

## COURSE OUTLINE

### (1) GENERAL

<b>SCHOOL</b>	SOCIAL SCIENCES		
<b>ACADEMIC UNIT</b>	DEPARTMENT OF PSYCHOLOGY		
<b>LEVEL OF STUDIES</b>	UNDERGRADUATE		
<b>COURSE CODE</b>	PSY-3707	<b>SEMESTER</b>	WINTER/ SPRING
<b>COURSE TITLE</b>	THERAPEUTIC COMMUNITIES		
<b>INDEPENDENT TEACHING ACTIVITIES</b>	<b>WEEKLY TEACHING HOURS</b>	<b>CREDITS</b>	
Lectures, student oral presentations, study and analysis of bibliography, educational visit, essay writing.	<b>3</b>	<b>6</b>	
<b>COURSE TYPE</b>	Skills development (Seminar)		
<b>PREREQUISITE COURSES:</b>	No		
<b>LANGUAGE OF INSTRUCTION and EXAMINATIONS:</b>	Greek		
<b>IS THE COURSE OFFERED TO ERASMUS STUDENTS</b>	No		
<b>COURSE WEBSITE (URL)</b>	<a href="https://elearn.uoc.gr/course/view.php?id=1102">https://elearn.uoc.gr/course/view.php?id=1102</a>		

### (2) LEARNING OUTCOMES

<b>Learning outcomes</b>
<p>Students are expected to:</p> <p>(a) learn basic aspects related to the historical roots of the therapeutic community model for drug addiction treatment,</p> <p>(b) gain new insights into psychotherapeutic principles, type of supportive groups and techniques used in therapeutic community model,</p> <p>(c) know the criticism and the modern challenges that therapeutic communities face</p> <p>(d) Students are also expected to be able to study and analyze the existing bibliography about therapeutic community model and critically approach the relevant research studies.</p>
<b>General Competences</b>
<ul style="list-style-type: none"> <li>• Search for, analysis and synthesis of data and information, with the use of the necessary technology</li> <li>• Team work</li> <li>• Respect for difference and multiculturalism</li> </ul>

- Working in an interdisciplinary environment
- Production of new research ideas
- Showing social, professional and ethical responsibility and sensitivity to gender issues
- Production of free, creative and inductive thinking

### (3) SYLLABUS

#### DESCRIPTION

Therapeutic Communities refers to a radical therapeutic model for the treatment of the addictions that has been widely adopted and developed in U.S. and Europe since the 1970s. In Greece the evolution of therapeutic communities began in the 1980s and was associated with the emergence of psychosocial approaches to understand the problem of drug addiction. In the philosophy of therapeutic communities substance abuse is a problem with various aspects that affects the individual as a whole. For this reason, treatment is understood as a condition requiring not only the absence of substance use but also the reconstruction of the self that is achieved in the context of community life, self-help and mutual aid, as well as assuming roles of responsibility towards self and others. The seminar discusses the theoretical background and the historical roots of the development of the above model. Emphasis is placed on philosophical principles, psychotherapeutic methods and techniques used in therapeutic communities. The seminar also examines issues related to the functioning of therapeutic communities in specific contexts (eg prison) or addressed to population groups with specific characteristics (eg mothers). Also is focused on issues related to research, effectiveness and criticism of the therapeutic community model and is enriched with presentations of empirical data from interviews with people under treatment. During the seminar will explore the possibility for visiting a therapeutic community in the area Crete.

#### TOPICS

**1st Week:** (a) Introduction to the topics of the seminar (b) Selection of participants/essays.

**2nd Week:** (a) Self-presentation of seminar students (b) Planning of oral presentations and written essays (c) Introduction to the model of therapeutic communities (lecture, Part A’).

**3rd Week:** Introduction to the Therapeutic Communities Model (lecture, Part B’).

**4th Week:** Historical evolution of therapeutic communities. Student presentations - Discussion.

**5th Week:** The socio-historical environment of the problem of drug abuse in Greek society and the operating conditions of the first therapeutic community ITHAKI. Student presentations – Discussion.

**6th Week:** The philosophy and the therapeutic setting of the model of Therapeutic Communities. Student presentations - Discussion.

**7th Week:** "Therapeutic community as methods": treatment perspectives and relationships of peers. Student presentations - Discussion.

**8th Week:** Therapeutic communities in prisons. Student presentations - Discussion.

**9th Week:** Women / mothers in the therapeutic communities. Student presentations - Discussion.

**10th Week:** Life after living from Therapeutic Community. Student presentations - Discussion.

**11th Week:** Research and Effectiveness of the Therapeutic Community Model. Student

presentations - Discussion.

**12th Week:** Educational visit to a Therapeutic Community in Crete.

**13th Week:** (a) Reflection discussion on concerns and questions arising from visiting to the therapeutic community (b) Evaluation of the seminar.

**(4) TEACHING and LEARNING METHODS - EVALUATION**

<b>DELIVERY</b>	Face to face		
<b>USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY</b>	Use of ICT in teaching, Communication with students through E-Learn		
<b>TEACHING METHODS</b>	<i>Activity</i>	<i>Semester workload</i>	<i>ECTS</i>
	Lectures	12X3 hours = 36 hours	1.44
	Educational visit	3 hours	0.12
	Oral presentations and preparation	20 hours	0.8
	Essay writing	50 hours	2
	Search and study of bibliography	40 hours	1.6
	<b>Course total</b>	<b>149</b>	<b>5.96</b>
<b>STUDENT PERFORMANCE EVALUATION</b>	<p>Student evaluation is based on:</p> <p><u>A. Active participation at weekly meetings (20%).</u></p> <p>It is emphasized that the attendance at the seminar according to the Study Guide of Department of Psychology is compulsory.</p> <p><u>B. Two Essays</u></p> <p>(1<sup>st</sup> Essay) An oral presentation of a scientific study or text related to the topics of the seminar (40%). The purpose of the essay is not simply to provide data or information but also to discuss the main issues of the study or the text from a critical point of view.</p> <p>(2<sup>nd</sup> Essay) A synthetic-bibliographic written essay related to the subject of the seminar, which will be presented and discussed in the whole group of the participants at the end of the seminar (40 %).</p> <p>Students are informed about the course evaluation criteria in the introductory lecture. The evaluation criteria are also explicitly defined and described in E-learn Platform.</p>		

**(5) ATTACHED BIBLIOGRAPHY**

- Broekaert, E., De Maeyer, J. Vandeveld, S., Vanderplassen, W., Claes, C. Colpaert, K. & Walgraeve, M. (2017). Quality of Life in Therapeutic Communities for Addictions: A Positive Search for Wellbeing and Happiness. *Journal of Groups in Addiction and Recovery*, 12(2-3), 207-221.
- Bromberg, S.R., Backman, T.L., Krow, J., Frankel, K.A. (2010). The Haven Mother's

- House Modified Therapeutic Community: Meeting the gap in infant mental health services for pregnant and parenting mothers with drug addiction. *Infant Mental Health Journal*, 31(3), 255-276.
- De Leon, G. (2000). *The therapeutic community: Theory, model and method*. New York: Springer.
  - De Leon, G. (2010). Is the Therapeutic Community an Evidence-based Treatment? What the Evidence Says. *Therapeutic Communities: the International Journal for Therapeutic and Supportive Organizations*, 31(2), 104-128.
  - De Wilde, J., Broekaert, E., Segraeus, V., Rosseel, Y. (2006). Is the community as method approach gender sensitive? Client and treatment characteristics in European therapeutic communities. Results of the BIOMED II (IPTRP) project. *International Journal of Social Welfare*, 15, 150-161.
  - Genders, E. & Player E. (2004). Grendon: A Therapeutic Community in prison. In: J. Lees, N. Manning, D. Menzies & N. Morant (Eds) *Culture of Enquiry Research Evidence and the Therapeutic Community* (pp. 255-264). London: Jessica Kingsley Publishers.
  - Jansen, R. (2001). *The rise and fall of Synanon: A California Utopia*. Baltimore, London: The John Hopkins University Press.
  - Kooyman, M. (1993). *The therapeutic community for addicts: Intimacy, parent involvement and treatment success*. Lisse: Swets & Zeitlinger.
  - Kooyman, M. (2001). The history of therapeutic communities: a view from Europe. In B. Rawling & R. Yates (Eds.), *Therapeutic Communities for the treatment of drug users* (pp. 59-78). London: Jessica Kingsley Publishers.
  - Morant, N. (2004). Leaving the Therapeutic Community. In: J. Lees, N. Manning, D. Menzies & N. Morant, (Eds.) *Culture of Enquiry Research Evidence and the Therapeutic Community* (pp. 265-285). London: Jessica Kingsley Publishers.
  - Rawlings, B. (2004). Using qualitative research methods in therapeutic communities. In: J. Lees, N. Manning, D. Menzies & N. Morant (Eds.) *Culture of Enquiry Research Evidence and the Therapeutic Community* (pp. 134-143). London: Jessica Kingsley Publishers.
  - Soyez, V. & Broekaert, E. (2005). Therapeutic communities, family therapy and humanistic psychology: history and current examples. *Journal of Humanistic Psychology*, 45, 302-332.
  - Wexler, H.K. & Prendergast, M.L. (2010). Therapeutic communities in United States' prisons: Effectiveness and challenges. *Therapeutic Communities: the international journal for therapeutic and supportive organizations*, 31(2), 157-175.
  - Zafiridis, Ph. (2011). The SYNANON Self Help Organization and its contribution to the understanding and treatment of addiction. *Therapeutic Communities*, 32(2), 125-141.