



TRUTH IN LOVE BIBLICAL
TRAINING CENTER

CERTIFIED BIBLICAL COUNSELOR PROGRAM

MODULE BC09

ADDICTION & RECOVERY MODELS

SYLLABUS

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PO Box 516, Tustin, CA 91781-0516

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ADDICTION & RECOVERY MODELS

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Course Description

- This 12-week module equips students to understand addiction from a Biblical perspective and to sort through the differing theories and modalities usually brought to bear on chemical and behavioral dependency. A more thorough understanding of the 12-Step model and the many "Christian" modifications and adaptations will be presented, as well as options that are more viable and gain far greater results and that do not integrate non-Biblical approaches.
- Application is made to most areas of reported addiction encountered by pastors, disciplers, and Biblical counselors.
- Those who successfully complete this program will be equipped to support the pastoral counseling ministry in most churches and be prepared to facilitate support for those who are in bondage to besetting sin patterns or are being impacted by the bondage of another to besetting sin patterns (commonly called "addiction").

Course Objectives

- To equip the student to have a working understanding of the history of the "addiction and recovery" paradigm of modern times.
- To equip the student to understand the modern "addiction and recovery" paradigm from a Scriptural standpoint.
- To equip the student to understand the nature and character of what is called addiction from a Biblical perspective.
- To equip the students to train others to do the work of counseling those impacted by addictions of all sorts.
- To equip the student to provide a safe and effective Biblical counseling environment and experience for those seeking help for addictive behaviors.
- To equip the student to affect Christ-centered healing in the counseling relationship.
- To demonstrate the need for the Church (collective) to understand addiction from a Biblical perspective, to speak about these matters authoritatively and

well, and to become a safe place for people to come forward for help and for finding healing and wholeness.

Course Textbooks (Books marked with ❖ are Required Reading)

- ❖ **Playfair, William L.; Bryson, George.** *The Useful Lie*. Wheaton, IL: Crossway Books, 1991.
- ❖ **Tyler, David M.; Grady, Kurt.** *Deceptive Diagnosis: When Sin Is Called Sickness*. Phillipsburg, NJ: Focus Publishing, 2006.
- ❖ **Welch, Edward T.** *Addictions: A Banquet in the Grave: Finding Hope in the Power of the Gospel (Resources for Changing Lives)*. Phillipsburg, NJ: P&R Publishing, 2001.

Recommended Reading (Books marked with ☞ are Honors Reading.)

NOTE: Not all books in this category present the same theology/philosophy as the course material does. Familiarity with and the ability to assess materials related to this area of counseling designated “Christian” is an important skill set.)

Alcoholics Anonymous, *Twelve Steps and Twelve Traditions*. Alcoholics Anonymous World Services, 1981.

Al-Anon Family Groups, *How Al-Anon Works for Families & Friends of Alcoholics*. 1995

Baker, John. *Celebrate Recovery Leader's Guide, Revised Edition: A Recovery Program Based on Eight Principles from the Beatitudes*. Grand Rapids, MI: Zondervan, 2012

☞ **Bobgan, Martin; Bobgan, Deirdre.** *Twelve Steps to Destruction: Codependency/Recovery Heresies*. Santa Barbara, CA: Eastgate Publishers, 1991

☞ **Bufe, Charles.** *Alcoholics Anonymous: Cult or Cure?* Tuscon, AZ: Sharp Press, 1998

☞ **Dodes, Lance; Dodes, Zachary.** *The Sober Truth: Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry*. Boston, MA: Beacon, 2014

☞ **Ley, David J.** *The Myth of Sex Addiction*. Lanham, MD: Rowman & Littlefield Publishers, 2012.

☞ **Lundgard, Kris.** *The Enemy Within: Straight Talk about the Power and Defeat of Sin*. Phillipsburg, NJ, P&R Publishing, 1998

☞ **Peele, Stanton.** *Diseasing of America: How We Allowed Recovery Zealots and the Treatment Industry to Convince Us We Are Out of Control*. San Francisco, CA: Jossey-Bass, 1999.

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- Peele, Stanton.** *The Meaning of Addiction: An Unconventional View.* San Francisco, CA: Jossey-Bass, 1998.
- ☞ **Powlison, David.** *Breaking the Addictive Cycle: Deadly Obsessions or Simple Pleasures.* Greensboro, GA: New Growth Press, 2010.
- ☞ **Ragge, Ken.** *The Real AA: Behind the Myth of 12-Step Recovery.* Tuscon, AZ: Sharp Press, 1998
- ☞ **Shaw, Mark E.** *The Heart of Addiction: A Biblical Perspective: 10th Anniversary Edition.* Bemidji, MN Focus Publishing, 2008
- ☞ _____ *Understanding Temptation: The War Within Your Heart.* Bemidji, MN” Focus Publishing, 2014

COURSE REQUIREMENTS

Summary of Requirements

- Attend weekly lectures.
- Complete weekly reading assignments.
- Participate in weekly Discussions and Interactive Activities
- Reading synopses
- Course evaluation paper

Course Evaluation Paper (25%)

A two-page (minimum) evaluation of the course.

Weekly Discussion Activities (50%)

Each week, approximately half of the class time is devoted to discussion. Interactive Activities will also occasionally be presented to the class. The goal is to elicit individual and group interaction with the material.

Reading Synopses (25%)

A one- to two-page synopsis of all three books on the Required Reading list, with a final personal assessment of the work as the conclusion for the synopsis.

Assignments

All assignments not given a specific “when due” in the “Reading and Assignment Schedule” (Syllabus, Pg. v) are due the last day of the course. All assignments are to be submitted via Google Docs with an invitation to comment for the professor (or for your TA if you are a Self-paced student). For those who find writing and typing to be over-burdensome, the professor may grant permission to submit assignments in video format instead of Google Docs. Extensions must be pre-approved prior to the relevant due date.

Honors

Honors Reading: Read any Recommended Reading list item marked ❖. Submit a three- to five-page summary/analysis of the work.

Honors Project: Submit an original research paper on any approved topic. Topic must be taken from the lectures, the required reading, or the recommended reading.

Final Course-Grade Meanings

A with Honors = You far exceeded expectations and completed an Honors Project or Reading.

A = There were dimensions to your work that went above the requirements.

B = At TIL, a “B” means that you successfully fulfilled the requirements.

C = You missed some important facets of the material or the assignment.

Contact Information

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COURSE OUTLINE

Session 1

- ✓ Introduction and Syllabus
- ✓ The Power of Worldviews on Addiction Counseling

Session 2

- ✓ Pre-defining Terms: Words Matter
- ✓ The Addiction Cycle

Session 3

- ✓ Addiction and the Brain

Session Four

- ✓ Addiction and the Body

Session Five

- ✓ Psychotropic Dependency

Session Six

- ✓ Behavioral Dependency

Session Seven

- ✓ The 12-Steps and Their Variants, Then & Now

Session Eight

- ✓ Recovery Models – Part 1

Session Nine

- ✓ Recovery Models – Part 2

Session Ten

- ✓ Antitheticals and Common Grace

Session Eleven

- ✓ Let's Talk About "Relapse"

Session Twelve

- ✓ Long-Term Outcomes

READING AND ASSIGNMENT SCHEDULE

READING	ASSIGNMENT	DUE
Playfair, to end of Chapter 3 Welch, to end of Chapter 2		SESSION 2
Tyler, to end of Chapter 2 Welch, to end of Chapter 4 Handout: <i>Neurobiology of Addiction</i>		SESSION 3
Tyler, to end of Chapter 3 Welch, to end of Chapter 6		SESSION 4
Tyler, to the end of Chapter 4 Welch, to end of Chapter 8		SESSION 5
Playfair, to end of Part 2 Tyler, to end of Chapter 5 Handout: <i>A Letter to An Alcoholic</i>		SESSION 6
Tyler, to end of Chapter 6 Handouts: <i>12 Steps: Tool for Another Gospel</i>		SESSION 7
Playfair, to end of Part 3 Handout: <i>The Teen Challenge Therapeutic Model</i>		SESSION 8
Welch, to end of Chapter 9 Handout: 1) <i>7-Dimension Model</i> 2) <i>Religious Alcoholics; Anonymous Spirituality</i>		SESSION 9
Welch, to end of Chapter 10		SESSION 10
Welch, to end of Conclusion		SESSION 11
	ALL READING COMPLETED All Reading Synopses	SESSION 12
	Course Evaluation	Within 1 Week of Last Class

Assigned reading can be done at your own pace but be prepared to work reading assignment information into the class discussion during the next week's session following the week listed.

Example: Following SESSION 1 Session, reading assignments due for SESSION 2 are "Playfair, to end of Chapter 3; Welch, to end of Chapter 2."