

HEALTH PSYCHOLOGY

DR. DAVID M. YOUNG

ADDICTION PAPER ASSIGNMENT

This assignment is designed to help you acquire observation skills and conceptualize skills in understanding substance abuse and compulsive behavior. Your eventual goal is to prepare a paper (five to eight pages, double spaced) on the subject of a specific type of addiction including a behavioral observation, discussion of the problem, and treatment possibilities. The structure of the paper should be guided by the following format.

1. Identification of the problem and description of the type of addiction.
Backgrounds with some references are helpful here.
2. Presentation, in depth, of your observation of this addictive behavior. This should read somewhat like a case study or a behavioral observation. Here I want you to spend at least three hours in observation of your subject or event. The more detailed and specific your observations - the better!
3. Assessment of the subject and treatment recommendations. Here you should complete your assessment of the problem/person and prepare a detailed treatment plan for your subject. You should include plans for relapse prevention and how you would handle a relapse.
4. Prediction - here you should indicate what you really think would happen if this intervention program were attempted.