



## **INTERNATIONAL CENTER FOR URBAN TRAINING**

### **The 12 Steps and Their Roots in Alcoholics Anonymous**

**CAS 003a; 3.5 quarter hours**

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## **SYLLABUS**

### ***Course Description***

This course is designed to help students understand the 12 Steps as outlined by the founding members of Alcoholics Anonymous and how those steps are used today in recovery. This course satisfies the California Association of Alcohol and Drug Counselors (CAADAC) educational requirements for certification (3.5-quarter units).

## Course Goals

1. To familiarize students with the 12 Steps as done in the original Alcoholics Anonymous program and as done today to be relevant to their future professional positions in churches, non-profit corporations and clinical settings.
2. To prepare students for 12 Step questions that appear on the California's Certification Board of Alcohol and Drug Counselors (CCBADC) exam.

## Course Objectives

Upon completion of this course, the student should be able to display a fundamental understanding of:

1. The 12 Steps:
  - a. What each step is and the goals of each step
  - b. The biological, psychological, social, and spiritual components intended to be addressed in the program
  - c. What the original "12 Steppers" felt were the most important parts of the program.
  - d. The 4<sup>th</sup> Step process as outlined in the Alcoholics Anonymous book and some of the other popular methods used.
  - e. The mindset behind the steps and earlier step systems used.
  - f. The basics of how to work an individual in recovery through the 12 Steps as outlined in the original 12 Step program.
2. The Alcoholics Anonymous Book (the origin of all things 12 Step):
  - a. What is contained in the book.
  - b. Where information on each Step is located
  - c. How the steps were actually worked by the original membership of Alcoholics Anonymous.
3. 12 Step and Alcoholics Anonymous History (the foundation of all things 12 Step)
  - a. The stories and experiences of the founding members that led to all things 12 Step as we have it today.
  - b. The information as outlined by the medical practitioners associated with the early program.
  - c. The religious and spiritual roots of the program from it's period of being a part of the Oxford Groups Christian Fellowship through the early Alcoholics Anonymous years.

## **REQUIRED TEXT**

- Alcoholics Anonymous, Alcoholics Anonymous world Services, inc., 4<sup>th</sup> edition, ISBN 1-893007-16-2
- Twelve Steps and Twelve Traditions, Alcoholics Anonymous world Services, inc., ISBN 0-916856-01-1
- Bible (*the original text prior to the Alcoholics Anonymous book being written – especially the book of James*)

## **Suggested Reading:**

- Dr. Bob and the Good Oldtimers, Alcoholics Anonymous World Serv Inc., ISBN-10: 0916856070 ISBN-13: 9780916856076
- Understanding the Twelve Steps, Terence T. Gorski, Fireside, ISBN-10: 0671765582, ISBN-13: 9780671765583

## **CLASS POLICIES:**

### **A. Attendance:**

Students are expected to attend and participate in classroom activities as directed.

### **B. Absences**

After three unexcused absences, a student is counseled by the Dean and placed on probation. If the student has another unexcused absence while on probation, the student is counseled again by the Dean and at his/her discretion, may terminate the student. Absences from part of the class period without prior approval from the instructor or Dean are not permitted and can be considered an absence for the entire class period.

### **C. Tardiness**

A student arriving after attendance has been taken is considered late and will be marked absent unless the instructor considers the reason for tardiness legitimate.

### **D. Late assignments:**

The student alone is responsible to make arrangements for missed course work and I am under no obligation to assist the student in making up assignments unless the student provides a legitimate reason for the absence (e.g., illness or family emergency). **Assignments submitted after the due date and time will be penalized 5% for each day late.**

**COURSE REQUIREMENTS:**

**Class Participation:** Each student is required to participate in discussions, offer relevant input and attend the entirety of all class sessions.

**Homework:** Each student is required to visit a different treatment

**Final Exam:** Multiple-choice exam

- Class participation 20%
- Homework 40%
- Final Exam 40%

Grade	Score	Grade	Score	Grade	Score
A	94-100	B-	80-83	D+	67-69
A-	90-93	C+	77-78	D	64-66
B+	88-89	C	73-76	-	60-63
B	84-87	C-	70-72	F	00-59

**CLASS DATES:** November 3, 5, 10, 12, 17, 19, 2009

**CLASS TIMES:** 6:00 PM – 9:45 PM

**CLASS DAYS:** Tuesday & Thursday

## Tentative Course Outline:

### November 3: Class Introduction

- General Introduction
- Overview of Course
- Overview of Syllabus
- Discussions: Case Management (History)
  - Recovered vs. Never Recovered
  - A Program vs. “a way of living
  - Powerless – Does That Mean I Am Not Responsible For My Actions
- Homework assignment - **All homework assignments due at the beginning of the next class.**
  - Reading
    - Preface (pg xi)
    - Forward to the First Edition (pg xiii-pg xiv)
    - Forward to the Second Edition (pg xv-pg xxi)
    - Chapter 1-Bill’s Story (pgs 1-16)
    - Doctor Bob’s Nightmare (pgs 171-181)
    - Alcoholic Anonymous Number Three (pgs 182-192)
    - Pages 262-263
    - Bible-The book of James in it’s entirety (5 chapters)
  - Written Assignment
    - Minimum of 250 words on one of the following
      - . What was different about early Alcoholics Anonymous as outlined in the reading from what you have seen or experienced in modern Alcoholics Anonymous?
      - What was special about the Alcoholics Anonymous program in those days that caused it to grow to the major international organization it is today?
      - When founding member Dr. Bob wrote “If you think you are an atheist, an agnostic, a skeptic, or have any other form of intellectual pride which keeps you from accepting what is in this book, I feel sorry for you.” (pg 181) What did he mean?
      - What do the authors of the Forward to the First edition mean in writing the sentence: “To show other alcoholics *precisely how we have recovered* is the main purpose of this book.”?
      - How does the book of James in the Bible apply to recovery?
      -

### November 5: History and Foundations

- Discussion: Did the early membership discuss drug use or only discuss alcoholism?
- History Lecture and discussions
  - Bill Wilson
  - The Doctor's Opinion - William D. Silkworth MD
  - Dr. Bob (Robert Holbrook Smith MD.)
- Homework assignment - **All homework assignments due at the beginning of the next class.**
  - Reading
    - The Doctor's Opinion (pg xxv-pg xxxii)
    - There is a Solution (pgs 17-29)
    - More About Alcoholism (pgs 30-43)
    - We Agnostics (pgs 44-57)
    - pgs 58-64 (the beginning of the "How it Works" chapter)
    - Spiritual Experience (pgs 567-568)
  - Written Assignment
    - Minimum of 250 words on one of the following
      - According to what you just read, what is the real problem of those that use?
      - on pages 20-21 alcoholics are broken into three generalized classifications (moderate drinker, hard drinker, and real alcoholic), why are these classifications noted and what are the differences?
      - On page 22 the authors are describing the average alcoholic that they worked with as: (1) using "a combination of high-powered sedative and liquor" (2) "possibly using morphine or some sedative" and both founding members describe themselves as mixing prescription drugs along with alcohol (see pg 7 and page 176). In light of these facts and what you have read, what did the original Alcoholics Anonymous program do about drug use?
      - On page 44 the authors state that "we must find a spiritual basis of life-or else." What does this mean?
      - On page 64 alcoholics are describes as being: Mentally ill, physically ill, and spiritually sick. The words "spiritual disease" are also used, what are the authors trying to describe as the problem an alcoholic suffers from?

## November 10: Steps 1, 2, and 3

- Discussion: Why is step one important?
- Steps 1-3 Lecture and Discussion:
  - Step 1 - We admitted we were powerless over alcohol—that our lives had become unmanageable.
    - The Body vs. the Mind
    - The Baffling Feature (Wanting to stop but not being able – truly powerless)
  - Step 2 – Came to believe that a power greater than ourselves could restore us to sanity.
    - What does that mean (the Christian roots and the current methods)???
  - Step 3 – Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
- Homework assignment - **All homework assignments due at the beginning of the next class.**
  - Reading
    - How it works (cont. pgs 64-71)
    - pgs 72-76
    - Freedom from Bondage (pgs 544-552)
    - Acceptance was the answer (pgs 407-420)
  - Written Assignment
    - Minimum of 250 words on one of the following
      - Why on page 64 do the authors in describing the resentment portion of the 4<sup>th</sup> Step do the authors say we list “...people, institutions, or principles with whom we were angry” and not “toward whom we held resentments?”
      - on pg 67, 68, and 69 there are terms like: we asked God, we ask Him, and we ask God used, and on page 70 the words “We earnestly pray” are used. What role does prayer play in the 4<sup>th</sup> Step.
      - What makes the 4<sup>th</sup> Step bring healing to those in recovery?
      - How are the prayer described on page 552 and the prayer described on page 67 (We asked God) related?
      - On pg 72 the authors say that in all that has been done so far the goals have been to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. Why are those described as the goals of what has been accomplished thus far in the program?

- Why is it important to the recovery process that a person in recovery learn humility, fearlessness, and honesty (pg 73)?

### November 12: Steps 4 and 5

- Discussion: From a clinical perspective, what are the key benefits of working a 4th and 5th Step?
- Steps 4 and 5 Lecture and Discussion:
  - The goals of working a 4<sup>th</sup> Step (If you aim for nothing, you'll hit it every time.) - Made a searching and fearless moral inventory of ourselves.
  - The 4<sup>th</sup> Step as outlined in the Alcoholics Anonymous book
  - The 5<sup>th</sup> Step as outlined in the Alcoholics Anonymous book - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- Homework assignment - **All homework assignments due at the beginning of the next class.**
  - Reading
    - pg 468
    - Acceptance was the Answer (pgs 407-420)
    - "Twelve Steps and Twelve Traditions" book (pgs 63-76)
    - pgs 76-88
  - Written Assignment
    - Minimum of 250 words on one of the following
      - Why is there a Step 6; an entire step dedicated to being ready to pray (entirely ready) that the authors of the Twelve Steps and Twelve Traditions authors call the step that separates the men from the boys?
      - On page 69 of the Twelve Steps and Twelve Traditions book, in summarizing Step 6, the authors state that "It is suggested that we ought to become entirely willing to aim toward perfection." What does this mean?
      - On page 71 of the Twelve Steps and Twelve Traditions book the authors state that "our crippling handicap had been our lack of humility." What does this mean?
      - On page 75 of the Twelve Steps and Twelve Traditions book the authors state: "Refusing to place God first, we had deprived ourselves of His help." What does this mean and what does this statement have to do with Step 7?
      - On page 76 of the Alcoholics Anonymous book, the words: "When ready, we say something like this" right before the Step 7 prayer, How does a person

know if he or she is ready to pray the prayer in Step 7?

- On page 79, in describing how to work Step 9 (make amends), the authors state that: "...no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything." Do you feel that there are some amends that a person should not do (explain why or why not)?

### November 17:

- Discussion: Why is Step 6 so important?
- Steps 6-12 Lecture and Discussion:
  - What is Step 6 - Were entirely ready to have God remove all these defects of character.
  - Step 7 – Humbly asked Him to remove our shortcomings.
  - Step 8 – Made a list of all persons we had harmed, and became willing to make amends to them all.
  - Step 9 – Made direct amends to such people wherever possible, except when to do so would injure them or others.
  - Step 10 – Continued to take personal inventory and when we were wrong promptly admitted it.
  - Step 11 – Sought through prayer and meditation to improve conscious contact with God *as we understand Him*, praying only for knowledge of His will for us and the power to carry that out.
  - Step 12 – Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.
- Homework assignment - **All homework assignments due at the beginning of the next class.**
  - Reading
    - Working with Others (pg 89-103)
    - To Wives (pgs 104-121)
    - The Family Afterward (pgs 122-135)
    - To Employers (pgs 136-150)
    - A Vision for You (pgs 151-164)
    - Physician Heal Thyself! (pgs 301-308)
  - Written Assignment
    - Minimum of 250 words on one of the following
      - On page 84, in describing how to work Step 10, the authors instruct us to: "continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them."

Why are these specific things mentioned as what to watch for?

- Step 11 is the idea of improving conscious contact with God through prayer and meditation. What is prayer and what is meditation (what is the difference)?
- On page 89, in describing how to work Step 12, the authors state that: "...nothing will so much insure immunity from drinking as intensive work with other alcoholics." Why is working with others so important to recovery?
- Is it important for the rest of the family (girlfriend, boyfriend, husband, wife, children, parents etc.) to learn the information the person in recovery is learning? Why or why not?
- On page 305 the author quotes pg 59 when he restates "We asked His protection and care with complete abandon." What does this mean when and what are the limitations of this idea?

#### November 19:

- Final Exam
- Discussion: Read page 164 out loud and discuss what it means...
- Potluck