

Addiction and the Spiritual Life
REL 528
Graduate Syllabus Spring 2020

Meetings: Thursday, 6:30pm - 9:20pm
**There is 1 pre-assignment due at the beginning of the first class.*

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Office and Hours : Upon request before class on Thursdays. Time and place to be determined by instructor and requesting student.

Disclaimer: All content and schedules on syllabus are subject to change as the instructor sees fit.

REQUIRED TEXTBOOKS

The following books are required for the class. They can be found at the bookstore and can be also found on Amazon.

Richard Rohr, *Breathing Underwater, Spirituality and the 12 Steps*.
St. Anthony Messenger

Gerald G May, M.D., *Addiction and Grace: Love and Spirituality in the Healing of Addictions*. Harper Collins

Mitzi W., *Letting Go With Love*. Xlibris Cooperation

REQUIRED MOVIE OR BOOK

David Sheff, *Beautiful Boy: A Father's Journey Through His Son's Addiction*. Mariner Books

COURSE DESCRIPTION

This graduate level course will introduce you to the role of attachments, addictions and the powerful role of spirituality in the healing of our addicted culture. We will explore the phenomenon of addiction in an interdisciplinary way in order to discern how addiction is intimately connected to our existential questioning and spiritual identification.

LEARNING STRATEGIES

This course is designed to offer you a 7 week introduction to the study of Addiction and Spirituality. Lectures and student work will be very interactive and socially relevant. You will study and integrate developmental, social and psychological links to addiction. You will develop a pastoral and culturally intelligent response to this 21st century epidemic.

OUTCOMES FOR THIS COURSE

1. Students will increase their knowledge of the nature of addictions as well as increase knowledge of the spiritual dimension connected to the healing of addictive behaviors.
2. Students will explore connection between addictions and spirituality using 3 required texts and additional reading, critical thinking, appropriate written communication, and role play.
3. Students will demonstrate an understanding of ethical implications of pastoral care and develop professional care techniques.

GRADING

Pre-assignment	10%
Other Written Assignments	20%
Final Class Presentation	30%
Role Play, Participation, Presence	40%

All written assignments must be “typed” and include proper notation and documentation. Please use attached Grading Rubric for all writing assignments.

Please check the MSJ website regarding academic honesty.

<https://registrar.msj.edu/undergraduate-catalogue/rights-policies/academic-policies/academic-honesty>

Students with documented disabilities are encouraged to speak with course faculty at the beginning of the semester. In compliance with section 504 of the Rehabilitation Act of 1973, MSJ provides academic adjustments and auxiliary aids for students. Please contact Disability Services: 513-244-4524

*Note” **W**” a written assignment is to be completed and handed in at the beginning of the following class.

TENTATIVE SYLLABUS

PRE-ASSIGNMENT DUE AT BEGINNING OF CLASS ONE - 1/16/20

W Read chapters 1-4 in *Addiction and Grace*. Pick 1 chapter that spoke to you. Using concepts from the book apply May’s concepts to your own journey living within our addicted culture. Minimum 3 page essay. It is good to include personal experience but make sure you connect your experience to learnings from the chapters.

1/16/20

CLASS ONE

We will cover *Addiction and Grace* Class 1 through Class 3.

Overview and requirements

Lecture and participation

Relevant News

ASSIGNMENT

W Read Chapters 4 -6. What creates human behavior? How does your behavior change when you are distressed? Describe feedback as it applies to stress. Do you think we live in an overly stimulated culture? Explain your answer as it relates to habituation. Minimum 3 pages, make connections and use concepts from the book.

1/23/20

CLASS TWO

Lecture and participation

Group work, "Addiction and Grace, Addiction and Theology" be prepared to create a group action that might have a positive effect on addictive patterns.

Relevant News

ASSIGNMENT

W Complete book, read Chapters 7-8. Pick one character from a movie that has an addiction problem. Imagine you are his/her pastoral counselor. Be prepared to share with the class 4 concepts from Chapter 8 that you would encourage the character to implement. You will need to have a scene to share with class to give us a bit of background. [youtube] Write a brief summary of your interventions. I want you to focus on the connection here rather than the essay. We will role play your character so be prepared to be a counselor!

1/30/20

CLASS THREE

Role play

Introduce Richard Rhors *Breathing Underwater*

Lecture

Relevant News

ASSIGNMENT

W Read Chapters 1-4, Why do you think it is so hard for us to accept our powerlessness? What is your personal perspective with regard to steps 1-4? How do you think cultural norms challenge these steps? Use concepts and make connections. 3 page reflection.

2/6/20

CLASS FOUR

Discussion around final presentation

Lecture

Group work, "Entirely ready?"

Relevant News

ASSIGNMENT

Read Chapters 5-9

Watch movie "*A Beautiful Boy*." Be prepared to discuss steps 1-6 as they apply to both father and son. We will tie in concepts from both books during next class. Make sure you watch, read, or listen to *A Beautiful Boy*.

2/13/20

CLASS FIVE

Beautiful Boy Discussion

Lecture

Relevant News

ASSIGNMENT

Complete book, read Chapters 10-12

W Know your neighborhood! Know your city. Know your people. Research addiction, recovery and advocacy where you live. Not for me; for you! Be prepared to share your information with the class.

2/20/20

CLASS SIX

Information gathering

Introduce *Letting Go With Love*

Lecture

Relevant News

ASSIGNMENT

Share this book with one person who needs it!

2/27/20

FINAL CLASS

Lecture

Presentations

Relevant News