alcohol Research Centers.

In 1962 the Center of Alcohol Studies moved to Rutgers University. It is located on Busch Campus, in its own building, Smithers Hall, built through the generosity of R. Brinkley Smithers and the Christopher D. Smithers Foundation. Smithers Hall provides offices, conference space, a research library containing one of the largest collections of literature relevant to the alcohol field, and laboratories for biological and psychological research. A new addition is currently under construction with expanded offices, laboratory space for the neurosciences and additional library space.

The Center continues its strong research tradition with research programs and pre- and postdoctoral training in biochemistry, clinical and experimental psychology, neuropharmacology, sociology, public health, education and prevention. It has the distinction of being the only university research center to receive two National Alcohol Research Center Awards from the U.S. National Institute on Alcohol Abuse and Alcoholism. In 1978, a prospective, longitudinal study of the etiology of alcoholism was instituted, measuring social, cultural, psychic, somatic and genetic factors at intervals throughout adolescence and young adulthood. In 1990, a five-year investigation of methods of treating alcoholism received a NARC Award.

The Division of Research emphasizes that the combined efforts of many disciplines are necessary in the application of research to the problems of alcohol. Life-span psychologists, sociologists and neuropharmacologists in a longitudinal study are examining the antecedents of drinking problems and the subsequent patterns of alcohol and substance use and abuse. Researchers are also comparing cognitive functioning, personality traits, and family environments for patterns that influence the transition from moderate to excessive use of alcohol. Laboratory research is focusing on the relationship between alcohol and stress, examining the responses of the neurotransmitters serotonin and dopamine, two neurotransmitters which have been hypothesized to be involved in the regulation of alcohol consumption. Another laboratory, using the latest techniques of molecular biology, is mapping the gene and amino acid sequences of human aldehyde dehydrogenase, one of the major enzymes in the metabolism of alcohol. All faculty leading these researches are members of the graduate faculty at Rutgers and supervise graduate and postdoctoral students in their areas.

The Division of Clinical Services was formally recognized in 1963. The division integrates treatment, training, and clinical services, providing alcohol and drug consultation to hospitalized patients, outpatient treatment, intensive treatment services to New Jersey college students, and employee assistance services to some of the health care professions in New Jersey. Students from psychology, social work, nursing and medicine are trained in identification, diagnosis, treatment and research skills. Current research is evaluating treatment efficacy, examining the nosology of psychiatric substance use disorders, and measuring the effectiveness of newly developed treatments.

The Division of Prevention focuses on the development, application, and assessment of prevention models. The Division of Prevention has recently come under new directorship, and is committed to the development of a theory-driven approach to prevention research. Such an approach entails both basic research (e.g., the identification of vulnerable populations) and applied research (e.g., evaluation of interventions). Close links with Cornell University, through a joint endowment from Mr. R. Brinkley Smithers, result in the ongoing sharing of research and information.

The Center of Alcohol Studies Library is one of the world's largest collections of scientific literature relating to alcohol studies. The McCarthy Memorial Collection contains the full text of over 20,000 publications of research value. The Ralph G. Connor Alcohol Research Reference Files (CARRF) is a special collection of questionnaires and survey instruments that have been used in alcohol-related research.

The Center of Alcohol Studies Library is open to the public. Document delivery services are available on a fee basis. The library maintains bibliographies covering over 100 different alcohol-related topics which are available for purchase.
For over four decades the Center of Alcohol Studies has provided the leadership in the education and training of professionals and policy makers. The keystone of the summer programs is the Summer School of Alcohol Studies, an intensive two-week program of classes, general lectures and special interest seminars. The 50th annual session of this internationally famous school will be held in 1992. Companion summer programs are:

The Advanced School of Alcohol and Drug Studies, an annual one-week program, will be held in June 1992. This school offers advanced-level, specialized courses to professionals.

The New Jersey Summer School of Alcohol and Drug Studies, an annual one-week program in July, is co-sponsored by the New Jersey Department of Alcoholism, Drug Abuse, and Addiction Services. NJSSADS offers basic knowledge and training courses, as well as advanced courses, for lay persons and professionals whose work brings them into contact with alcohol and drug problems.

Complementing the summer programs is the Continuing Education Seminars in Alcohol and Drug Studies, a series of one-day workshops for professionals held during the fall, winter and spring months.

All programs receive Continuing Education Units from Rutgers University and are eligible for contact hours toward alcoholism and drug addiction counselor certification/recertification in most states.

For further information contact the Division offices.

All the summer programs are held on the College Avenue Campus of Rutgers University in New Brunswick, New Jersey. Classes, food service, bookstores and the downtown shops are all within walking distance of the dormitories. New Brunswick is easily reached by car, train and bus from New York City, Philadelphia, and the major metropolitan airports.

Also located on the College Avenue campus is the Alexander Library and the Rutgers Gym. The libraries of Rutgers University and the sports facilities are available to summer school participants.

The Programs. The summer schools provide an intensive immersion into the issues of the alcohol and drug fields in an academic atmosphere. Fifty years of experience have resulted in a balance of academic, social and non-structured time. The congenial atmosphere encourages interaction and networking among a student body that is geographically diverse and has a rich mixture of professional roles. Participants gain new knowledge and learn of new developments which challenge their thinking and assumptions.

In each school participants enroll in two courses and attend general lectures and special interest seminars. The courses provide an intensive immersion into areas of the participant's interest, while the lectures and seminars offer the opportunity to hear the views and opinions of different faculty and explore other topics. Ten to 20 lectures and 30 to 60 seminars are available, depending on the length of the school. Facilities and time are available during each school for participants to organize self-help groups of their choosing. In addition, optional social events, for example, a picnic, a dance, and an ice cream party are held, and bus trips to a Broadway play, Southstreet Seaport, A.A. World Headquarters, and a boat trip around Manhattan Island may be scheduled.

The diversity of the students' experiences and interests and the sharing of the faculty create a unique and stimulating atmosphere. Ever mindful of the leaders of the past — E.M. Jellinek, Bill W., Marty Mann, Selden D. Bacon and others — and the traditions of the schools, the faculty challenge professionals in the alcohol and drug fields as well as those new to the area. So many alumni describe the school as such a total immersion of the mind and spirit that it is often called the "Rutgers Experience."

Rooms. Students are housed in university dormitories with linen, towels, and maid service provided. Two types of housing accommodations are available: (1) single-occupancy non-air-conditioned rooms, or (2) double-occupancy air-conditioned rooms. However, the air-conditioned rooms are limited in number and cannot be guaranteed. University housing is not available for unregistered individuals.

Other Facilities. The food service area, the lecture auditorium, classrooms, libraries, the main lounge, and the Student Center are all air-conditioned. During the Summer School of Alcohol Studies the meal plan includes meals on the interim weekend of the school.

"The entire week was filled with a very special energy that seems unique to Rutgers. I grew both professionally and personally. It was well worth the distance I travelled."
— Robin Peyson, Austin, Texas
The Advanced School of Alcohol and Drug Studies

About the School

The Advanced School of Alcohol and Drug Studies evolved from the Alumni Institutes which initiated in 1955. The school offers advanced level courses to professionals in the alcohol and drug studies fields. The Advanced School is a part of the Education and Training Division of the Center of Alcohol Studies and is directed by Gail Gleason Milgram, Ed.D.

The emphasis in the Advanced School's curriculum is upon specialized courses, instructed by highly competent and experienced faculty. The school also features a strong program of general lectures and special interest seminars to support and supplement the course work. In addition, students have access to the outstanding resources of the Center of Alcohol Studies' Library, located in Smithers Hall.

Admission

Enrollment is limited. Applicants will be expected to meet the following minimum criteria for admission: (1) have professional qualifications such as those of physician, nurse, social worker, certified alcoholism counselor, clergyman, educator, or public health worker; (2) be employed in some alcohol/drug problems area at the time of application; or (3) be an alumnus of the Rutgers Summer School of Alcohol Studies or have attended a similar in-depth educational program. For those who do not qualify under above criteria, admission may be possible on an individual basis, pending review of the application and letters of recommendation submitted to the Admissions Committee.

The Application Deadline is May 1, 1992

Costs and Accommodations

The cost for the Advanced School will be as follows:

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<tr>
<td>Tuition</td>
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<td>Room</td>
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<td>Meals</td>
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A non-refundable deposit of $100.00, drawn on a U.S. bank, must accompany the application. Master Card and VISA are accepted for the balance only on the day of registration.

Financial Support

The Advanced School of Alcohol and Drug Studies does not administer scholarship funds. Financial support is often provided by a state alcoholism program and/or the agency, hospital, department, or company of one's own employment. We encourage prospective participants to inquire of the head of their agency or program about available funding as soon as possible, as such monies are usually limited.

"My thinking has been challenged and updated because of the great rapport among faculty and students. Networking with people from other parts of the country has given me different ways to work with my clients."
Certificates

A certificate of attendance will be awarded to all persons who successfully complete the school. Rutgers has granted 3.5 Continuing Education Units for this event; the 3.5 CEUs are equivalent to 35 hours toward alcoholism and substance abuse certification/recertification in most states.

The Advanced School has been approved by the National Association of Alcoholism and Drug Abuse Counselors for 35 continuing education hours.

Application, Deposit Information

The application deadline is May 1, 1992, however, early application is advised. A non-refundable deposit of $100.00 should accompany the application form. Application is to be made on the official application form which is found on the back inside cover of this catalog.

Linda Simun, Program Assistant
Advanced School of Alcohol and Drug Studies
Center of Alcohol Studies
Rutgers, The State University of New Jersey
New Brunswick, New Jersey 08903
Telephone: (908) 892-4317

COURSES

Students are expected to register for two courses. The courses should be in the student’s special areas of interest and qualification. Each course will meet formally for two hours per day for a total of ten hours.

8:00-10:00 A.M. (#ADV01 – ADV18)

ADV01 The Neurochemical Basis of Addiction: Update, Literature Support, and Weaknesses

Instructor: Carlton K. Erickson

This course will provide a current review of the neurochemical pathology underlying addiction, studies which support and refute the pathology, and adequate opportunity to discuss how well the scientific literature supports the biomedical hypotheses of addiction.

ADV02 The Sociology of a Social Problem: Alcohol Abuse in American Society

Instructor: Gerald Globetti

This course will examine alcohol abuse as deviant behavior, and as a social problem, with special emphasis on sociocultural theories, correlates of addictive behavior, and societal response, and consequences of control and intervention. The nature of social problems — definitions, perspectives, analyses — will be reviewed. The dimensions of alcohol abuse as a social problem will be explored covering the incidence of alcohol abuse, the correlates of addiction, addiction as deviant behavior, and sociological theories of addiction as deviant behavior. Finally, the course will analyze how society has attempted to manage the problem of alcohol abuse, including models of prevention, intervention and treatment, and the models’ assumptions, characteristics and consequences.

ADV03A The Cocaine/Alcoholism Connection (Section A)

(This course also meets at 10:15 a.m.)

Instructor: Gerald D. Shulman

Material will be presented about cocaine in all of its forms including crack: the history of its use, current incidence and prevalence data, different routes of administration, its short- and long-term effects, and the problems that result from its use in general and as related to the route of administration.

Differences between cocaine and alcohol, between cocaine users and alcohol users, and between cocaine dependence and alcoholism will be discussed as will the treatment implications that arise from these differences. Included will be differences related to speed of progression, denial and identification, issues of powerlessness, family dynamics, self-image, interactions with treatment staff, compulsiveness, use of other drugs, earliest appearing problems, ACOA issues, drug hunger, “specialness,” relapse, and utilization of twelve-step groups.

Information will be provided about diagnosis, detoxification, determination of appropriate level of care, use of amino acids and antidepressive drugs, aftercare, and design of relapse prevention strategies specific to cocaine addiction. Special attention will be paid to those characteristics of the cocaine addict that cause difficulty during treatment and appropriate counselor responses and concrete recommendations for treatment programming will be made.

Daily Time Schedule

Monday–Friday

8:00 - 10:00 a.m.  Course
10:15 - 12:15 p.m. Course
2:00 - 3:15 p.m.  General Lecture
3:30 - 5:00 p.m.  Special Interest Seminars
7:30 - 9:00 p.m.  General Lecture
9:00 p.m.  Facilities are available for group meetings as students request, for example, the fellowship of A.A. and Al-Anon.

Please note: Friday classes are scheduled as on Monday—Thursday; certificates will be awarded immediately following class.
ADV04 Drug and Alcohol Counseling: A Cultural Perspective
Instructor: Cecila Loan
This course is designed to address cultural issues that relate to effective treatment of ethnic and racial minorities, with a focus on African Americans. Areas to be covered include: a brief historical overview of alcohol use among African Americans; treatment issues with women, youth and families; motivation, and the influence of race and culture in treatment. This course includes lectures, class exercises and group discussions.

ADV05 Women, Chemical Dependency, and Recovery
Instructor: Patrice M. Muchowski
This course will focus on the unique aspects of chemical dependency in women and their treatment implications. The bio-psycho-social aspects of the disease will be discussed in relationship to women who are chemically dependent. Topics will address such issues as age, sexual preference, cultural aspects and drug selection. Significant emphasis will be placed on integrating the findings related to the psychology of women to chemical dependent females.

ADV06 The Group Process As a Therapeutic Tool for the Professional Working with the Chemically Dependent
Instructor: Thomas C. Desmond
This course is designed as a didactic and experiential process, which utilizes Gestalt techniques and the Twelve Steps of Alcoholics Anonymous in a group process. It will help the participants to identify their own belief systems, how these beliefs impact their personal lives and influence their professional counseling. It will help them explore how they create obstacles to change and how to effect change itself.

ADV07 Integrating Psychodynamics in Counseling Clients with Alcohol and Other Drug Problems
Instructor: Eileen B. Isaacson
This course will develop a framework for integrating psychodynamics in counseling the individual and family characterized by alcohol and other drug problems. Topics will include: (1) Compatibility of the psychodynamic and biopsychosocial models of addiction; (2) Assessment of developmental issues, defense mechanisms, and transference and countertransference as related to addiction; and (3) Intervention in promoting recovery using psychodynamics. The course will include lectures and small group discussions. Participants are encouraged to bring case material for small group work.

ADV08 Ritual, Mythology and Recovery
Instructor: Albert McNamara
The majority of existing addiction services evolved from the early self-help programs that were rich in traditions of ritual and the personal and group mythology of the founders. This workshop will present techniques and skills for identifying the personal mythology of clients so as to develop an understanding of their own series of ritualistic behaviors and how it can be adapted to fit a recovering lifestyle. Emphasis will be placed on approaches geared to assisting clients in blending their myth and ritual into those of the recovering community.

ADV09 Intervention Skills for the Helping Professional
Instructor: John O'Neill
This course is designed to improve the intervention skills of health professionals, school counselors, and others in a position to intervene with chemically dependent and co-dependent clients. Crisis-based, one-on-one, and group interventions will be reviewed, and techniques presented will include dealing with objections, avoiding antagonistic responses and creating "win-win" dynamics. Skills will be demonstrated and practiced with psychodrama, role play and other participation exercises.

ADV10 Treatment of Intimacy Dysfunctions in Recovery
Instructor: Bruce Carruth
This course will explore the dynamics and treatment of intimacy dysfunction in families recovering from chemical dependency illnesses, will examine five specific characterological patterns that limit opportunities for emotional contact, and will identify and practice skills in addressing intimacy blocks with clients in early, middle and ongoing stages of recovery.

The skills presented in the course are drawn from a variety of theoretical sources, including the cognitive therapies, Gestalt Therapy, Ericksonian Hypnosis and Psychosynthesis. Emphasis in the course is on learning to apply these techniques in the context of the participants' own conceptual framework for counseling and in a way that meets the needs of the specific groups of clients with whom we work.

ADV11 The Treatment of Shame: Advanced Material
Instructor: Ronald T. Potter-Efron
Shame has become an important and popular issue in the field of alcoholism and drug treatment. Many books and articles have been published recently on this theme. The nature of shame has been well described but not necessarily understood.

This course will discuss two important theoretical models that attempt to explain the shame experience: the self psychology approaches of Heinz Kohut, and Sylvan Tomkins' affect theory (as presented by Gershen Kaufman). Additionally, we will consider several approaches to treatment of the alcoholic or member of an alcoholic family who is deeply shamed. These will include cognitive therapy, hypnotherapy, and experiential/creative techniques.

ADV12 Theory and Technique to Challenge Resistance
Instructor: Michael J. Tuleff
This is an updated course on the chronic problem of resistance in chemical dependency treatment. The main theme remains: to know and challenge resistance, not assault it. The three main sections of the course incorporate the latest ideas in motivation and change theory. The first phase of the course will cover the various assumptions about resistance (to know); the second phase will be spent on techniques and interventions to best treat resistance (to challenge); and the final section will deal with counselor and system resistance issues. That is, it will focus on addressing the resistance that often develops in response to the professional or from a dogmatic system.
ADV13 Creative Therapy in Recovery Counseling  
Instructor: Patricia S. Potter-Efron  
This workshop focuses on creative counseling techniques for work with recovering individuals, family members, and adolescent and adult children of substance abusers. Techniques discussed are designed for individual, family and group use in an everyday setting. They include work with nature-based metaphor, use of therapeutic objects, drawing, practical claywork, simple storytelling and imaginative play and exploration. Each technique is carefully described with variations, consideration to when and how it is helpful in recovery counseling, when it is or is not appropriate, and special uses with clients who are resistant. These methods stimulate an awareness and understanding of self which can become a pleasurable part of a client’s coping in daily life.

ADV14 Relapse Prevention, Intervention and Treatment  
Instructor: Don L. Moyer  
This course will present the major schools of thought that are defining the disease, recovery and relapse phenomena. Special emphasis will be placed on the biopsychosocial model of Terence T. Gorski. Participants will learn to assess sobriety-based symptoms of chemical dependency, define early relapse warning signs, and practice intervention and prevention skills. The course will also address treatment of the affected family system, and ways of viewing the chemically dependent person in the context of his or her family system.

ADV15 Advanced Motivational Counseling  
Instructor: Bette Ann Weinstein  
This course is designed for experienced addictions counselors, social workers, psychologists and other mental health professionals. It will focus primarily on skill building through the use of role play and small group work. Topics to be covered will include: how to assess motivation, instilling motivation, dealing with resistance, the compliant client, and how the attitudes and beliefs of the counselor impact on client motivation.

ADV16 Core Issues in Recovery from Co-Dependence and the Adult Child Syndrome  
Instructor: Charles L. Whitfield  
This course will describe the recognition and management of several of the major core recovery issues for co-dependents and adult children. An issue is any conflict, concern or potential problem, whether conscious or unconscious, that is incomplete or that needs action or change. A core issue is one that comes up repeatedly for many of us. There are at least 15 core issues including, for example: fear of abandonment, control, all-or-none thinking and behaving, difficulty trusting, dependence, and high tolerance for inappropriate behavior. We will describe the interaction among the various core issues and explore healthy ways to heal each of them.

ADV17 Understanding the Addictive Process (Section A)  
Instructor: Craig Nakken  
This course will start from the basic premise that although all addictions are different they have one thing in common, that being the addictive process. It will explore the development of the addictive personality that is created due to the addictive process, exploring the infrastructure that is created. The course will also examine how the addictive process affects the family and the support systems surrounding the addicted person. It will also discuss the elements that make up what we call recovery.

Topics to be discussed will include: primary versus secondary addictions, objectification process, negative conversion experience, ritualism of addiction, mutual vulnerability, limited control, limited dependence.

ADV18 Advanced Executive Management  
Instructor: Richard Esterly  
This course enables the executive to analyze, understand and compete in a rapidly changing competitive drug and alcohol treatment environment. Focus on the internal environment emphasizes selecting the right people, team building, motivation, and building a positive corporate environment. These internal skills are combined with advanced financial analysis and planning to best position an organization for the future. Focus on the external environment will enable the executive to gather and analyze data in the community, make decisions regarding programs and implement programs on a timely basis. Methods include case studies, lectures, group discussions and assigned readings.

**Courses**

10:15 A.M.–12:15 P.M. (ADV03B, ADV17B, ADV19 to ADV35)  
ADV3B The Cocaine/Alcoholism Connection (Section B)  
Instructor: Gerald D. Shulman  
The course description is listed at AV03A, 8:00 a.m. (p. 5).

ADV17B Understanding the Addictive Process (Section B)  
Instructor: Craig Nakken  
The course description is listed at ADV17A, 8:00 a.m. (p. 7).

ADV19 Behavioral Pharmacology  
Instructor: George C. Wagner  
An overview of psychoactive drugs, drug classification, neurochemical action and analysis through behavioral techniques. Drug self-administration paradigms will also be discussed with an emphasis on bridging the gap between laboratory research and human addiction.

ADV20 Alcohol, Drugs and the Elderly — For Better or Worse  
Instructor: Ronald J. Gaetano  
The elderly total 11% of the population yet consume more than 28% of all medicines. They also represent a subgroup whose problem drinkers are often overlooked or ignored because their behavior is not socially disruptive. Older problem drinkers experience more binge drinking, more problems with relatives, more financial problems related to drinking and more accidents than middle-age alcoholics. Fifty-nine per cent of the elderly make errors in self-medication. This course will focus on the physiological, psychological, and social factors that combine to place the elderly at risk for problems with chemicals.

This course will provide specific strategies for working with the elderly patients experiencing drug and alcohol-related problems. Participants will learn how the aging process, the emotional state of many elderly and the ignorance of service providers all increase the risks for "chemical misadventures" among the elderly.
ADV21 The “Causes” of Alcoholism
Instructor: Helene R. White
This course will provide an overview of biochemical, psychological and sociological theories of alcoholism. Covering the latest research findings, genetic and environmental explanations for the family transmission of alcoholism will also be examined. The implications of these theories for treatment and prevention will be discussed. The format includes didactic presentations and class discussion.

ADV22 Case Management for Hispanic Clients
Instructor: John Fuentes
The focus of this course will be on the sociocultural and economic factors important in providing therapy to the Hispanic client. The significance of assimilation in making an appropriate intervention will be discussed in detail. Other factors such as how to take therapeuic advantage of social, familial, religious and personal cultural roles of Hispanics during treatment will be reviewed and examined.

ADV23 Children of Alcoholics
Instructor: Madeline Curren
This course, using Erikson's developmental stage theory, will focus on the impact of parental alcoholism on the infant, child and adolescent. It will identify the personality characteristics of COAs, the roles they play in the family, and the strategies they develop in their struggle to cope with the damaged parent-child relationship. The role of the child therapist, as a clinician and an advocate, and the special needs of the child in the treatment setting will be explored. Lecture, guided imagery and art work will be used.

ADV24 Gestalt and the Twelve Steps as Therapeutic Tools for Counseling the Chemically Dependent and Co-dependent
Instructor: Thomas C. Desmond
This course integrates the Twelve Steps of Alcoholics Anonymous and Gestalt in the treatment of chemical dependency and co-dependency. Participants will learn about the therapeutic effects of the Twelve Steps and how they relate to Gestalt theory and practices. Dealing in the "present" will be a primary focus. Lectures, case studies, discussion, role play and individual and small group experiential work will be used. Participants will have the opportunity to participate as counselors, clients and observers.

ADV25 Enhancing Family Therapy Skills
Instructor: Nellie Villegas-Schobnick
This course is designed for practitioners already treating families. It will pay close attention to methods of gathering relevant information, creating a systemic hypothesis, genograms, reframing and choice and strategies for intervention. Format will include didactic interventions, videotaped demonstrations, case simulations and assigned reading.

ADV26 Running on Empty: Addiction and a Damaged Self
Instructor: Ronald T. Potter-Efron and Patricia S. Poter-Efron
Many individuals suffer a deep seated sense of emptiness at the core of self. Loneliness, anxiety, a sense of meaninglessness, and depression often accompany this internal void. Addiction is attractive to such persons as a way to "fill up" one's emptiness. Abstinence may be difficult, if recovering individuals cannot discover effective ways to deal with their emptiness. The therapeutic goals with these individuals are to become "whole," as well as to help them accept the universality of this experience.

Participants will be able to describe several aspects of the experience of emptiness, including fear of death, meaninglessness, loneliness, and responsibility; participants will be able to relate these themes to the addictive process; and participants will learn relevant treatment modalities.

ADV27 Psychotherapy with the Recovering Chemically Dependent Client
Instructor: Bruce Carruth
This course presents a model of therapy for recovering chemically dependent people that integrates cognitive, affective and insight-based approaches to growth and change. Strategies presented and practiced in the course are drawn from such diverse resources as Gestalt, Psychodynamic Psychotherapy, Psychosynthesis, Ericksonian Psychotherapy and the cognitive therapies.

There is a strong emphasis in the course on working with resistance, and we will explore strategies for confronting resistance to accessing the "defensive self," feeling states and patterns of selfhood. The model is particularly useful in working with the "self disorders." In this context, we will emphasize work with six characterological patterns: 1) feeling repression/negation, 2) emptiness and lovelessness, 3) boundary confusion, 4) deprivation and neediness, 5) obstinacy and 6) inadequacy. Recognizing and understanding these patterns is particularly useful in working with the "self disorders" found in ACOAs, co-dependents and recovering chemically dependent people.

While some of the skills presented and practiced in the course may be appropriate for work in early recovery, emphasis will be on recognizing dynamics and applying skills in later stages of growth and change in chemically dependent and co-dependent individuals and families.

ADV28 Stage-Appropriate Group Therapy Strategies
Instructor: Don L. Mayer
This is an advanced skills course for practitioners who have experience conducting group therapy. Through lecture and small group activities, participants will learn group therapy techniques that correspond to the differing needs of addicts as they move through identifiable stages of recovery. Participants will learn about group therapy in transitional, primary, aftercare and relapse treatment. Special emphasis will be placed on developing skills for working with relapse-prone clients.

The material presented in this class is influenced by a wide variety of schools of thought including: Alcoholics Anonymous, cognitive therapy, Ericksonian hypnosis, Gestalt psychology, relapse prevention theories, and strategic therapy.
ADV29 Spirituality and Transpersonal Psychology as a Treatment Aid During Recovery

Instructor: Charles L. Whitfield

Among both lay and professionals in the recovery field, the term spirituality has remained vague and difficult to use in a practical way with clients. This course begins to clarify these difficulties, and offers possibilities and understandings that will assist helping professionals in their work and in their own lives.

The spirituality described will be an approach that is synthesized from many sources, including self-help groups, ancient and modern religious systems — Western and Eastern, esoteric or mystical traditions — and from humanistic and transpersonal psychology. Experiential exercises such as guided imagery will be used.

While this is especially helpful during recovery from alcoholism, other chemical dependence and co-dependence, it will be helpful for all illnesses. It defines and describes spirituality in recovery and how spirituality in recovery relates to psychology and to organized religion.

ADV30 Holistic Approaches to Addiction Counseling

Instructor: Albert McNamara

The process of addiction impacts on all areas of the individual from physical to psychic to interpersonal and spiritual connections. By nature, the recovery process must be recovery of the whole self. This course will focus on developing an integrated treatment plan that addresses addiction within the framework of total functioning. The body/mind connection and the interconnectedness of beliefs, behaviors and patterns will be explored and illustrated with particular emphasis on their support of or conflict with the recovery process.

The blending of traditional and non-traditional approaches will be examined as a means of developing a holistic model.

ADV31 Food Addiction and the Alcoholism and Drug Abuse Field: Issues for Counselors, Administrators and Health Educators

Instructor: Katie Regan

This course will provide a basic overview of food addiction, the illness of the 90s. Participants will have the opportunity to incorporate the concepts of eating disorders into their ongoing work in the alcoholism and drug abuse field. Specific issues and current research in food addiction will be explored and reviewed. Opportunities to perform individual and group projects with relevance to the special needs of the participants will be available.

ADV32 Employee Assistance Programming

Instructor: William J. O'Donnell

An advanced course for persons with some experience in the occupational counseling field. Participants will re-visit core Employee Assistance Program Technology, review current models of service, discuss regulatory issues (e.g., DOT, FAA, DOD), relationships between EAP and wellness programs, EAP and Managed Health Care. The course will also explore new issues in confidentiality and liability and the recent research on the cost effectiveness of EAPs.

ADV33 Spirituality and Storytelling — Family and Forgiveness

Instructor: Ernest Kurtz

This course will explore the story of the spirituality made available by the Twelve Steps pioneered by Alcoholics Anonymous. We will investigate recurrent motifs and themes such as the difference between magic and miracle, the nature of gratitude and humility. Examining the practice of storytelling, we will explore the metaphors of pilgrimage, re-framing, conversion, and being-at-home as ways of illuminating how story works. We will conclude our study by seeing how the culmination of spirituality in forgiveness makes possible the letting go of the vision of self-as-victim.

ADV34 The Clinician as Manager: Is This Really a Promotion?

Instructor: Patrice M. Muchowski

This course will provide participants with an opportunity to examine the similarities and differences between their training as clinicians and responsibilities as managers. Participants will explore how to translate clinical skills to management skills, and how to define supervisory roles and responsibilities. Additionally, methods to assist managers in defining management and administrative tasks to enhance program and staff functioning will be discussed. The course will assist participants in changing their focus from that of the individual client to one of the organization as a whole. Areas receiving attention will be staff recruitment and retention, development and implementation of organizational policies and procedures, responding to the continuing demands of U.R. and managed care companies.

The course is designed for individuals who were trained and worked as clinicians and have been promoted to management positions without formal training. It will consist of lectures, discussions, problem solving and program development tasks, and role playing situations.

ADV35 Clinical Supervision

Instructor: Bette Ann Weinstein

This course will focus on both the skills and personal characteristics needed to be an effective clinical supervisor in the addictions field. Examples of topics to be covered include ways to determine needs of staff, individual vs. group supervision, case presentation methods, the use of role play, and separating one's own issues from those of staff. This will be taught as a seminar with both lecture and experiential pieces. This course assumes at least a basic knowledge of both individual and group counseling and of alcoholism and drug addiction.
Summer School of Alcohol Studies
Co-sponsored by the American Society of Addiction Medicine

ABOUT THE SCHOOL

The Summer School of Alcohol Studies was founded at Yale University in 1943 and moved to Rutgers University in 1962. E.M. Jellinek, Sc.D., was the school's first director. Howard W. Haggard wrote that the school was undertaken "as an experiment in social education," to make the findings of scientific research applicable to the actual problems of alcohol in the community. The first school had as its main courses of study physiological aspects, alcohol and traffic, personality and constitution, statistics, social measures, legislative control, prevention of alcoholism and treatment of alcoholism. The first school had 80 students, the second, 147.

The 1992 Summer School of Alcohol Studies will be the fiftieth annual session. The school is located on the Rutgers College campus, College Avenue, New Brunswick, New Jersey; the director of the school is Gail Gleason Milgram, Ed.D.

Over the years, approximately 15,500 students have attended the school. They have come from each of the fifty states, the ten Canadian provinces, and forty other countries. They include men and women who played pioneering roles in the establishment of programs of treatment, education, and research: Marty Mann, a student in 1944, founded with the sponsorship of the Center of Alcohol Studies the National Committee for Education on Alcoholism; this organization is now known as the National Council on Alcoholism and Drug Dependency. The Rev. David Works, Earnest Shepherd, and Wayne Womer, with the help of Ester Henderson, founded the North Conway Institute in 1951. Summer School faculty helped to establish what is now the Education Section of the Alcohol and Drug Problems Association. More recent groups to originate at SSAS are the National Black Alcoholism Council, Inc., and the National Association of Lesbian and Gay Alcoholism Professionals, Inc. Today, the alumni are found in even larger numbers on the staffs of most government and voluntary agencies concerned with alcohol problems.

The student body continues to be characterized by a broad geographic distribution and a wide range of backgrounds, experience, and interests. This diversity makes the informal interaction among the members of each year's student body a unique and valued experience.

The emphasis in the school's present curriculum is on specialized courses, led by highly competent and experienced instructors. The school also features a strong program of general lectures and special interest seminars to support and supplement the course work. In addition, students have access to the outstanding resources of the Center of Alcohol Studies Library located in Smithers Hall.

This year, among those who will be lecturing at the Summer School, will be Vernon Johnson, Daniel Anderson, David Lewis, Terry Gorski, Janet Wolitz, and Bruce Carruth. Come help make this fiftieth year a special one!
Admission

Enrollment will be limited to 500. Applicants will be expected to meet the following minimum criteria for admission: (1) have professional qualifications such as those of physician, nurse, social worker, certified alcoholism/substance abuse counselor, clergyman, educator, or public health worker; (2) be employed in some alcohol/drug problems area at the time of application; or (3) have attended one of the many regional, state, or provincial schools of alcohol/drug studies. For those who do not qualify under above criteria, admission may be possible on an individual basis, pending review of the application and letters of recommendation submitted to the Admissions Committee.

Courses

Students register for two courses. The courses should be in the student's special areas of interest and qualifications. The requirements for the courses and methods of evaluation are determined by the instructors, please check the course listings for specifics.

Each course will meet formally for 2 hours each morning for a total of twenty hours; a minimum of two and one-half hours per course is also required for class projects, group work, etc. Class times are 8:00 a.m. to 10:00 a.m. and 10:15 a.m. to 12:15 p.m.

Certification and Academic Credit

Each student attending the school and completing the program will receive a Certificate of Attendance.

Academic credit can be arranged for approved courses for students in the Graduate School and the professional schools at Rutgers. Rutgers University students can receive 1½ credits per approved course upon successful completion of the session, providing they have received prior approval from their graduate deans for one or both of the courses which compose the program. In the case of all other SSAS students, Rutgers neither grants credit nor issues transcripts for SSAS work. Instead, the credit must be granted by the college or university in which the student is or will be enrolled.

Prospective students interested in academic credit are advised to obtain the special "Academic Approval-Certification Forms" from the SSAS office and to approach the department in the university in which they are enrolled to obtain official approval of credit for the SSAS work. This approval is best arranged in advance of their coming to the school. After the school, the SSAS will issue certification of attendance and grade to the college or university which has approved such credit.

Rutgers University has granted 8 Continuing Education Units (CEU) for this event. The 8 CEUs (equivalent to 80 hours) can be applied toward alcoholism and substance abuse counselor certification/recertification in most states.

The Summer School of Alcohol Studies has been approved by the National Association of Alcoholism and Drug Abuse Counselors for 80 continuing education hours.

Scholarships

The Summer School has no scholarship funds of its own. However, it does assist in the administration of the Alumni, Peter Sweisgood, and DISCUS Scholarships. These scholarships cover tuition, room, and meals, but not travel. Applicants are requested to apply for only one type (Alumni, Peter Sweisgood, or DISCUS) of support. A deposit is not required when applying for scholarships.

Application is to be made to the school by March 15, 1992, for all scholarships. Each applicant must send the following information: (1) a completed SSAS general application; (2) a letter from the candidate stating which scholarship he or she is applying for and describing his or her background and work in the field; and (3) a letter of recommendation. (Applications for Alumni Scholarships must be accompanied by a letter from an alumnus of the Summer School of Alcohol Studies or a colleague in the alcohol/drug field which speaks to the candidate's attributes and role in the field.)

ALUMNI SCHOLARSHIPS

Alumni scholarships are supported by the dues of the Alumni Association of Alcohol Studies, the alumni group of the three summer schools. The number of scholarships available varies from year to year depending on the participation of the summer school alumni.

The requirements listed below must be fulfilled. In addition, candidates who have not previously attended the Rutgers Summer School of Alcohol Studies will receive priority consideration. The letter of application should describe how the person fills the following requirements and also state financial reasons for requesting scholarship aid.

Candidates must:
• Be a certified alcoholism/drug abuse counselor or be in the process of attaining certification. Documentation of hours accumulated toward meeting certification requirements should be appended to the letter of application.
• Work full-time in the alcohol field with family and children of an alcoholic; parents who are misusing alcohol and/or other drugs; gay/lesbian patients; and/or the handicapped.
• Be involved with community groups, local industry, school systems, and/or other volunteer programs.

PETER SWEISGOOD SCHOLARSHIP

The Peter Sweisgood (Fisher of Men) Scholarship will be awarded in memory of Father Peter Sweisgood, O.S.B., Executive Director of the Long Island Council on Alcoholism, Inc. This scholarship will cover tuition, room and meals but not travel cost.

A medical intern who will be specializing in addiction problems, but who would be unable to attend the Summer School without financial assistance, is eligible to apply. A letter of application indicating the need for a scholarship must accompany a completed Summer School of Alcohol Studies application form. The deadline for receipt of this material is March 1, 1992.

DISCUS SCHOLARSHIPS

The Distilled Spirits Council of the United States is providing two scholarships to the Summer School of Alcohol Studies. Candidates must be individuals in the alcohol field or related fields who wish to increase their knowledge or add an alcohol-specific component to their background.

Other sources of financial aid not administered by SSAS are state and provincial alcoholism programs and/or the agency, hospital, department, or company of one's own employment. Prospective students seeking financial aid should contact these additional sources directly.
### SSAS Daily Time Schedule

**Monday-Friday**
- 8:00 - 10:00 a.m.  Class*
- 10:15 - 12:15 p.m. Class*
- Lunch
- 2:00 - 3:15 p.m. General Lecture
- 3:30 - 5:00 p.m. Special Interest Seminars
  - Dinner
- 7:30 - 9:00 p.m. General Lecture
- 9:00 p.m. Facilities are available for group meetings, as students request, for example, the fellowships of A.A. and Al-Anon.

**Saturday**
- 9:30 - 11:30 a.m. General Lecture

**Sunday**
- A free day.

*A minimum of two and one-half (2.5) hours per course is required for class projects, group work, etc.*

### Costs

The costs for the two-week program will be as follows:
- Tuition and University Fees: $740.00
- Room: 320.00
- Meals: 355.00
- Total: $1,415.00

A non-refundable deposit of $100.00, drawn on a U.S. bank, must accompany the application. This deposit will be applied toward the tuition fee upon acceptance in the school. Master Card and VISA are accepted for the balance only on day of registration.

### Application

The application deadline is May 15, 1992; however, early application is advised. A non-refundable deposit of $100.00, drawn on a U.S. bank, must accompany the application. Application is to be made on the official application form which is found at the back of the catalog. It should be sent to:

Andrea Gray, Program Assistant
Summer School of Alcohol Studies
The Center of Alcohol Studies
Rutgers, The State University of New Jersey
New Brunswick, New Jersey 08903
Telephone: (908) 932-4317

### COURSES

**8:00 A.M. - 10:00 A.M. (SS36 - SS60)**

#### SS36 Medical Aspects of Alcoholism

(For medical students and physicians. Co-sponsored by the American Society of Addiction Medicine.)

*Instructors: John Slade, Anne Geller, Michael R. Liepmann, and John M. Severinghaus*

This is an introductory course for physicians and medical students interested in clinical work with patients who have alcohol dependence. Topics considered include: the etiology of alcoholism; its clinical course, topography and diagnosis; detoxification procedures; cognitive difficulties caused by alcoholism; concurrent psychiatric issues; the fetal-alcoholic syndrome; current approaches to treatment and rehabilitation; family and social aspects of treatment; and the provision of services to impaired professionals. Selected aspects of basic and clinical research will be reviewed. This course does not explore medical complications other than drug withdrawal.

The course includes a clinical experience as an observer with an addictions consultation service at a nearby hospital and practice interviewing a new patient.

(The American Society of Addiction Medicine is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians. The ASAM designates this CME activity for 50 credit hours in Category 1 of the Physician's Recognition Award of the American Medical Association.)

#### SS37 Promising Prevention Strategies for Youth and Their Families

(For elementary and secondary teachers and administrators, school counselors, clergy and lay religious educators, and youth-serving agency staff.)

*Instructors: Thomas Griffin and Roger Svendson*

This course will review promising strategies currently in use in school- and community-based prevention programs. Parent communication approaches, social-influences model curricula, peer leadership training for adolescents, community alliances, worksite education efforts for parents, and youth education programs in religious organizations will be presented and discussed. Common themes and elements of successful efforts will be identified. Theoretical and practical considerations will be discussed by participants.

#### SS38 Alcohol and Other Drugs on the College Campus

(For those interested in alcohol and other drug issues among students, faculty, and staff.)

*Instructor: Bruce E. Donovan*

This course will review each component necessary for a comprehensive campus-wide drug program. Topics will range from theoretical policy issues to practical solutions to specific problems. Participants will explore their personal attitudes toward drugs and consider topics with special reference to their own campuses.

We will begin by considering society's evolving attitudes toward alcohol and other drugs and their use in college, and recent federal regulations and initiatives. Other subjects will include orientation for new students; the role of parents; residential, social and disciplinary policies; programs for the general student body as well as special populations, e.g., athletes, fraternities, minorities, women; intervention for
addicted students and academic, social and residential provi-
sions for their recovery, and events for alumni. Particular
emphasis will be placed on the early identification of problems
and counseling (including peer counseling) and the use of
institution-sponsored support groups and self-help groups for
the addicted and the children of addicts. Although our
primary focus will be on undergraduates, we will consider
faculty interactions with students and the role of an Employee
Assistance Program for faculty and staff. We will review
campus-based activity during the past 20 years, as well as the
current literature of collegiate prevention, education and
treatment, evaluation and specific programming ideas.

The course will consist of lecture and active class participation
in workshop format. Every effort will be made to address the
individual needs of class members.

SS39 Alcohol and Blacks
(For counselors and program managers who work with
a significant number of black clients and others interested
in treatment and program development for this
group.)

Instructor: To Be Announced

An analysis of the role of alcohol in the underdevelopment of
Black communities in American society. What are and what
have been the sociocultural, economic, political, legal, and
psychological effects of alcohol in the Black community?
Within the context of this analysis, the course will explore
parameters of treatment which will facilitate recovery for the
Black alcoholic in non-traditional as well as traditional
treatment terms and examine elements for program develop-
ment.

SS40 Screening and Assessment in Alcohol-Drug
Counseling
(For practitioners, direct service providers, agency
administrators and interested others.)

Instructor: John M. Schibik

This course will distinguish between screening, assessment,
and diagnosis of alcohol and drug problems by reviewing a
number of screening tests, such as the M.A.S.T., C.A.G.E.,
Significant Others Screening Questionnaire, and a selection of
experimental and standard assessment tools, eg, the Com-
prehensive Drinker Profile, Alcohol Use Inventory, Addiction
Severity Index, Client Satisfaction Interview, Social Readjust-
ment Scale, and others. Participants will also review a seven-
step diagnostic interview process of the Diagnostic Statistical
Manual (DSM III R).

SS41 Intervention in Alcoholic Family Systems
(For clinicians who have a basic working knowledge of
alcoholism and family systems.)

Instructor: Patricia Burke

This course will provide a working knowledge of Family
Intervention Training as a model of intervening in alcoholic
and chemically dependent family systems where the chemi-

cally dependent family member is still actively addicted.

The course will focus on integrating a family systems approach
to addiction and the Johnson Institute Model of Intervention,
to make structural changes in the family system that will
enable the family and the chemically dependent individual to
break through the pattern of denial and unhealthy behavior,
which are hallmarks of alcoholic family systems.

Topics of discussion will include: family systems theory;
assessment of the family; basic elements and the dynamics of
intervention; getting the alcoholic into treatment; interven-
tion with special populations. The objectives are to develop
skills in assessing the family system and opening windows in
the family's dynamic pattern of denial and over-responsible
behavior, and to learn the techniques required for conducting
structured interventions with alcoholic and chemically de-
pendent families. Classes will include lecture, discussion, case
material, role play and daily assigned readings.

SS42 Adaptive Counseling Approaches
(For counselors, therapists and other health care profes-
sionals who are interested in developing or clarifying
their professional counseling approach.)

Instructor: Albert McNamara

The utilization of professional skills and therapeutic traits
may often result in a positive outcome for one client and a less
positive or even negative one for another, causing the coun-
selor confusion, frustration and questions of competence. This
course will examine the relationship between the client's
identified problem, the choices of available therapeutic
approaches, the client's mode of assimilation and the counselor's
approach to engaging the client. Emphasis will be placed on
developing an awareness of one's philosophical reference
point, theoretical foundations and natural counseling style in
order to allow for a blending of these elements into an effective
adaptive approach.

SS43 The Comprehensive or Minnesota Model
of Treatment
(For those professionals and practitioners who have or
will have responsibility for treating alcoholic and chemi-

cally dependent individuals in case management, one-
on-one counseling, group therapy, family treatment,
and multidisciplinary team settings.)

Instructor: Nikola. Irsh. Moyer

The course focuses on the disease concept of chemical
dependency, assessment, treatment planning, coping with
managed care, relapse prevention, counseling approaches,
and working with dual-diagnosis clients. Special issues which
will be examined include the nature of the addiction process,
spirituality, denial, shame and guilt, relapse, and recovery as
developmental process. Lecture, video, case presentations,
and role-plays will be the major instructional vehicles.

SS44 Motivational Counseling in Addiction
(For persons who have, or will have, some responsibility
for assessing, counseling and referring chemically de-
pendent clients.)

Instructor: Bette Ann Weinstein

This course is designed to present theoretical material in a
practical, useful way, and to afford an opportunity for skill
building in confronting and motivating chemically dependent
clients. Topics include: psychological and physiological as-

dpects of addiction; etiological factors; assessment strategies;
effects of addiction on the family, employer, etc.; understand-
ing denial and the use of motivational techniques in various
settings; special aspects of counseling in the workplace and
with mandated clients; work-based and family interventions;
and understanding and developing appropriate treatment.
(See also course SS57.)
SS45A Applications of Gestalt and Experiential Therapies in Treating Chemical Dependency and Co-Dependency
(Section A. This course also meets at 10:15 a.m.)
(For persons with experience and training in counseling and who work with chemically dependent individuals and families.)
Instructor: Bruce Carruth
This course builds skills derived from Gestalt and other experiential and humanistic therapies useful in working with chemically dependent families in recovery. The primary learning method is experientially based group process. Some of the issues we will address are: resistance to change, contact and boundary work, developing sensory awareness, therapy with shame-based beliefs, grief work, working with disowned and disassociated parts of self, and building nurturing support systems. Work with characterological patterns that limit intimate contact will be an ongoing issue in the course.

SS46A Co-Dependency — Treatment Issues
(Section A. This course also meets at 10:15 a.m.)
(For counselors and therapists who have, or will have, responsibility for working with alcoholics and co-dependents.)
Instructor: Warner Mendenhall
This course is designed to prepare counselors and therapists to work with co-dependents. A ten-point treatment protocol is presented which includes the major areas of co-dependency recovery. Students will be asked to practice specific treatment strategies in a supervised setting. Both theoretical background and practical application are included in this course. Also included are the topics of stress, the family as patient, toxic counseling and differential diagnosis of patients.

SS47 Assessment and Treatment of Adult Children of Alcoholics
(For people to gain information about themselves and for professional counselors working with adult children of alcoholics.)
Instructor: Patricia S. Potter-Efron
This course will focus on the assessment of adult children and their issues for treatment planning, and on verbal and experiential strategies useful in obtaining progress in treatment with adult children of alcoholics. Participants will learn assessment of clients' current co-dependency issues, assessment of abuse issues, and assessment of compulsive responses to pain, shame, and trauma. Prioritization of issues will be discussed and specific guidelines and treatment strategies offered for dealing with the areas of denial, shame and guilt, fear and control, anger, rigidity, impaired identity development and confusion. Active individual, group and family techniques for treatment of adult children will be presented, and some will be demonstrated or explored experientially within the classroom setting.

SS48 An Experiential Course in the Practice of Group Therapy With Chemically Dependent Persons
(For alcoholism counselors and other health professionals who need a practical group therapy approach to chemical dependence.)
Instructor: John E. Davis
This is an introductory course to the practice of group therapy with chemically dependent clients designed for the clinician who is already experienced in the treatment of alcoholism and other drug dependence. Using a training group format, information presented will be demonstrated experientially in small groups, role plays, and participant exercises. A major focus of the course is to analyze group process and to organize and lead an ongoing therapy group.
The course will systemically explore the group process through all stages in group growth from organization to termination. The student learns by actually experiencing in a safe way the essential components of group therapy. Time is spent on techniques of group maintenance, overcoming blockages, giving and receiving feedback, leadership, making interventions, and evaluating group progress. The course is ideal for persons who run groups or want to run groups, but who feel that they lack an overall framework or understanding of the group process. Involvement in eight one-hour sessions in a small work group outside of classroom time is a course requirement. This small group work has been viewed by previous classes as one of the most beneficial experiences of the summer school.

SS49 Practical Group Techniques and Approaches for Counseling Alcoholics
(For persons with some group counseling or group facilitation experience and knowledge of alcoholism.)
Instructor: Dana G. Finnegan
Using an interactional approach as the basic philosophical perspective, this experiential and didactic course will integrate group process, group development, and interactional therapeutic techniques and approaches to alcoholism in the group context.
Some of the topics to be experienced and explored are trust, dependency, resistance, denial, control, intimacy, termination, group norms, the group as metaphor, the conditions for change and growth; and the role of the counselor and facilitator.
The teaching approaches will include didactic presentation of material, readings, structured exercises, small groups, unstructured group time, and processing the dynamics of the class itself. In general, the class format will be: experiencing a group activity, sharing observations and feelings, processing the dynamics that emerge, generalizing to extract learnings, and applying the learnings to alcoholism counseling. The focus will be on the student's experiences of the group process.
Participants are invited to use the class to learn from one another and from their own experience of the process, to give and ask for feedback, and to work on their back-home group problems.

SS50 The Twelve Steps as a Therapeutic Tool for Counseling the Chemically Dependent and Co-Dependent Utilizing Gestalt Techniques
(For persons who wish to expand their skills in counseling the addicted and co-dependent client.)
Instructor: Thomas C. Desmond
This course integrates the Twelve Steps of Alcoholics Anonymous and Gestalt therapy into the treatment of chemical dependency and co-dependency. Participants will learn about the therapeutic effects of the Twelve Steps and how they relate to Gestalt theory and practices. Dealing with the "present" will be a primary focus. Lectures, case studies, discussions, role plays and individual and small group experiential work will be used. Participants will have the opportunity to participate as counselors, clients and observers.
SS51 Food Addiction and the Alcoholism and Drug Abuse Field: Issues for Counselors, Administrators and Health Educators
(For health and human development professionals, counselors and interested others.)

Instructor: Katie Regan
This course will provide a basic overview of food addiction, the illness of the 1960s. Participants will have the opportunity to incorporate the concepts of eating disorders into their ongoing work in the alcoholism and drug abuse field. Specific issues and current research in food addiction will be explored and reviewed. Opportunities to perform individual and group projects with relevance to the special needs of the participants will be available.

SS52 Anger, Aggression and Alcoholism
(For substance abuse and other counselors and people who work in school and community settings with angry or aggressive people.)

Instructor: Ronald T. Potter-Efron
Anger and aggression are linked in many complex ways with alcohol and drug use. For example, some drugs, including alcohol, are known to increase the risk of violence, while others might reduce aggression. Some people use alcohol to lessen their anger while others drink in order to get "permission" to become violent.

Recovery from alcoholism raises many relevant questions: "Now that I can't drink what do I do with my anger?"; "Why am I suddenly becoming angry when I never was before I quit?"; "How come I'm still so mad? I thought quitting drinking would help."

We will discuss ten problems people have with their anger, such as anger avoidance, explosive anger, and resentment. We will relate these themes to alcoholism. Experiential exercises will help participants explore their own anger styles.

SS53 Rebuilding Families — Reweaving Family Rituals into Recovery
(For any person interested in addressing their own family issues as well as clinicians working in the addictions fields.)

Instructor: Glorita Merritt
This is an experiential course on families, designed around the principles of family systems theory. As family therapy is "action" oriented therapy, so too is this course.

The family is the first place we decide who we are and practice how to be that way. Alcoholism/addiction significantly impacts this process, frequently leaving adults feeling "stuck" even in their recovery. During this course, students will move beyond "understanding" and begin developing the tools needed to create change within their family. The focus will emphasize strengthening family skills rather than working on pathology. Family themes, rituals, genograms, family photos and letter writing will be explored.

Students are to bring family photos (photos of themselves within their family of origin) and a journal. Class size will be limited.

SS54 A Spiritual Life after Alcohol Abuse, Substance Abuse, and Other Addictions
(For persons interested in exploring a way of life that offers physical, intellectual, emotional, social and spiritual health.)

Instructor: Fr. Oliver J. Morgan
This course presents a down-to-earth way of bringing spirituality to everyday life for persons recovering from addictions. It will explore various tools and strategies for maintaining recovery; it will also explore the possibilities for growth and transformation in recovery. Building on the experience of successfully recovering persons, it will look at various elements that are part of a holistic approach to spiritual growth and living.

SS55 Treatment of Intimacy Dysfunctions and Chemical Dependence
(For clinicians from all disciplines working with individuals with relationship problems affected by chemical dependency.)

Instructor: Phyllis Reilly
This course will help bridge the gap between chemical dependence and human sexuality in order to enable clinicians to formulate and enact effective treatment plans for clients with a range of sexuality problems related to chemical dependence. Topics of discussion will include: male and female sexual attitudes and values, intimacy dysfunctions, barriers to intimacy in the chemically dependent family, sexual dysfunctions, sexual compulsiveness, boundary and role diffusion, shame and intimacy, incest, differences in expression of over-separation and over-attachment in men and women, marital and relationship problems, and building healthy dyadic and family relationships.

Case histories for treatment planning purposes will focus on the following populations: recovering men and women, co-dependent, and young and adult children of substance abusers. Methodology will focus on didactic and experiential formats, discussion, case material reviews, and audio-visual presentation.

SS56 Alcohol and the Criminal Justice System
(For counselors, policy makers, and criminal justice professionals who deal with alcoholic offenders.)

Instructor: William J. Kane
This course will include the following topics: the nature and extent of alcohol-related crime, intoxication and alcoholism as defenses to crime, blackouts, the insanity defense, public intoxication, drunk driving, domestic violence, juvenile justice, evaluation of alcoholic offenders, and a model treatment system. We will also look at how the following interact with alcoholic offenders: the police, attorneys, courts, pretrial diversion, probation, prisons, parole, and treatment agencies.

SS57 Preventing Substance Abuse
(For persons of any discipline whose concern is the primary prevention of alcohol and substance abuse.)

Instructor: Fred Strelt
This course provides a research-based orientation to designing, implementing and evaluating preventive programs. The focus is on changing behaviors of adolescents, parents, teachers and others toward preventing alcohol and other drug abuse. Topics such as expectations, standards, communications, persuasion strategies, perceptions and dissonance theory are used to make prevention a viable strategy.
SS58 Alcoholism Counselor Renewal
(For experienced counselors with three or more years in the field as direct service providers.)

Instructor: Raymond P. Dreitlein

A course for experienced alcoholism counselors who feel that they are exhausted by the field and sense a need to work on a restoration to freshness and vigor. To re-establish oneself in the helping mode, the course will focus on the following areas: uniqueness of working in the alcoholism field, A.A. model of human development, effective helper issues, two-hatress issues, processing as a change model, perspective on counselor burnout, overview of nontraditional therapies, guided imagery, spirituality and growth, the relaxation response, etc.

The course will aid each participant to evaluate current status in the profession, to share with others who are also in a discovery mode and to provide the basis of a self-renewing program of professional and personal growth that goes beyond agency issues.

SS59 The Dually Diagnosed Patient: Identification and Treatment
(For substance abuse counselors and mental health professionals involved or interested in working with the chemically dependent and psychiatrically impaired patient.)

Instructor: Mark Wallen

This course is intended to provide a framework for addressing the specialized treatment needs of the chemically dependent person who also suffers from a clinically significant psychiatric impairment. The various categories of patients included within the so-called “dually diagnosed” patient population will be identified. A major emphasis will be placed on helping the treatment professional develop the skills necessary to accurately assess such patients and then formulate a comprehensive treatment program which will appropriately address all of the patient's treatment needs. This course will help the treatment professional identify, assess, and formulate the most effective treatment program for the psychiatrically impaired chemically dependent patient.

SS60 Management of Programs
(For persons with less than three years of supervisory/managerial experience.)

Instructor: Richard Esterly

This course will review areas of management facing the supervisor and the executive today. Emphasis will be placed on personnel management including motivation, supervision, problem employees, leadership, and other areas. In addition, finance and planning will be covered. Discussions, case studies, and readings will maximize learning skills. This course is designed for the person with less than three years of experience.

COUPLES

10:15 - 12:15 P.M. (SS45B, SS46B, SS61 - SS62)

SS45B Applications of Gestalt and Experiential Therapies in Treating Chemical Dependency and Co-Dependency (Section B)
(For persons with experience and training in counseling and who work with chemically dependent individuals and families.)

Instructor: Bruce Carruth

The course description is listed at SS45A, 8:00 a.m. (page 14).

SS46B Co-Dependency — Treatment Issues (Section B)
(For counselors and therapists who have, or will have, responsibility for working with alcoholics and co-dependents.)

Instructor: Warner Mendenhall

The course description is listed at SS46A, at 8:00 a.m. (page 14).

SS61 Social Aspects of Alcohol Use and Abuse
(For persons interested in an overview of alcohol use and alcoholism.)

Instructor: Florence Kelner Andrews

The purpose of this course is to acquaint participants with research in sociology and social psychology which contributes to understanding the genesis, maintenance, and alleviation of alcohol problems. The main assumption underlying readings, lectures, and discussions is that understanding alcoholism and other alcohol-related problems is considerably enhanced with an assessment of those social contexts which contribute to and those which mitigate against these problems. Moreover, an understanding of problematic drinking is fostered with knowledge of the attitudes and practices which govern "normal" or non-problematic drinking in a society or a group. Concerning the contribution of social context, the course will assess the factors of gender, age, family, ethnicity, religion, occupation and nationality. Here, various meanings of the drinking act will be analyzed in terms of the settings in which they take place and in terms of their contribution to benign drinking or to alcohol-related damage. There will be special focus upon some groups with high rates of alcohol problems (e.g., youth; certain occupations such as writers, police, and those in military service) and upon frequent victims of those with alcohol problems (e.g., spouses and children). Finally, the social context of treatment will be examined in order to establish what research suggests is the best fit between treatment modalities and client characteristics.

SS62 Prevention for a New Century: An Economic Imperative
(For participants interested in community/school prevention planning and programming; school treatment, social service agency staff; community service providers.)

Instructor: Carolyn Hodge

This course will address prevention from a community and school-based collaborative perspective. OSAP's Community Framework will be one of the systems used as an example.

The year 2000 will find in our shifting population fewer employable youth, more minorities and senior citizens and more single working-parent homes. How this affects our economy and our lifestyles will be the foundation for this course. Including all segments of a community in prevention
efforts dictates that cultural and ethnic issues be highlighted. Introspection by participants of personal behavioral, learning and leadership styles will involve the use of type indicator surveys. Small group process will be used to further this approach.

SS63 Oppression and Alcoholism: Working with the African American and Hispanic American People
(For persons interested in working with these populations.)

_Instructors: Cheryl Davenport Dozier and Ronald L. Figueroa_

This course will examine the special needs of acculturating and culturally oppressed people, exploring similarities between the addicted family system and the oppressed family system. A socio-historical perspective will be provided as a foundation to understand the correlation between alcoholism and oppression, the impact of racism, and key cultural factors. Issues in cross-cultural treatment, specific modalities and culturally appropriate techniques, effective community intervention strategies, and the role of indigenous helping systems in recovery will be discussed. Particular attention will be given to exploring spirituality and healing in the African-American and Hispanic-American communities as they pertain to recovery from alcoholism.

SS64 Women, Alcoholism, and Recovery
(For those interested in developing programs for and providing treatment and services to women.)

_Instructor: Janet Smeltz_

Before a woman becomes an alcoholic and drug abuser, she is first a woman, and this affects both her illness and her recovery. This course will provide a cultural and clinical context for considering assessment, intervention and treatment strategies for alcoholic women. From a feminist perspective, we will examine the effects of sexism, homophobia and patriarchal values on women alcoholics. We will examine the major issues in the lives of alcoholic women, special treatment issues such as physical and sexual abuse, the centrality of relationships and relapse prevention. Ultimately, we will look at the role each of us can play in enhancing women's treatment. Participation in the course will require self-reflection, personal involvement, and actively contributing to the class learning environment.

SS65 Alcohol Problems and Homelessness
(For counselors and program managers who work in or are interested in developing community or private agencies which provide direct or indirect recovery services to the homeless population. Also for others interested in expanding their knowledge in this area.)

_Instructor: Michael Newell_

This course will examine the special needs and treatment implications of homeless people in recovery programs. An historical perspective of the correlation between alcohol and homelessness will be provided to better understand the changing dynamics of this subculture. Attention will be directed to the differences in treatment approaches when working with this type of population. Topics of interest will include identifying primary needs of homeless substance abusers; resolving obstacles to recovery specific to homeless people; problems agencies encounter in working with this population; community responses to the issue; and potential funding sources for programs.

Participation in the course will require personal evaluation of perceptions of this population and group involvement contributing to the conceptual development of a program which understands the needs, goals, and lifestyles of homeless individuals in today's world.

SS66 Children of Alcoholics: Issues and Techniques in Prevention, and Therapeutic Programming
(For professionals working with children of alcoholics in a variety of settings.)

_Instructors: Betty LaPorte and Gloria Merritt_

This course will focus on the special issues and specific techniques in working with children of alcoholics ranging in age from four through eighteen. The alcoholic family system, its impact on young children and common mental health problems of children of alcoholics will be explored.

Prevention and education programming, family therapy, and individual and group treatment with this population will each be examined in detail. Program planning and the use of therapeutic techniques are integral parts of this course. The techniques will provide professionals with concrete tools to enhance their work with COA's.

SS67 Advanced Motivational Counseling
(For those with a minimum of a master's degree or more than two years of experience as an addictions counselor.)

_Instructor: Bette Ann Weinstein_

This course is designed for experienced addictions counselors, social workers, psychologists and other mental health professionals. It will focus primarily on skill building through the use of role plays and small group work. Topics to be covered will include: how to assess motivation; instilling motivation; dealing with resistance; the compliant client; and how the attitudes and beliefs of the counselor impact on client motivation.

SS68 Counseling Adult Children of Alcoholics
Prerequisite for Course: Minimum of Master's Degree
(For mental health workers and alcoholism counselors.)

_Instructor: Janet G. Woititz_

This is an advanced course for clinicians which will, through lecture, demonstration, and laboratory experience, demonstrate the effects of growing up in a chemically dependent family system. Appropriate techniques for counseling this population will be discussed. A model for self-help and therapy groups will be developed as well. The focus will be on the "here and now" implications in the life of the adult child and ways to break the cycle in both this and future generations.

Since it is, in part, a laboratory experience, which includes experiential techniques, the class size will be limited.

SS69 Introduction to Drugs Other Than Alcohol
(For alcoholism counselors who desire to expand their understanding of the drug-dependent patient.)

_Instructor: John E. Davis_

An introductory clinically oriented course for alcoholism counselors in the pharmacology of drugs, and the detoxification of drug-using patients. More patients using other drugs are presenting themselves to alcoholism treatment programs. Counselors trained in treating alcoholics often feel poorly prepared to handle other drug problems with confidence. There are differences between drug-dependent patients and those who are dependent only on alcohol. This course will offer current drug information describing the action of drugs, while
focusing on clinical issues of detoxification, and rehabilitation of the drug-dependent patient. Issues of age, class and sociocultural factors in dependence will also be addressed. The course is designed to augment counseling skills of the alcoholism clinician, and is appropriate for counselors, social workers, nurses, EAP workers, and program administrators who wish to expand their understanding of the drug-dependent patient.

**SS70 The Group Process as a Therapeutic Tool for the Alcoholic and the Addict**
(For counselors who wish to expand their skills in group therapy with persons with problems with alcohol and other drugs.)

**Instructor: Thomas C. Desmond**
This course is designed as a didactic and experiential process, which utilizes Gestalt therapies and the Twelve Steps of Alcoholics Anonymous in a group process. It will help the participants to identify their own belief systems, and how these beliefs impact their personal lives and influence their professional counseling. It will help them explore how they create obstacles to change and how to effect change itself.

**SS71 Treatment of Shame and Guilt in an Alcoholism Counseling Setting**
(For substance abuse counselors, those who work in school and community settings and interested others.)

**Instructors: Patricia S. Potter-Efron and Ronald T. Potter-Efron**
Shame and guilt are central issues with many active and recovering alcoholics and their families. For instance, an alcoholic may try to hide deep feelings of shame by drinking, only to have the feelings increase because of their drinking. Family members may find that they have “borrowed” some guilt and shame from the alcoholic, and alcoholics in early recovery may be swamped with guilt feelings they had previously ignored.

We will describe the nature of shame and guilt experiences, the sources of these feelings, and therapeutic intervention possibilities to use with alcoholics, co-dependents, and adult children of alcoholics.

**SS72 Beyond Addiction: Counseling for Transformation**
(For counselors/therapists who are engaged in counseling clients in the second and third phases of recovery.)

**Instructor: Albert McNamara**
Following the initial recovery phase, many clients report involvement in repetitive cognitive and behavioral patterns similar to their addictive behavior and often with similar negative effects. This cycle is sometimes a result of external changes that are not accompanied by internal transformation. This course will focus on identifying the basis of repetitive patterns, transitional approaches to emerging conflicts, and time competent resolutinal techniques. Participants will explore counseling approaches that are geared to developing self acceptance rather than self admission via the use of reframing, visualization and creative self expression.

**SS73 Prevention and Treatment of Relapse**
(For professionals who want to understand and work with people who are in danger of returning to chemical use or have already done so.)

**Instructor: Nikola Irish-Moyer**
Current research indicates one-half to two-thirds of persons treated for chemical dependency in the United States return to chemical use. This course will present the major schools of thought which are redefining the disease, recovery, and the relapse phenomena. It will focus especially on the bio-psycho-social model developed by Terence T. Gorski.

Participants will learn to assess sobriety-based symptoms of chemical dependency, define early relapse warning signs, and practice intervention and prevention skills. The course will also address treating the affected family, and briefly examine ways of viewing the chemically dependent person within his or her family system.

Teaching methods will include participatory lecture, videotape, case presentation, dyadic and small group skill development, group discussions, assigned readings, and role plays.

**SS74 Treatment of the Alcoholic Family**
(For interested students: advanced degree not required.)

**Instructor: Emily D. Schroeder**
Traditionally, in the field of alcoholism, the focus of treatment has been on the alcoholic in the family. This course will approach the alcoholism/chemical dependency from a family systems point of view. The instructor will examine the multi-generational aspects of the disease and the predictable patterns of interaction that are handed down through the family culture. Looking at the family life cycle, the impact of alcoholism on each of the stages will be discussed. Special attention will be given to the dynamics of families with chemically dependent adolescents and young adults and some of the variables in working with each of these populations.

In addition to the focus on family, strategies for intervening in the system will be discussed. Special attention will be given to ways to assess the family situation. The course will include interviewing, sculpturing, and looking at one's own family through the use of the genogram.

**SS75 Spirituality and Transpersonal Psychology as a Treatment Aid during Recovery**
(For any person who works in the field of alcoholism, other drug problems, or other chronic illness.)

**Instructor: Raymond P. Dreitlein**
Among both lay and professionals in the recovery field, the term spirituality has remained vague and difficult to understand and to use in a practical way with clients and patients. This course begins to clarify many of these difficulties, and offers possibilities and understandings that will assist helping professionals in their work and in their own lives.

The spirituality described will be an approach that is synthesized from many sources, including self-help groups, ancient and modern religious systems (Western and Eastern, esoteric or mystical traditions) and from humanistic and transpersonal psychology. Experiential exercises such as guided imagery will be used.

While this is especially helpful during recovery from alcoholism, other chemical dependence and co-dependence, it will be helpful for all illnesses. It defines and describes spirituality in recovery and how spirituality in recovery relates to psychology and to organized religion.
SS75 Ministering to the Alcoholic, Addict and Afflicted Family
(For pastors and pastoral ministers who are called to respond to "dependency" problems within the congregation.)

Instructor: Fr. Oliver J. Morgan
Most ministers are not trained to respond to the alcoholic household, and many church members are loath to do so. This course offers a model of addiction and recovery that empowers ministers through compassionate understanding and proposes ways of responding to addictions and afflicted families. It suggests a practical, effective approach to pastoral care of addictions and outlines a "congregational assistance program" for education and prevention.

SS77 Alcoholism Counseling and Sexual Identity Issues
(For persons of any discipline who wish to increase their skill and sensitivity in addressing sexual identity issues and in working with gay/lesbian alcoholics.)

Instructor: Dana G. Finnegan
Alcoholic men and women who are involved in alternate lifestyles and those who are confused about their sexual identity often receive inadequate treatment. This occurs because helping professionals may not be trained in the dynamics of sexual identity issues. This course will employ both didactic and experiential methods (small group work, role plays, case presentation) to help participants examine their attitudes and sharpen their clinical skills. Some of the topics included in the course are: homophobia, sexual identity confusion, developing a positive gay/lesbian identity, and setting up referral and resource networks.

SS78 Sexual Abuse in Substance Abusing Families: Treatment of Adult Survivors
(For clinicians from all disciplines who wish to learn how to identify and treat their clients who have been sexually abused as children.)

Instructor: Patricia A. Burke
This course will provide a working knowledge of the interplay between alcoholism and the occurrence of incest in families. This information will be used as a framework for understanding the assessment and treatment needs of adult survivors of childhood sexual abuse within the context of addictions treatment settings.

Topics of discussion will include: healthy and dysfunctional family systems, ways abuse can occur, boundary violations, the role of alcohol and other addictive behaviors in sexually abusive families, identification, assessment, and treatment of adult survivors, and special treatment issues of recovering individuals who are also sexual abuse survivors.

The course objectives are: 1) to become familiar with basic systems theory as it pertains to incest and the role of addictive behaviors in dysfunctional families; 2) to develop skills in the identification and assessment of adult survivors of sexual abuse; and 3) to learn techniques for treating adult survivors who are also recovering from alcoholism and other addictions.

Methodology will include lecture, discussion, sculpting, role play and case material.

SS79 Legal Aspects of Alcoholism Counseling and Program Administration
(For counselors, program administrators, and others interested in a fundamental background in the profession.)

Instructor: William J. Kane
The course will explore the legal aspects of treating alcoholics. Topics will include: malpractice, confidentiality (as amended in 1987), family law, criminal law, drunk driving, discrimination, commitment and guardianship, negligence, the legal aspects of employee assistance programs, health insurance, alcoholism as a disability, and how to testify in court. The legal rights of alcoholics will also be discussed.

The course will involve actual case studies, lecture, and role play.

SS80 Community-Based Prevention: A Common Message from Many Messengers
(For prevention specialists, outreach staff, educators, parents, elected officials, youth service agency staff, and clergy and lay religious leaders.)

Instructors: Thomas Griffin and Roger Swendsen
Some of the more promising prevention programs today are community-based efforts that rely on cooperation and consistency among various components of a community. This course will examine strategies to improve cooperation and collaboration between and among agencies and organizations within a community. The focus of the course will include community education about alcohol and other drug use problems and community-based prevention efforts.

A case study of a comprehensive community-based prevention effort will provide an opportunity to identify strengths and weaknesses of community-wide strategies. Teamwork, decision-making in groups, coalition building and communication of innovation will be discussed in this course. Participants will be invited to develop a plan of action for improving cooperative efforts in their communities.

SS81 Chemical Dependency Disorders
(For physicians, medical students, psychologists, nurses, social workers, or other individuals at a similar professional level who are interested in an introductory course pertaining to the diagnosis and treatment of chemical dependency disorders.)

Instructor: Mark C. Wallen
Multiple substance use is very common today, especially among alcoholics. Alcoholics, particularly younger individuals, frequently admit to the concomitant use of other sedatives-hypnotics, stimulants, narcotics, PCP, volatile inhalants, and marijuana.

The course will provide a review of these substances from a historical, pharmacological, and treatment perspective. It is designed to provide participants with an opportunity to obtain some basic knowledge and develop skills in the diagnosis, treatment, and rehabilitation of patients with chemical dependency disorders. The multifactorial disease model of chemical dependency will provide a framework within which the biological, physiological, psychological and behavioral components of addiction will be examined. Specific treatment approaches will be reviewed including medical treatments (detoxification, chemotherapy), psychological treatments (behavior modification, assertiveness training, relaxation and stress management techniques, psychodrama), social treatments (marital, family, halfway house programs), and role modeling (twelve step programs, spiritual counseling).
SS82 Treating Nicotine Dependence in Addictions
Treatment Programs
(For clinicians interested in dealing with nicotine dependence among patients in treatment for other chemical dependency problems.)

Instructors: Abby L. Hoffman, Dorothy Hutchinson, C. Tracy Orleans, and John Slade

This course will review the problems with and opportunities for addressing nicotine dependence among patients in treatment for other chemical dependencies. Participants will learn about dealing with tobacco issues and treating nicotine dependence in a variety of treatment settings. Treatments aimed at motivating smokers to re-evaluate their nicotine addiction also will be covered. The course will present a treatment rationale and practice guidelines based on a perspective informed by current information on the pharmacologic, social, and cultural factors which have made this problem difficult to address, as well as the faculty's knowledge and experience working on these clinical problems directly.

The faculty comes to this from the perspectives of traditional CD treatment, public health, behavioral psychology, and addiction medicine. The faculty will share their experiences working on nicotine with all patients admitted to a chemical dependence facility and their experiences running a statewide consultation service on nicotine for addictions treatment programs in New Jersey. Lecture and discussion in a workshop will be combined in a workshop format.

"The true value of the Alumni [Scholarship]...grows more evident in each day’s experience of classes, lectures and seminars given by very gifted SSAS faculty. Because of this experience I feel an increase of intellectual energy, a challenge to think new thoughts, try new ideas, and a validation for the work I do as a clinician."
—Comment by a 1990 Scholarship winner
The New Jersey Summer School of Alcohol and Drug Studies
Co-sponsored by the New Jersey State Department of Health, Division of Alcoholism, Drug Abuse and Addiction Services

ABOUT THE SCHOOL

The 1992 New Jersey Summer School of Alcohol and Drug Studies will be the seventeenth annual session of the school. The director is Gail Gleason Milgram, Ed.D. The New Jersey School is conducted by the Education and Training Division of the Rutgers Center of Alcohol Studies; it is co-sponsored by the Division of Alcoholism, Drug Abuse and Addiction Services of the New Jersey State Department of Health.

Basic knowledge and training courses, as well as advanced courses, are provided for lay persons and professionals whose work brings them into contact with problems of alcohol and drug misuse. The emphasis in the school's curriculum is on specialized courses, led by highly competent and experienced instructors. The school also features a strong program of general lectures and special interest seminars to support and supplement the course work. In addition, students have access to the outstanding resources of the Center of Alcohol Studies library located at Smithers Hall.

Admissions

The New Jersey Summer School of Alcohol and Drug Studies is open to anyone with a personal or professional interest in these areas. Some courses, however, have requirements that limit them to a particular profession or level of experience. Please check the course listings for specifics.

Costs

The cost for the one-week program will be as follows:

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<tr>
<th>Item</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Tuition</td>
<td>$365.00</td>
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<tr>
<td>Room</td>
<td>135.00</td>
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<tr>
<td>Meals</td>
<td>150.00</td>
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<tr>
<td>Total</td>
<td>650.00</td>
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A non-refundable deposit of $100.00, drawn on a U.S. bank, must accompany the application. Master Card and VISA are accepted for the balance on the day of registration only.

Financial Support

The New Jersey Summer School of Alcohol and Drug Studies does not administer scholarship funds. Financial support is often provided by a state alcoholism program and/or the agency, hospital, department, or company of one's own employment. We encourage prospective participants to inquire of the head of their agency or program about available funding as soon as possible, as such monies are usually limited.

Registration

Enrollment to the New Jersey Summer School of Alcohol and Drug Studies is limited so early application is advised. Please complete the application form at the back of the brochure. A $100.00 (non-refundable) deposit in the form of a check or money order made payable to Rutgers University must accompany the application form. The deposit will be applied to the tuition fee.

Application

The application deadline is June 1, 1992; however, the school may close earlier if maximum enrollment is reached. Early application is advised to assure acceptance and course selection. A non-refundable deposit of $100.00 is required to process the application. Application is to be made on the official application form at the back of this brochure, or an application may be obtained from:

Johanna Collins, Program Assistant
New Jersey Summer School of Alcohol and Drug Studies
Center of Alcohol Studies
Rutgers, The State University of New Jersey
New Brunswick, New Jersey 08903
Telephone: (908) 932-4317
Courses

Students are expected to register for two courses. The courses should be in the student's special areas of interest and qualification. Each course will meet formally for two hours per day, except *Alcoholism: A Comprehensive Program for Nurses* (Course No. NJ85), which meets for four hours per day (nurses accepted in this course take one course only).

Certificates

A certificate of attendance will be awarded to all persons who successfully complete the school. Rutgers has granted 3.5 Continuing Education Units for this event; the 3.5 CEUs are equivalent to 35 hours toward certification/recertification in most states.

The New Jersey Summer School of Alcohol and Drug Studies has been approved by the National Association of Alcoholism and Drug Abuse Counselors for 35 continuing education hours.

Daily Time Schedule

<table>
<thead>
<tr>
<th>Monday-Friday</th>
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<tr>
<td>8:00 - 10:00 a.m.</td>
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<tr>
<td>10:15 - 12:15 p.m.</td>
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<tr>
<td>Lunch</td>
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<td>2:00 - 3:15 p.m.</td>
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<td>3:30 - 5:00 p.m.</td>
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<tr>
<td>Dinner</td>
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<td>7:30 - 9:00 p.m.</td>
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<td>9:00 p.m.</td>
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Please Note: Friday classes are scheduled as on Monday-Thursday; certificates will be awarded immediately following class.

COURSES

8:00 A.M. – 10:00 A.M. (#NJ83 – NJ110)

**NJ83 The Diagnosis and Treatment of Chemical Dependency Disorders**

(For medical students and physicians only, who are interested in an introductory course pertaining to the diagnosis and treatment of chemical dependency disorders.)

_Instructor: Mark C. Wallen_

**General Overview:** This course will provide participants with an opportunity to obtain some basic knowledge and develop skills in the diagnosis, treatment, and rehabilitation of patients with chemical dependency disorders. The initial part of the course will focus on defining chemical dependency with a review of diagnostic evaluation procedures and treatment components. Videotaped case histories will exemplify these issues. The last part of the course will focus on physician intervention techniques along with a review of physician and medical student impairment as a result of chemical dependency disorders.

**General Goals:** To provide participants with the basic concepts necessary to develop an understanding of the diagnosis, treatment, and rehabilitation of individuals inflicted with chemical dependency disorders. Participants will also gain an awareness of the impact of these disorders on physicians and medical students themselves.

**NJ84 Alcoholism Services — Policy to Program**

(For alcoholism services delivery personnel and other human service personnel.)

_Instructor: Nancy L. Fiorentino_

**General Overview:** This course will review state and federal legislation on alcohol abuse and alcoholism. The implementation of the new provisions of these laws will be traced from the interest groups who generated them to the local programs designed to meet the new mandates. Participants will have an opportunity to design and plan for the genesis and passage of a new policy, including determining whether it is subject to administrative or legislative action, and the nature of the work to be done by whom. Making use of the body of knowledge, literature and research will be combined with how to assess the experience of the practice community to determine whether the problem up for resolution is widespread and system-wide or whether each case is a legitimate exception.

**General Goals:** To familiarize students with the mandates and advisories about alcohol abuse and alcoholism contained in the law. To relate these legislative initiatives to current programs and practices in the field. To define and describe the process by which policies become programs. To promote individual participation in the ongoing process of policy and program development.
NJ85 Alcoholism and Drug Abuse: A Comprehensive Program for Nurses
(The Prevention Services Unit of the New Jersey Division of Alcoholism, Drug Abuse and Addiction Services, in its interest to promote the role of the nurse working with alcoholics, drug-dependent individuals, and/or their significant others, has developed a twenty-hour intensive training experience for a professional who is interested in acquiring skills as an alcoholism and drug abuse specialist. Both sessions are required for this course.)

Instructor: Dorothyta Harmsen

General Overview: The course will include two two-hour sessions each day and make available a broad base of cognitive and experiential learning. The program will involve lectures, group discussion, intervention and communication techniques and will develop skills and attitudes relating to the nurse as an agent of change within the health system.

General Goals: The course will provide the bridge for a nurse to move toward certification as an alcoholism and drug abuse counselor in New Jersey and gain the alcohol- and drug-specific information and systems-related skills needed by an addiction specialist in the health care system.

NJ86 Psychological Basis of Dependency
(For treatment agency staff and those generally interested.)

Instructor: Ronald Gaetano

General Overview: This course explores the mechanisms and factors of addiction and dependency with a specific focus on the youthful population. It will discuss the etiology proposed by the disease theorists and the social-context theorists. Alcohol and drug use and misuse as a stress response will be discussed. The model for understanding the processes will be presented with special emphasis on implications for the treatment of the dependent individual; alternative methods will also be discussed.

General Goals: To develop student awareness of the basic processes involved in dependency and addiction and the implications for treatment; to identify high-risk characteristics of the dependent individual; and to identify the treatment needs of the dependent individual.

NJ87 Prevention Program Design and Strategies
(For those involved in planning and implementing community and school-based programs to prevent alcohol and drug problems, and those generally interested.)

Instructor: Marcia Smith Flees

General Overview: This course will explore prevention strategies and programs which are effectively being implemented in schools and communities. Using the public health model of prevention as a framework, the course will discuss primary vs secondary prevention, school-based education and intervention programs, public policy approaches, public awareness campaigns, community task forces and professional education. Although there will be a focus on programs targeting adolescents with alcohol and drug abuse problems, the course will also address other high-risk groups, such as women, drunk drivers, and minorities. Learning methods will include lecture, discussion, media, small group activities and readings.

General Goals: To develop a framework for developing and implementing effective school and community-based prevention programs aimed at alcohol and drug abuse and related problems.

NJ88 Working with the Alcohol- and Drug-Affected Family
(For counselors working with alcohol- and drug-affected families who desire a foundation in the basic theories and practice of six representative schools of family therapy.)

Instructor: John M. Schibik

General Overview: Professionals acknowledge the abuse of alcohol and drugs as a critical family concern. Various schools of family therapy can help us address dysfunctional family patterns and processes connected with the complex process of chemical dependency and recovery. In this course participants will conceptualize the nature of family dependency and recovery and its effect on individual and family living. We will examine family dependency from the perspective of six schools of family therapy, namely: structural, strategic, behavioral, psychodynamic, systems, and experiential. After forming a model of "normal" family functioning, we will explore the merits and deficits of each school of therapy for understanding and treating what is happening in a family affected by alcohol and drug use.

General Goals: To appreciate the dynamics of dependency and codependency in family living according to six schools of family therapy, and to appreciate the strengths and limits of the treatment approach of each school of practice.

NJ89 Alcoholism Counseling: Strategies and Tactics
(For those working in counseling or treatment of the alcoholic.)

Instructor: Albert McNamara

General Overview: This course is designed to examine alcoholism counseling as a process in which different skills, knowledge and attitudes are applicable to different stages of intervention and recovery. Alcoholism treatment involves setting up goals for each stage in the process and developing a flexible set of responses useful in the continuum of treatment. Areas to be covered include goal setting, support building, interventions, confrontation and supportive techniques. Critical issues in each stage will be explored. The class will use small group work, lecture and discussion.

General Goals: The major goal of this course is to provide participants with a framework for understanding alcoholism recovery as a process in which certain specific skills are applicable at each stage. Participants should be able to identify the most appropriate skills, knowledge and attitudes to be used in each stage of recovery.

NJ90 Counseling in Alcoholism and Other Drug Abuse
(For counselors working in rehabilitation or social service agencies with clients and family members of individuals with alcohol- and other drug-related problems.)

Instructor: Eileen B. Isaacson

General Overview: This course is intended to provide a framework for developing a multi-faceted approach to counseling the client and family members of individuals with alcohol- and other drug-related problems. Topics include: (1) model for counseling, (2) client assessment, (3) counseling issues and strategies, and (4) agency support systems and planning.

General Goals: To develop a practical framework for counseling the client with alcohol- and drug-related problems; to recognize the systemic relationship of the counselor, agency staff, and community resources in providing effective counseling.
NJ91 The Group Process as a Therapeutic Tool for the Alcoholic and the Drug Addict
(For counselors interested in expanding their skills in group work with alcoholics and drug abusers.)

Instructor: Thomas C. Desmond

General Overview: This course is designed as a didactic and experiential process, which utilizes Gestalt Therapy and the Twelve Steps of Alcoholics Anonymous in a group process with alcoholics and drug abusers. It will help the participants to identify their own belief systems, how these beliefs impact their personal lives and influence their professional counseling.

General Goals: To help participants explore how they create obstacles to change and how to effect change itself.

NJ92 Individual Counseling Skills
(For personnel in the state alcoholism and drug abuse system, both public and private, and personnel of related social service agencies.)

Instructor: F. Mel Madden

General Overview: A basic course for staff involved in the helping relationship with alcoholics and drug abusers. The empathic, non-directive approach to counseling is focused on an experiential learning environment. Specific skills are developed in the areas of relating empathically, identifying values and attitudes, exploring problems, and facilitating solutions. Strong emphasis is placed on the application of these skills to establish and maintain more effective helping relationships with problem clients.

General Goals: To help the counselor become aware of the dynamics of the helping relationship and of his or her responsibility and influence in this context; to increase counselor understanding of the affective, cognitive, and behavioral processes of the client; and to facilitate counselor awareness of the necessity to respond to the client as a whole person, with drug-related problems being symptomatic or incidental to other concerns.

NJ93 Alcohol and Other Drug Counseling: A Cultural Perspective
(For all service providers: counselors, educators, program planners and project directors.)

Instructor: Cecile Loan

General Overview: This course is designed to address cultural issues that relate to effective treatment of different ethnic and racial groups, with a focus on African Americans. Topics to be included: a brief historical overview of alcohol use among African Americans; treatment issues with women, youth and families; motivation; and the influence of race and culture in treatment. This course includes lectures, class exercises and group discussions.

General Goals: To increase the awareness and effectiveness of service providers who work with African Americans.

NJ94 Active Techniques in Alcoholism Counseling
(For substance abuse counselors and other counselors and those interested in working creatively with their clients.)

Instructor: Patricia S. Potter-Efron

General Overview: Substance abuse clients and family members often are subject to numbness, difficulties in cognition, and reactive and compulsive patterns of behavior. These clients benefit from special attention to feelings, to being in good contact with their physical surroundings, and to activities which heighten the affective and interactional atmosphere. This workshop focuses on the use of active techniques in group, individual, and family counseling. Techniques will be defined, guidelines for use established, and examples of techniques demonstrated. Self-dialogue, use of games, temporary restructuring of a group, interactive uses of projection, using therapeutic objects with one or more people at a time, methods of exaggeration and spontaneous experiment will all be included. The subjects addressed through active techniques will include the addictive self, self-disclosure, group building, the addictive relationship, denial, desensitization, shame and grounding recovery in specific behavioral objectives.

General Goals: 1) To gain a general awareness of when creative techniques are particularly appropriate to use; 2) to gain an understanding of the creative process as it can be applied within a substance abuse treatment setting; and 3) to learn specific creative therapy tools and techniques.

NJ95 Relapse Prevention: Principles and Practice
(For all persons who wish to understand and work with clients who are in danger of returning to chemical use or who have already done so.)

Instructor: Don Moyer

General Overview: This course will present the major schools of thought that are defining the disease, recovery and relapse phenomena. Special emphasis will be placed on the biopsychosocial model of Terence Gorski. Participants will learn to assess sobriety-based symptoms of chemical dependency, define early relapse warning signs, and practice intervention and prevention skills. The course will also address treatment of the affected family system, and ways of viewing the chemically dependent person in the context of his or her family system.

Teaching methods will include participatory lecture, videotape, case presentation, dyadic and small-group skill development, group discussions, assigned readings, and role play.

General Goals: To acquaint helpers with the relapse process and to provide them with educational and therapeutic tools for intervention and prevention of future relapse.

NJ96 Angry All the Time: the Addiction/Anger Connection
(For substance abuse professionals as well as those who work with angry clients. Also for those who are interested in looking at how habitual anger or anger avoidance may be affecting their lives.)

Instructor: Ronald T. Potter-Efron

General Overview: Alcoholics, addicts, and affected family members from chemically dependent families all score highly on standardized measures of anger. But what are the actual connections between alcohol intoxication, addiction, anger and aggression? Why do some recovering persons spontaneously give up their anger when they quit drinking, while others stay just as mad as ever, and still others seem only to get angrier? We will discuss these connections in this course. In addition, ten anger styles will be described, along with appropriate therapeutic interventions.

General Goals: To: 1) identify and describe the nature of different anger problems; 2) describe the relationship between these issues and alcoholism and addiction; 3) identify therapeutic strategies to treat individuals, couples and families; and 4) identify personal attitudes regarding anger and aggression.
NJ97 Issues in Working With HIV-Infected Clients  
(For alcoholism and drug abuse counselors, educators, and interested professionals and individuals working with the HIV-infected, their loved ones, and the “worried well.”)  

Instructor: Barbara Priestner-Werte  

General Overview: This course provides a strong information base for alcoholism and drug abuse counselors to help them address a number of issues surrounding AIDS that may evolve during counseling sessions with known HIV-infected persons, their loved ones, and the “worried well.” Topics include: (1) medical overview, (2) psychosocial aspects of AIDS, ARC and HIV infection, (3) assessment and intervention at-risk behavior, (4) psychological aspects of the family and significant others, and (5) the role of the counselor.  

General Goals: This course will provide the participants with specific knowledge and skills in working with the HIV-infected necessary for practitioners in alcohol- and drug-abuse related fields.  

NJ98 Recovering Relationships  
(For counselors, supervisors and therapists who treat chemically dependent couples)  

Instructors: Thomas Brinson and Sara Brinson  

General Overview: Many experts in the alcoholism and drug abuse fields define full recovery as the ability to establish, maintain and sustain healthy, successful, fulfilling relationships. Drawing on the works of Ernie Larson, Bob Earl, Harvill Hendricks, Wayne Krisberg and others, this course will examine the blocks and constraints to successful communication in chemically dependent and co-dependent relationships and focus on exercises and techniques to develop effective pathways of enhanced intimacy.  

General Goals: To increase participants’ awareness, knowledge and understanding of the importance of healthy relationships in the recovery process, and to enhance their skills in working effectively with recovering relationships.  

NJ99 Legal Aspects of Counseling and Program Administration  
(For counselors, administrators, and policy makers.)  

Instructor: William J. Kane  

General Overview: This course will examine the laws that directly affect counselors and program administrators. Topics included are: malpractice, confidentiality, civil rights of substance abusers, criminal law, testifying in court, family law, the legal aspects of employee assistance programs, and driving while intoxicated.  

General Goals: To make treatment providers aware of their legal rights and responsibilities and those of their patients.  

NJ100 Counseling Children of Substance Abusers  
(For health care professionals, human service providers, counselors, educators, student assistance counselors and those interested in prevention techniques.)  

Instructors: Yvonne Pagan and Joni Whelan  

General Overview: This course will explore strategies for identifying, assessing and working with young children of substance abusers. Topics will include: (1) the epidemiology of parental alcohol and drug abuse; (2) understanding the effects of addiction on the family; (3) the effects of parental substance abuse; (4) identification and assessment techniques; (5) healing games, art and play therapy and utilizing puppets. Current research data on maternal alcohol and drug abuse will be discussed. Learning methods will include lecture, role-play, audio-visual aids and discussion.  

General Goals: To increase participants’ awareness of the impact of parental drug abuse on the newborn through the adolescent child, to assist in the identification of the problems and needs of children of substance abusers, and to acquire knowledge and skills to address their needs.  

NJ101 Providing Affective/Effective Services for Youth At Risk  
(For school and agency personnel who want to increase their effectiveness, maximize their resources, and enhance intervention strategies for youth at risk for drug and alcohol abuse.)  

Instructors: Fran Miceli and Connie Greene  

General Overview: Intervening with youth at risk has become a complex task. This course is designed to provide participants with “skill-enhancement techniques.” Specific emphasis will be on how to be a “catalyst” within the school, home and community in order to provide the optimum intervention. The sessions will include lecture, role play, audio-visual aids and experiential lab work.  

General Goals: To increase and enhance participants’ skills in identifying strategies and intervening with youth at risk.  

NJ102 Counseling the Chemically Dependent Adolescent  
(For counselors, educators, and interested individuals working with adolescents and their families.)  

Instructor: Paul Henry  

General Overview: Major aspects of adolescent development will be explored, particularly as those dynamics relate to the potential for drug and alcohol abuse. Emphasis will be placed upon understanding aspects of experimentation, abuse and addiction; motivation for abuse patterns; relationship to family dynamics; intervention techniques and development of strategies to work with abusing youth and their families. Learning methods will include lecture, discussion, clinical case consultation, role play, and assigned reading.  

General Goals: The course will provide the specific knowledge and skills in working with adolescent abusers necessary for practitioners in alcohol and drug abuse and related fields.  

NJ103 Women, Chemical Dependency, and Recovery  
(For educators, counselors and those interested in providing treatment and services to women.)  

Instructor: Mary Anne Ruane  

General Overview: This course will provide a cultural and clinical context for considering what happens to women during their chemical dependency and their recovery. From a feminist perspective, the course will examine some of the effects of such cultural forces as sexism, sex-role stereotypes, homophobia, and patriarchal values on chemically dependent women. Some of these effects are physical and sexual abuse, shame-based identity, co-dependency, vocational problems, depression, and confusion about sexual identity. The course will also address some of the special treatment issues of chemically dependent women. Participation in the course will require self-reflection, personal involvement, and active contribution to the class learning process.  

General Goals: To help participants develop a better awareness and understanding of chemically dependent women’s special needs and issues and how these affect treatment, and to help participants identify their own attitudes relative to these needs and issues.
NJ104 Sexuality and Chemical Dependence
(For counselors, educators and other interested individuals.)

Instructor: Gerald D. Shulman

General Overview: This course will review cultural information and attitudes about sex, sexuality, sexual roles, specific sexual behavior, guidelines for determining healthy and unhealthy sexual behavior, and common sexual dysfunctions. The material will then focus on sexuality as specifically related to the chemically dependent person and their significant others, including the effect of alcohol and other psychoactive drugs on sexual performance and sexuality and the type of problems that a client would be most likely to encounter before, during and after treatment. The relationship between drug-of-choice and certain sexual issues will be discussed. A model for developing sexuality programming within a treatment agency will be discussed. Issues of the clinician's own sexuality and its impact on clients will also be discussed.

General Goals: The overall goal of the course is to enable the participants to become more comfortable with their own sexuality and therefore to deal with the sexuality of their chemically dependent and significant-other patients. This is NOT a course in sex therapy.

NJ105 Human Sexuality for Adult Children of Alcoholics
(For counselors and clinicians working with ACOA/SAs.)

Instructor: Karen Herrick

General Overview: To help the treatment professional identify, assess and formulate the most effective treatment program for ACOA/SAs regarding sexuality and intimacy problems. Essential facts regarding sexual anatomy, physiology, attitudes and behaviors will be taught which will sharpen the counselor’s ability to distinguish facts from myths, beliefs, probabilities and moral judgments.

General Goals: To enable counselors to increase their understanding of and tolerance for unusual sexual fantasies and behaviors, to better understand their own values and how these can influence client care and to become aware of common sexual problems and how these are best treated or referred. This acquisition of factual information will improve the counselor’s ability to discuss sexual matters with clients frankly, openly and without embarrassment.

NJ106 The Substance Abuse Counselor's Renewal
(For experienced substance abuse counselors/workers with three or more years in the field as direct service providers.)

Instructor: Raymond P. Dreitlein

General Overview: This course will help experienced substance abuse counselors/workers to evaluate their current status in the profession, to share with others who are also in a self-discovery mode and to provide the basis of a self-renewing process of professional and personal growth that goes beyond agency issues.

General Goals: A course of study designed for experienced substance abuse counselors/workers who feel that they are “exhausted” by the field and sense a need to work on a restoration to “freshness and vigor” in order to re-establish themselves in the “Helping Mode.” The following will be reviewed: the dynamics of being an effective helper, empathy training, process of affirmation, human change and personal growth, professional burnout and growth, relaxation response, training in guided imagery, feeling and discovery processing, non-traditional therapies in the field of substance abuse, etc. This course will provide the basis for a self-renewing program of professional and personal growth that goes beyond agency issues.

NJ107 Ethics for Alcohol and Drug Counselors
(For all alcohol/drug counselors who are involved in the process of initial certification or recertification.)

Instructor: Ann Crowley

General Overview: The issues of professional ethics and their implications have become increasingly important for alcohol and drug professionals. The field has made great strides in treatment modalities for alcohol and drug problems; however, to date, there is no clearly stated common code of ethics for the field.

General Goals: This course will provide students with professional guidelines for reaching ethical decisions in difficult and sometimes complicated situations. The focus will be on working with case studies and processing a group consensus regarding the ethical decisions reached. Students should bring a copy of the Code of Ethics from their work organization as a starting point for the class.

NJ108 Issues in Employee Assistance Programming
(For staff working in or in conjunction with Employee Assistance Programming in both the public and private sectors including program administrators, counselors, managers, etc.)

Instructor: Joan A. Tracey

General Overview: This course will examine the elements necessary for a quality Employee Assistance Program, focusing on the addicted employee population in the public and private sectors. Some areas to be covered are: (1) designing and developing a program; (2) reaching the troubled employee who suffers from chemical dependency (alcohol, prescription medication, or illicit drugs); and (3) examining the role of a counselor and the necessary skills for assessment of problems including drug and alcohol addiction. Some additional topics for discussion will focus on confidentiality, legal implications of drug abuse (prescription and illicit drugs), health care coverage, community resources, and the use of data collection and evaluation of EAPs. Methods will include lecture, films, group discussion, problem-solving exercises, and guest speakers.

General Goals: To provide the student with an understanding of key issues in Employee Assistance Programming; to explore the value of EAPs in reaching the drug addict, alcoholic, and other troubled employees; and to examine the value of an EAP to the employer.

NJ109 Peer Counseling: Tapping the Self-Help Abilities of Peers
(For educators and counselors in school settings—elementary, junior high, secondary, college—and individuals responsible for community education and social service programs.)

Instructor: H. James Wasser

General Overview: This course is designed to provide participants with a basic awareness of the peers-helping-peers concept adapted for school peer counseling and leadership training programs. The sessions will include lecture, skill demonstrations, small and large group discussion, and role play. Emphasis will be placed upon participant experiential learning and “tuneyak” training methodologies.

General Goals: To increase participants' awareness of the potential impact peer counseling can have on alcohol and
drug abuse prevention. To provide experiential learning for all participants through specific peer-helping skills, communication exercises, and group facilitation techniques. To equip participants with fundamental knowledge and skills to implement peer counseling programs.

**NJ110 How to Prepare a Written Case Presentation**  
(For people who are in the process of initial CAC certification.)

**Instructor: Edward McDonnell**

**General Overview:** The purpose of this course is to present the student with an overview into the record-keeping procedures for the methods development of a written case presentation. The course will highlight the methods of documenting the services, resources and people from the client's entry into treatment until his discharge.

**General Goals:** Upon completion of the course, the student will be able to: (1) obtain a better understanding of the procedures for record keeping; (2) recognize and understand the documentation of realistic goal setting, crises, psychological functioning, treatment planning and continuum of treatment; (3) understand the role of the client in record keeping to include the confidentiality of records.

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**COURSES**

10:15 A.M. - 12:15 P.M. (NJ85, NJ111 - 138)

**Please note:** Both sessions of course #NJ85, Alcoholism: A Comprehensive Program for Nurses are required.

**NJ85 Alcoholism and Drug Abuse: A Comprehensive Program for Nurses**  
(The Prevention Services Unit of the New Jersey Division of Alcoholism and Drug Abuse, in its interest to promote the role of the nurse working with alcoholics, drug-dependent individuals, and/or their significant others, has developed a twenty-hour intensive training experience for: a professional who is interested in acquiring skills as an alcoholism and drug abuse specialist. Both sessions are required for this course.)

**Instructor: Dorothea Harmsen**

**General Overview:** The course will include two two-hour sessions each day and make available a broad base of cognitive and experiential learning. The program will involve lectures, group discussion, intervention and communication techniques and will develop skills and attitudes relating to the nurse as an agent of change within the health system.

**General Goals:** The course will provide the bridge for a nurse to move toward certification as an alcoholism and drug abuse counselor in New Jersey and gain the alcohol and drug specific information and systems-related skills needed by an addiction specialist in the health care system.

**NJ111 Substance Abuse Treatment in the 1990s: Meeting the Challenge**  
(For counselors, therapists, nurses and other professionals involved in the field of drug abuse treatment, EAP, SAP, mental health and social services.)

**Instructor: Edward J. Higgins**

**General Overview:** Cocaine, "crack," heroin, marijuana, LSD, designer drugs and prescription medications - what's next? How does a professional meet the needs of their client population in the midst of this current epidemic of drug abuse? This course will detail the trends and patterns of drug abuse among adolescents and adults. It will examine the use and value of chemotherapeutic agents to deal with specific drugs of abuse. Through proven and successful treatment innovations, the course will demonstrate the integration of treatment and recovery philosophies to improve the engagement and retention of chemically dependent individuals, in appropriate settings, to effect behavioral change. We need to learn how to teach people to "Just Say No!"

**General Goals:** To provide practical information on new and innovative technologies to meet the challenge of the current trends of drug abuse. Learning how to apply these techniques to target populations will permit participants to be more effective and fulfilled in meeting personal and professional goals.

**NJ112 Drugs and Behavior: Pharmacology for the Non-Scientist**  
(For educators, counselors, and health care professionals.)

**Instructor: John Brick**

**General Overview:** This course will provide an overview of the pharmacology of drug actions, for those with little or no science background. The administration, absorption, distribution, mechanisms of action and termination, and excretion of drugs will be discussed, with special emphasis on the normal operation of the brain and how it is changed by psychoactive drug use.

**General Goals:** To learn about central nervous system aspects of behavior and how psychoactive drugs work.

**NJ113 Pharmacology of Psychotropic Drugs of Abuse**  
(For educators, counselors, and those generally interested.)

**Instructor: Mark Raffman**

**General Overview:** The emphasis of this course is on the interactions of a chemical substance and the human organism. Participants will develop an understanding as to how these drugs affect the body and how the body detoxifies and eliminates these drugs. Each of the major categories of psychotropic drugs will be discussed. These include stimulants (amphetamine and cocaine), depressants (alcohol and barbiturates), minor tranquilizers (Librium and Valium), euphoriant (marijuana), hallucinogens (LSD and mescaline), antidepressants (Elavil and Tofranil), and antipsychotics (Thorazine and Haldol).

**General Goals:** The major goal is to develop an appreciation of the complex interaction that occurs after ingestion of psychotropic drugs, and the mechanisms by which these drugs produce their effects will also be discussed.
NJ114 Psychological Aspects of Addiction, Treatment and Recovery
(For treatment personnel open to examining new concepts of addictions derived from scientific research, and integrating these findings into their clinical work.)

Instructor: Fred Rodgers

General Overview: This course focuses on the contribution of psychological factors to the etiology and maintenance of addictive behavior, with special emphasis on alcoholism and drug dependency. Current scientific knowledge about the influence of psychological factors on addictive behavior and as predisposing factors to addiction will be discussed, as well as current knowledge regarding the relationship of personality factors to addiction. A special emphasis will be placed on the role of psychological set and expectancy in the etiology, maintenance and treatment of addictive behavior. Current knowledge regarding treatment effectiveness will be examined, and the role of psychological factors in treatment and relapse prevention will be explored. Ideas for matching treatments to patients based on psychological factors will be presented.

General Goals: To present current research findings in the psychology of addictions in a clear and clinically useful fashion; to encourage critical thinking about current theories of addictions, etiology and treatment; to explain how elements of addictive behavior thought to be biologically based also have psychological components.

NJ115 The Dually Diagnosed Patient: Identification and Treatment
(For substance abuse counselors and mental health professionals involved or interested in working with the chemically dependent and psychiatrically impaired patient.)

Instructor: Mark C. Wallen

General Overview: This course is intended to provide a framework for addressing the specialized treatment needs of the chemically dependent person who also suffers from a clinically significant psychiatric impairment. The various categories of patients included within the so-called “dually diagnosed” patient population will be identified. A major emphasis will be placed on helping the treatment professional develop the skills necessary to accurately assess such patients and then formulate a comprehensive treatment program which will appropriately address all of the patient’s treatment needs.

General Goals: To help the treatment professional identify, assess, and formulate the most effective treatment program for the psychiatrically impaired chemically dependent patient.

NJ116 Pathophysiology of Addictions
(For counselors, mental health service providers and other health and human service providers.)

Instructor: Ronald Gaetano

General Overview: This course is designed to help provide an understanding of the similarities and differences between individuals who choose one class of chemicals as opposed to those who claim to be polyaddicted. The material presented will focus on what physical and emotional variables are to be considered when identifying, treating, and, in aftercare, planning for an “addict” who chooses one particular class of drug or another. Narcotic use and abuse will be compared to alcohol, hypnotics, and antianxiety drug use and abuse. Drugs which will be discussed and compared will include marijuana, amphetamines, cocaine, heroin, PCP, LSD, and alcohol. Clinical data indicates that a wide range of theories and approaches are used by counselors in the field. A model for developing a counselor’s own system of evaluating the problem will be presented.

General Goals: To enable participants to clarify their own attitudes about their clients and evaluate how their beliefs toward addiction impact on the treatment approaches they present to the addict and to the addict’s significant others. Another goal will be to help participants understand the importance of having a broad knowledge base of the properties associated with different classes of chemicals and the physical and emotional ramifications that must be considered in counseling and treatment.

NJ117 The Change Process: Substance Abuse and Human Development
(For educators, prevention specialists, and substance awareness coordinators interested in understanding the implications of developmental research into alcohol and drug use.)

Instructor: Philip M. Brown

General Overview: The course is designed to examine the implications of human development theories and research for the addictions field. Particular emphasis will be placed on the adolescent, young adult and mid-life phases of the life-span. How developmental tasks and issues influence substance use patterns will be explored. Case study material and prevention program content will be used to apply and amplify theory. Participants will have the opportunity to explore their own developmental course through experiential exercises.

General Goals: For counselors and prevention specialists to understand the impact of developmental stages and issues in a way that can inform and enhance their practice and program design.

NJ118 Building Self-Image in Adolescents: A Prevention Alternative
(For educators, counselors, and those interested in prevention techniques.)

Instructor: Thomas Turney

General Overview: The introduction and development of skills to promote a positive self-image will be the emphasis of this course. Participants will experience small group activities that focus on developing trust, improving self-awareness, and feeling more positively about oneself. Through lecture, demonstration, and supervised practice, participants will learn effective active listening and "I" message feedback skills necessary to foster a more positive self-image. Through lecture and role playing, the Consistency of Perception and Self-Esteem Theories will be contrasted. Techniques for evaluating improvement of self-image will be examined and the participant's self-esteem will be enhanced.

General Goals: To foster an understanding of the importance of self-image in the development of the adolescent, and to develop techniques and skills that can be used with individuals and groups of adolescents.
NJ119 Providing Services for Adolescents:
A Comprehensive Approach
(For persons considering or beginning clinical work as a drug/alcohol counselor with an adolescent population in any capacity.)

Instructors: Carolann Kane-Cavaiola and Alan A. Cavaiola

General Overview: Working with adolescents with alcohol and/or drug problems requires a level of skill and personal understanding somewhat different than those utilized with the addicted adult population. This course will focus on the recognition of the "high risk" adolescent and the correlates that accompany adolescent substance abuse. Attention will be given to developing assessment and evaluation skills. We will explore methods of resolving the personal conflicts counselors may discover when working with adolescents and their families.

General Goals: To enable participants to understand the complexities of the adolescent in order to realistically plan a course of treatment for alcohol and/or drug abuse, including the appropriate level of care; incorporation of "other" professionals into the treatment plan; and motivational techniques for accepting services and recovery goals.

NJ120 Substance Use and Abuse by College Students:
Campus-Based Approaches to Prevention and Treatment
(For counselors and clinicians, student health service personnel, educators, college students, college administrators and others interested in the college student.)

Instructors: Lisa Laitman and Richard L. Powell

General Overview: The course is designed to provide participants with a basic understanding of campus-based approaches to substance abuse prevention and treatment. Specific emphasis will be placed in three areas: (1) campus alcohol and drug policy; (2) education, training and prevention; and (3) clinical intervention. Participants will be exposed to both current approaches and to emerging strategies which are designed to minimize collegiate substance abuse and its consequences. Through lectures, demonstration, interactive discussion, role play, and problem solving, participants will learn new strategies and resources for dealing effectively with the problem of substance abuse on college campuses. Emerging initiatives in the areas of substance-free living arrangements on campus, partial-residential and student assistance approaches to intervention, the collection and dissemination of information about substance abuse prevention and treatment in higher education will be highlighted.

General Goals: To develop for participants a better understanding of issues and approaches for the prevention and treatment of collegiate substance abuse; to enhance skills needed to implement and improve current campus-based efforts; and to foster increased awareness of resources currently available to those persons working with college student populations.

NJ121 Treating Cocaine and Other Addicts — Similarities and Differences
(For direct service providers, particularly counselors.)

Instructor: Gerald D. Shulman

General Overview: A review of cocaine and other alcohol and drug dependencies including the cultural and pharmacological aspects of different broad classifications of drug and alcohol use, misuse, abuse and addiction; drug and alcohol interactions; and the problems of cross-addiction from physical and psychological viewpoints. Emphasis will be placed on the special issues of cocaine dependence and on the treatment of alcoholics and cocaine addicts in separate and combined service delivery systems.

General Goals: To develop more effective treatment of the multiple drug addict; provide insight into treatment strategies for the repetitively unsuccessful addict; to develop cocaine programming in existing chemical dependency treatment programs; and the ability to evaluate different treatment approaches for appropriate referral.

NJ122 Effective Use of Denial and Resistance in Treatment
(For those who provide direct counseling or therapy to alcoholics and substance abusers. This course is recommended for participants with prior counseling experience.)

Instructor: Chelly Sierman

General Overview: Denial and resistance are perceived within the framework that all behavior is purposeful in the context within which it was originated. In relation to this, rapport skills, outcome framing, creative psychotherapeutic modalities, and future pacing will be presented, demonstrated and practiced. Participants will have the opportunity to experiment with a variety of treatment strategies.

General Goals: The goal of this workshop is to provide the counselor with greater flexibility in his or her counseling or therapy, leading to additional options, which in turn increases the potential for well being.

NJ123 Counseling Issues for Alcoholism and Substance Abuse
(For counselors working in rehabilitation or social service agencies with clients and family members of individuals with alcohol- and drug-related problems.)

Instructor: Chris Hanns

General Overview: This course is intended to provide a framework for developing a multi-faceted approach to counseling the client and family members of individuals with alcohol- and drug-related problems. Topics include: (1) a model for counseling; (2) client assessment; (3) counseling issues and strategies; and (4) agency support systems and planning.

General Goals: To develop a practical framework for counseling the client with alcohol- and drug-related problems; to recognize the systemic relationship of the counselor, agency staff, and community resources in providing effective counseling.

NJ124 Individual Counseling Skills for Alcohol and Drug Clients
(For those who desire a foundation in counseling skills for individuals who abuse alcohol and other drugs.)

Instructor: John M. Schibik

General Overview: Participants will explore and practice eight basic counseling skills which serve as the foundation of individual counseling, namely: attending, paraphrasing, summarizing, probing, interpreting, confrontation, feeling reflection, and self-disclosure. The significance of each skill to alcoholism and drug abuse counseling will be demonstrated by case material. We will examine counselor qualities, assumptions, and beliefs which condition the counseling relationship. The resources of Reality Therapy, Rational-Emotive Therapy, and Client-Centered Therapy will be reviewed with an eye to application in alcoholism and drug abuse counseling.

General Goals: To experience the integration of the eight basic counseling skills, and to explore the theory and practice of reality therapy, rational-emotive therapy, and client-centered therapy in counseling chemically dependent persons.
NJ125 Family Counseling with Alcohol and Drug Abuse Problems  
(For counselors interested in an introduction to family counseling with a focus on alcohol and other drugs.)

Instructor: Eileen B. Isaacson

General Overview: Methods for identification and intervention with families with alcohol and other drug problems will be presented. Various models of family therapy will be discussed, including issues such as confrontation, denial, and co-dependency. The course will explore the presentation of material and will be both didactic and experiential.

General Goals: To provide participants with tools to assess and work with families and to provide further technical assistance for those already working with families.

NJ126 Alone and Together: Treating Recovering Couples and Family  
(For chemical dependency counselors, students and individuals who want to learn more about relationships in recovery.)

Instructors: Patricia S. Potter-Efron and Ronald T. Potter-Efron

General Overview: Alcoholism and other addictions place a great strain on family relationships. But so does the process of recovery. Partnerships which have held together during years of addiction can promptly disintegrate when one or both members achieve abstinence. Couples and families struggle with the rearrangement of relationships, changes in power and balance in the system, and the feelings of shame and guilt that appear when denial first disappears. Emotional and physical intimacy are particularly difficult concerns for recovering couples.

General Goals: We will present models and techniques to guide couples and families in early and later recovery. One central theme will be helping individuals in “recovering” relationships learn to strike a healthy balance between their needs for privacy and autonomy (alone) versus their need for companionship and intimacy (together).

NJ127 Counseling Adult Children of Alcoholics  
Course Prerequisite: Must have minimum of a Master’s Degree.

(An advanced, largely experiential course for mental health workers and alcoholism counselors.)

Instructor: Janet G. Wortitz

General Overview: This course will focus on the effects in adulthood of growing up in a chemically dependent family and their clinical implications. Appropriate techniques for counseling this population will be discussed and a model for self-help and therapy groups will be developed. The “here and now” implications in the life of the adult child and ways to break the cycle in both this and future generations will be discussed. Lecture, demonstration and laboratory techniques will be used in the class.

General Goals: To examine the impact of growing up in a chemically dependent family on the adult child and to explore techniques for breaking the cycle.

NJ128 Chemical Dependency Counseling and Sexual Identity Issues  
(For persons of any discipline who wish to increase their skill and sensitivity in addressing sexual identity issues and in working with gay and lesbian alcoholics and substance abusers.)

Instructor: Tricia Larkin

General Overview: This course will use both didactic and experiential methods to help counselors get in touch with their attitudes toward sexuality, especially bisexuality and homosexuality, and toward sexual identity issues. The course will help counselors examine how their attitudes affect the treatment they provide to alcohol- and drug-addicted clients who may be bisexual, homosexual, or confused about their sexual identity. Treatment methods and techniques for helping these clients will be taught, including taking a sexual history, counseling of sexual identity issues, and developing referral and resource networks.

General Goals: To instruct about the oppressive, destructive effects of homophobia; to help people become aware of their own attitudes; to increase knowledge about concepts of sexuality and sexual identity; developing a positive sexual identity, and its relationship to alcohol and drug problems, and to help counselors become more effective in working with chemically dependent clients who may be bisexual, gay, lesbian, or confused about their sexual identity.

NJ129 Therapeutic Strategies for Hispanic/Latino Clients  
(For individuals who are working with Hispanic clients)

Instructor: John Fuentes

General Overview: This course will begin with a discussion of the sociologic and economic role Hispanics play in New Jersey. Topics will include: determining the degree of assimilation in order to make an appropriate intervention; measuring the psychological impact of migration; and taking advantage of Hispanic cultural traits during treatment.

General Goals: To sensitize students to the Hispanic cultures; to enable students to identify the degree of assimilation of Hispanic individuals in order to make a proper intervention; and to enable students to use cultural and traditional values in facilitating client recovery.

NJ130 AIDS Update: Implications for Alcohol and Drug Treatment Programs  
(Recommended for substance abuse treatment and also for correctional personnel who are working with people at risk for AIDS.)

Instructor: Robert Baxter

General Overview: This course is designed to provide participants with an updated picture of AIDS, nationally as well as in New Jersey, in terms of risk population description and distribution. Management and treatment of AIDS patients in community-based agencies and related programmatic implications will be discussed. Special emphasis will be given to the relationship between alcohol and drug use and AIDS.

General Goals: To provide participants with a framework for understanding AIDS.
NJ131 Substance Abuse and the Criminal Justice System
(For counselors, administrators, and criminal justice professionals.)

Instructor: William J. Kane

General Overview: This course will examine the criminal justice system and how it deals with alcohol- and drug-abusing offenders. Topics include: a survey of alcohol and drug laws, domestic violence, the Family Court Act, pretrial intervention, driving under the influence, plea bargaining, sentencing, probation, prison, parole, judges, and attorneys.

General Goals: To make treatment providers and criminal justice professionals more aware of how to successfully resolve cases involving substance-abusing defendants.

NJ132 Post-Traumatic Stress Disorder and Chemical Dependency: Treatment Considerations for At-Risk Populations
(For counselors, supervisors and therapists who work with chemically dependent persons and their families.)

Instructors: Thomas Brinson and Vincent Treanor

General Overview: Since 1980, when it was included in DSM-III, clinicians and treatment agencies have increasingly recognized the impact of Post-Traumatic Stress Disorder (PTSD) among various treatment populations. This course will examine the correlation of PTSD and chemical dependency among several at-risk populations to include combat veterans, spouses of chemically dependent persons, children of alcoholics and adult children of alcoholics.

General Goals: Through lectures, video presentations, case studies and discussions, students will be able to assess for PTSD, recognize the potential correlation between the symptomatology of PTSD and chemical dependency among the above populations and provide treatment interventions for at-risk populations who manifest symptoms of PTSD.

NJ133 Food Addiction: Crisis in our Culture, Implications for the Alcohol and Drug Abuse Field, An Introduction
(For health and human service professionals in all settings, counselors, teachers, trainers, administrators and members of other professions such as clergy, law enforcement, etc.)

Instructor: Katie Ragan

General Overview: Participants will receive an introduction to the emerging activities and issues relating to food addiction. Emphasis will be given to food addiction as an illness, the identification of treatment networks and implications for individuals working or training in the alcoholism and drug abuse field.

General Goals: To provide for the participants a thorough overview of food addiction and its relationship to alcohol and drug abuse programs.

NJ134 Gestalt and the Twelve Steps as a Therapeutic Tool for Counseling the Chemically Dependent and Co-dependent
(For persons who wish to expand their skills in counseling addicted and co-dependent clients.)

Instructor: Thomas C. Desmond

General Overview: This course integrates the Twelve Steps of Alcoholics Anonymous and Gestalt in the treatment of chemical dependency and co-dependency. Participants will learn about the therapeutic effects of the Twelve Steps and how they relate to Gestalt theory and practices. Dealing in the "present" will be a primary focus. Lectures, case studies, discussions, role plays, individual and small group experiential work will be used. Participants will have the opportunity to participate as counselors, clients and observers.

General Goals: To increase the participant's knowledge of how a therapeutic modality may complement the Twelve Steps of AA.

NJ135 Compulsive Gambling and Alcoholism
(For counselors, educators, health care providers, and other interested individuals.)

Instructor: Arnie Wexler

General Overview: Approximately 30% of all alcoholics are also compulsive gamblers. Their gambling often makes recovery from alcoholism very difficult; gambling often triggers relapse. This course is designed to increase participants' knowledge, skills and understanding regarding the theoretical framework and factors underlying the causes of compulsive gambling. Alcoholism as a factor related to compulsive gambling will be discussed. Assessment criteria for evaluation of compulsive gambling, complications (legal, psychosocial, etc.) related to compulsive gambling and treatment and rehabilitation approaches will be reviewed.

General Goals: To understand compulsive gambling as an addiction; to recognize the correlation between compulsive gambling and alcoholism; and to identify the compulsive gambler in an alcoholism treatment center and appreciate the importance of the identification for recovery.

NJ136 Organizational Development for Substance Abuse Agencies
(For project directors, managers, experienced counselors, and persons working with drug and alcohol systems in a consulting capacity.)

Instructor: F. Mel Madden and Charles A. Currie

General Overview: This course is designed to offer participants a working knowledge of organizational development and process consulting. Students will examine how the human processes used by drug and alcohol agencies break down and thereby hinder service providers from accomplishing their missions. The students will learn the steps of organizational development and process consultation, including organizational diagnoses and third-party intervention.

General Goals: To help develop in individuals working with drug and alcohol delivery systems an awareness of the organization as a real entity; to expose them to diagnostic and intervention methods designed to improve productivity; and to prepare counselors and managers to become more effective change agents.
NJ137 Stage-Appropriate Group Therapy Strategies
(This is an advanced skills course for practitioners who have experience conducting group therapy.)

Instructor: Don Majer

General Overview: Through lecture and small group activities, participants will learn group therapy techniques that correspond to the differing needs of addicts as they move through identifiable stages of recovery. Participants will learn about group therapy in transitional, primary, aftercare and relapse treatment. Special emphasis will be placed upon developing skills for working with relapse prone clients. The material presented in this class is influenced by a wide variety of schools of thought, including Alcoholics Anonymous, cognitive therapy, Ericksonian hypnosis, gestalt psychology, relapse prevention theories and strategic therapy.

General Goals: To teach appropriate skills for assessing the individual client's stage of recovery and to demonstrate group therapy skills relevant to each stage.

NJ138 The Client as Healer
(This class is designed for counselors, therapists and other health care professionals.)

Instructor: Albert McNamara

General Overview: Effective treatment of addictive disorders requires the full participation of the client, not as a compliant recipient of services but as an active member of the treatment team. This course will focus on skills for identification of client strengths through examination of prior conflict resolution, approaches for involving the client in the treatment planning and development, development of altruism as a means of reversing the client's cycle of isolation. Emphasis will be placed on the fostering of mutually responsible relationships between both client/counselor and client/client.

General Goals: The major goal of this workshop is to have participants examine their roles as facilitators of change and the client's role as agent of change and healing. Methods of reframing and repositioning will be illustrated and explored.
Facuity

Administration

Executive Director: Gail Gleason Milgram, Ed.D.
Associate Director: John Brick, Ph.D.
Administrative Assistant: Linda J. Allen
Program Assistant (Advanced School): Linda Simun
Program Assistant (SSAS): Andrea S. Gray
Program Assistant (NJSSADS): Johanna M. Collins

Instructors

(The numbers following each listing refer to the courses taught.)

Florence Kellner Andrews, Ph.D., Associate Professor, Department of Sociology and Anthropology, Carlton University, Ottawa, Ontario, Canada (#SS61)

Robert Baxter, M.Ed., M.P.A., Supervising Community Services Officer, New Jersey Department of Health, Division of Alcoholism and Drug Abuse, East Orange, New Jersey (#NJ130)

John Brick, Ph.D., Associate Professor, Chief of Research, Education and Training Division, Rutgers Center of Alcohol Studies, New Brunswick, New Jersey (#NJ112)

Sara Brinson, R.N., C.A.C., Southside Hospital Alcohol Detox, Southside Hospital, Bayshore, New York (#NJ98)

Thomas Brinson, A.C.S.W., C.A.C., Executive Director, Barnett, Brinson and Associates, Lynbrook, New York (#NJ98, NJ132)

Philip M. Brown, Ph.D., Manager, Bureau of Student Behavior and Development, N.J. Department of Education, Division of General Academic Education, Trenton, New Jersey (#NJ117)

Patricia A. Burke, M.S.W., L.C.S.W., Private Practice, West Baldwin, Maine (#SS41, SS78)

Bruce Carruth, Ph.D., L.C.S.W., Private Practice, Little Rock Psychotherapy Group, Little Rock, Arkansas (#ADV10, ADV27, SS46A, SS45B)

Alan A. Cavaiola, Ph.D., Associate Professor of Psychology, Glassboro State College, Glassboro, New Jersey (#NJ119)

Ann Crowley, Private Practice, Shrewsbury, Massachusetts (#NJ107)

Madeline Curren, M.S.W., Consultant, Private Practice, Brooklyn, New York (#ADV23)

Charles A. Currie, M.A., Chief of Prevention, N.J. Department of Health, Division of Alcoholism, Drug Abuse and Addiction Services, Trenton, New Jersey (#NJ136)

John E. Davis, Ph.D., Director, The Resource Group, Baltimore, Maryland (#SS48, SS69)


Bruce E. Donovan, Ph.D., Associate Dean/Chemical Dependency, Brown University, Providence, Rhode Island (#SS38)

Cheryl Davenport Dozier, M.S.W., C.S.W., Coordinator, Alcoholism Programs, Yonkers General Hospital, Mt. Vernon, New York (#SS60)

Raymond P. Dreitlein, Ph.D., C.A.C., Private Practice, Berkeley Heights, New Jersey (#SS58, SS75, NJ106)

Carlton K. Erickson, Ph.D., Professor and Head, Division of Pharmacology and Toxicology, and Head, Alcohol and Drug Abuse Research Program, College of Pharmacy, University of Texas at Austin, Texas (#ADV01)

Richard Esterly, M.S.W., M.H.S., F.A.C.A.T.A., President, Esterly Consulting Associates, Sinking Spring, Pennsylvania (#ADV18, SS60)

Ronaldo L. Figueroa, M.A., C.A.C., Executive Director, Rockland Council on Alcoholism, Nyack, New York (#SS63)

Dana G. Finnegan, Ph.D., C.A.C., Co-Director, Discovery Counseling Center, Millburn, New Jersey; Board Member, National Association of Lesbian and Gay Alcoholism Professionals, New York, New York (#SS49, SS77)

Nancy L. Fiorentino, M.S.W., Office of Health Policy & Research, N.J. Department of Health, Trenton, New Jersey (#NJ84)

John Fuentes, J.D., Executive Director, Puerto Rican Action Committee of Cumberland and Salem Counties, Penns Grove, New Jersey (#ADV20, NJ86, NJ116)

Anne Geller, M.D., Chief, Smithers Center, St. Luke's/Robertsville Hospital, New York, New York (#SS36)

Gerald Globetti, Ph.D., Professor of Sociology and Director, Center for Alcohol and Drug Education, Department of Sociology, University of Alabama, Tuscaloosa, Alabama (#ADV02)

Connie Greene, M.A., Director, Prevention and Adolescent Services, Jersey Shore Addiction Services, Asbury Park, New Jersey (#NJ101)

Thomas Griffin, M.S.W., Division Director, Health Promotion Resources, Minnesota Institute of Public Health, St. Paul, Minnesota (#SS37, SS80)

Carolyn Hadge, M.A., C.A.C., District Coordinator, Alcohol and Substance Abuse Program, Toms River Regional Schools, Toms River, New Jersey (#SS82)

Chris A. Hanns, Ed.D., Treatment Coordinator, Damon House, New Brunswick, New Jersey (#NJ120)

Dorothea Harmesn, M.A., R.N.C.D., C.A.C., Nursing Education Specialist, Training, Education and Prevention Unit, N.J. Department of Health, Division of Alcoholism, Drug Abuse and Addiction Services, Trenton, New Jersey (#NJ85)


Karen Herrick, M.S.W., C.S.W., C.A.C., Executive Director, Center for Children of Alcoholics, Little Silver, New Jersey (#NJ106)

Edward J. Higgins, M.A., President/Executive Director, Jersey Shore Addiction Services, Asbury Park, New Jersey (#NJ111)

Abby L. Hoffman, M.A., C.A.C., C.E.A.P., Tobacco/Nicotine Dependence Consultant, Department of Medicine, St. Peter's Medical Center, New Brunswick, New Jersey (#SS82)

Dorothy Hutchinson, C.A.C., Program Coordinator, Blake Recovery Center, Carrier Foundation, Belle Mead, New Jersey (#SS82)

Eileen B. Isaacson, M.S.W., Ed.D., C.A.C., Executive Assistant, N.J. Department of Health, Division of Alcoholism, Drug Abuse and Addiction Services, Trenton, New Jersey; Consultant, Private Practice, The Brunswick Group, Milltown, New Jersey (#ADV07, NJ90, NJ125)

William J. Kane, J.D., C.A.C., Director, The Alcon Project/ NCA North Jersey, Newark, New Jersey; Consultant, NCA, North Jersey Area, Montclair, New Jersey (#SS56, SS79, NJ99, NJ131)

Carolann Kane-Cavaiola, M.A., Director, Drug and Alcohol Unit, JFK Medical Center, Woodbridge, New Jersey (#NJ119)
Ernest Kurtz, Ph.D., Adjunct Research Scientist, Center for Self-Help Research and Knowledge Dissemination, The University of Michigan, Ann Arbor, Michigan (#ADV38)

Lisa Laitman, M.S.Ed., C.A.C., Director, Alcohol Assistance Program for Students, Herron Health Center, Rutgers University, New Brunswick, New Jersey (#NJ120)

Betty LaPorte, M.S.W., C.S.W., Director, Children at Risk/Parent Support Project, Spring Valley, New York (#SS66)

Tricia Larkin, C.S.W., C.A.C., Discovery Counseling Center, Millburn, New Jersey (#NJ128)

Michael R. Liepman, M.D., Chief, Chemical Dependency Service, The Med Center-Memorial, Worcester, Massachusetts; Associate Professor of Psychiatry, University of Massachusetts Medical School, Worcester, Massachusetts (#SS36)


Edward McDonnell, M.S., C.A.D.C., Substance Abuse Coordinator, Oratory Prep, Summit, New Jersey (#NJ110)

Albert McNamara, C.A.C., Private Practice, SOJOURN, Ocean Grove, New Jersey (#ADV09, SS42, SS72, NJ93, NJ138)

F. Mel Madden, Ed.D., Professor, Department of Counselor Education, California University of Pennsylvania, California, Pennsylvania (#NJ92, NJ136)

Warner Mendenhall, Ph.D., Professor, University of Akron; President, Education and Counseling Service, Inc., Akron, Ohio (#SS46A, B)

Gloria Merritt, R.N., M.S.N., C.A.C., Private Practice, Stamford, Connecticut (#SS03, SS66)

Fran Miceli, M.Ed., Center Prevention Coordinator, N.J. Department of Health, Division of Alcoholism, Drug Abuse and Addiction Services, Asbury Park, New Jersey (#NJ101)

Gail Gleason Milgram, Ed.D., Professor and Director of Education and Training, Center of Alcohol Studies, Rutgers University, New Brunswick, New Jersey

Oliver J. Morgan, S.J., (Ph.D. cand.), Assistant Professor, Department of Human Resources, University of Scranton, Pennsylvania (#SS54, SS76)


Nikola Irish Moyer, C.C.D.C.R./, C.R.P.S., Moyer Associates Recovery Services, White Bear Lake, Minnesota; Training Supervisor, Hazelden Chemical Dependency Counselor Training Program, Center City, Minnesota (#SS43, SS73)

Patrice M. Muchowski, Sc.D., C.A.C., F.A.C.A.T.A., Vice President of Clinical Services, Adcare Hospital of Worcester, Worcester, Massachusetts (#ADV05, ADV34)

Craig Nakken, M.S.W., C.D.C.P., Private Practice, Family Therapy Institute, St. Paul, Minnesota (#ADV17A, ADV17B)

Michael Newell, Director, Vietnam Veterans of San Diego, The Landing Zone, San Diego, California (#SS65)

William J. O’Donnell, M.A., C.A.C., C.E.A.P., Manager, Chemical Dependency Programs, Unocal Corporation, Los Angeles, California (#ADV32)

John O’Neill, C.A.D.A.C., Executive Director, The Alcoholism and Drug Research Communications Center, Austin, Texas (#ADV09)

G. Tracy Orleans, Ph.D., Director, Tobacco Control Research, Fox Chase Cancer Center, Cheltenham, Pennsylvania (#SS82)

Yvonne Pagan, M.S.W., Program Manager, Monitoring and Evaluation Service Unit, N.J. Department of Health, Division of Alcoholism, Drug Abuse and Addiction Services, Trenton, New Jersey (#NJ100)

Penny B. Page, M.L.S., Librarian, Rutgers Center of Alcohol Studies, Smithers Hall, New Brunswick, New Jersey

Patricia S. Potter-Eforn, M.S., C.A.D.C. III, Partner, First Things First, Counseling and Consultants, Eau Claire, Wisconsin (#ADV13, ADV26, SS47, SS71, NJ94, NJ126)

Ronald T. Potter-Eforn, Ph.D., Partner, First Things First, Counseling and Consultants, Eau Claire, Wisconsin (#ADV11, ADV26, SS52, SS71, NJ96, NJ126)

Richard L. Powell, M.P.A., Training Coordinator, Alcohol and Other Drug Education Program, Rutgers Health Education, Herron Health Center, New Brunswick, New Jersey (#NJ120)

Barbara Priestner-Werte, M.S.W., C.A.C., Executive Director, Orange County Task Force on Child Abuse and Neglect, Florida, New York (#NJ37)

Katie Regan, M.S.W., C.E.A.P., Counselor, Substance Abuse Services, Paul Kimball Hospital, Lakewood, New Jersey (#ADV31, SS51, NJ133)

Phyllis Reilly, M.A., C.A.C., Director, Center for Industrial Human Resources, UMDNJ-Community Mental Health Center of Rutgers Medical School, Piscataway, New Jersey (#SS55)

Mark Roffman, Ph.D., President, International Drug Development Corporation, Parsippany, New Jersey (#NJ113)

Fred Rutgers, Psy.D., Staff Clinician, Program for Addictions Consultation and Treatment, Rutgers Center of Alcohol Studies, New Brunswick, New Jersey (#NJ114)

Mary Anne Ruane, A.C.S.W., C.A.C., Director, Addiction Recovery Services, Riverview Medical Center, Red Bank, New Jersey (#NJ103)

John M. Schibik, M.A., M.S., C.A.C., Director, Kairos Counseling Services, Woodbury, New Jersey (#SS40, NJ38, NJ124)

Emily D. Schroeder, M.A., Executive Director, Family Systems Network, Summit, New Jersey (#SS74)

John M. Severinghaus, M.D., Director, Alcoholism Rehabilitation Program, V.A. Hospital, White River Junction, Vermont; Assistant Professor, Psychiatry and Medicine, Dartmouth Medical School, Hanover, New Hampshire (#SS36)

Gerald D. Shulman, M.A., F.A.C.A.T.A., Executive Director, Mountain wood, Charlottesville, Virginia (#ADV03A, ADV03B, NJ104, NJ121)

John Slade, M.D., Assistant Professor of Clinical Medicine, Department of Medicine, St. Peter’s Medical Center, UMDNJ-Rutgers Medical School, New Brunswick, New Jersey (#SS36, SS82)

Janet Smeltz, M.Ed., C.A.C., Director of Consultation and Training, The Women’s Alcoholism Program of CASPAR, Cambridge, Massachusetts (#SS64)

Marcia L. Smith-Fleres, C.A.C., Executive Director, Middlesex Council on Alcoholism and Drug Abuse, Inc., East Brunswick, New Jersey (#NJ87)

Chelly Sterman, A.C.S.W., C.A.C., President, Chelly Sterman Associates; Hightstown, New Jersey (#NJ122)

Fred Streit, Ed.D., Deputy Director of Research, Narcotics Drug Research, New York, New York (#SS57)

Roger Svendsen, M.S., Training and Program Development Specialist, Health Promotion Resources, Minnesota Institute of Public Health, St. Paul, Minnesota (#SS37, SS80)

Michael J. Taleff, Ph.D., C.A.C., Private Practice and Consultant, Hollidaysburg, PA. (#ADV12)

John A. Tracey, C.E.A.P., TLC (The Lifeline Company), Union, New Jersey (#NJ108)

Vincent Treanor, M.S., C.A.C., Staff Development Specialist, New York State Division of Alcoholism and Alcohol Abuse, Albany, New York (#NJ132)
Thomas Turney, M.A., Social Science Supervisor, Roselle Park School District, Roselle Park, New Jersey (#NJ118)

Nellie Villegas-Scholnick, M.S.W., Faculty, AIDS/ARC Project, Ackerman Institute for Family Therapy, New York, New York; Private Practice, New York, New York (#ADV25)

George C. Wagner, Ph.D., Associate Professor, Department of Psychology, Rutgers University, New Brunswick, New Jersey (#ADV18)

Mark C. Wallen, M.D., Director of Clinical Services, Livengrin Foundation, Bensalem, Pennsylvania (#SS59, SS81, NJ83, NJ115)

H. James Wasser, M.A., Administrative Assistant to the Superintendent, Freehold Regional High School District, Englishtown, New Jersey (#NJ109)

Bette Ann Weinstein, L.C.S.W., President, Motivational Programs and Training, Bethesda, Maryland (#ADV15, ADV35, SS44, SS67)

Arnie Wexler, C.C.G.C., Director, The Council on Compulsive Gambling of New Jersey, Trenton, New Jersey (#NJ135)

Joni Whelan, C.A.C., C.D.C., C.C.G.C., Clinical Director, SODAT of New Jersey, Woodbury, New Jersey (#NJ100)

Helene R. White, Ph.D., Associate Professor, Center of Alcohol Studies, Rutgers University, New Brunswick, New Jersey (#ADV21)

Charles L. Whitfield, M.D., Private Practice, Whitfield Associates, Baltimore, Maryland; Clinical Associate Professor of Medicine and Family Medicine/Clinical Assistant Professor of Psychiatry, University of Maryland School of Medicine, Baltimore, Maryland (#ADV16, ADV29)

Janet G. Woititz, Ed.D., President, Institute for Counseling and Training, West Caldwell, New Jersey (#SS68, NJ127)
1992 GENERAL APPLICATION

Application Deadlines: The Advanced School: May 1, 1992; The Summer School: May 15, 1992; The New Jersey School: June 1, 1992

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Certification (Alcohol/Substance Abuse Counselor): Yes ☐ No ☐ If yes, which state:

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Previous attendance at a School, Institute or Conference on Alcoholism or Alcohol Problems:

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<th>School in which you wish to register:</th>
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<td>☐ New Jersey (July 12-July 17)</td>
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Courses in which you wish to register (considerations of eligibility, class size, and scheduling conflicts make it important to list 3 choices for 8:00 A.M. and 3 choices for 10:15 A.M., in order of preference).

8:00 A.M.-10:00 A.M. 10:15 A.M.-12:15 P.M.

1. # ______ Title ____________________________ 1. # ______ Title ____________________________
2. # ______ Title ____________________________ 2. # ______ Title ____________________________
3. # ______ Title ____________________________ 3. # ______ Title ____________________________

Please enclose your deposit (drawn on a U.S. bank) in the amount of $100.00, payable to: Rutgers, The State University of New Jersey.

Signature ____________________________ Date ______________

For Office Use Only

Instructor ____________________________ Instructor ____________________________

Course Number ____________________________ Course Number ____________________________

Grade ____________________________ Grade ____________________________
# 1992 GENERAL APPLICATION

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Signature __________________________ Date __________

For Office Use Only

Instructor __________________________ Instructor __________________________

Course Number __________________________ Course Number __________________________

Grade __________________________ Grade __________________________
# 1992 General Application

**Application Deadlines:** The Advanced School: May 1, 1992; The Summer School: May 15, 1992; The New Jersey School: June 1, 1992

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<th>Home Address</th>
<th>Street</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
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<table>
<thead>
<tr>
<th>Male</th>
<th>Home Phone</th>
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<tbody>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Female</th>
<th>Business Phone</th>
<th>Work hours:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

**Certification (Alcohol/Substance Abuse Counselor):** Yes ☐ No ☐ If yes, which state:

<table>
<thead>
<tr>
<th>Years of College</th>
<th>Highest Degree Awarded</th>
<th>College Attended</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

**Name of Employer (Note: This address will be listed on roster):**

<table>
<thead>
<tr>
<th>Your Position</th>
<th>Beginning Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Business Address</th>
<th>Street</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

**Describe Your Present Duties (continue on other side if needed):**

<table>
<thead>
<tr>
<th>Previous Employment:</th>
</tr>
</thead>
<tbody>
<tr>
<td>From:</td>
</tr>
<tr>
<td>To:</td>
</tr>
<tr>
<td></td>
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</tbody>
</table>

**Previous attendance at a School, Institute or Conference on Alcoholism or Alcohol Problems:**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Year(s) of Attendance</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

**School in which you wish to register:**

- ☐ Advanced (May 31 - June 5)
- ☐ SSAS (June 14 - June 26)
- ☐ New Jersey (July 12 - July 17)

**Courses in which you wish to register (considerations of eligibility, class size, and scheduling conflicts make it important to list 3 choices for 8:00 A.M. and 3 choices for 10:15 A.M., in order of preference):**

<table>
<thead>
<tr>
<th>Time</th>
<th>1. #</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 A.M. - 10:00 A.M.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:15 A.M. - 12:15 PM.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. #</td>
<td>Title</td>
<td></td>
</tr>
<tr>
<td>2. #</td>
<td>Title</td>
<td></td>
</tr>
<tr>
<td>3. #</td>
<td>Title</td>
<td></td>
</tr>
</tbody>
</table>

Please enclose your deposit (drawn on a U.S. bank) in the amount of $100.00, payable to: Rutgers, The State University of New Jersey.

<table>
<thead>
<tr>
<th>Signature</th>
<th>Date</th>
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</table>

**For Office Use Only**

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Course Number</th>
<th>Grade</th>
</tr>
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<tbody>
<tr>
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