

A Short History Of The Seattle University Alcohol Studies Program

In the Winter Quarter of 1950 Father James Royce, S.J. offered a two-credit psychology course (PSY 190) titled *Symposium on Alcoholism*. The course has been offered regularly since 1950. This means that the Seattle University Alcohol Studies Program is the oldest program in the United States to offer a course on alcoholism in its regular undergraduate curriculum. Later the course number was changed to PSY 490.

In the Summer School of 1968 Seattle University conducted a five-day Institute on Alcoholism; it was a non-credit institute. In the 70s the Institute was again offered and two credits were offered.

In the Spring Quarter of 1973, five courses were offered; three were Psychology courses, one was a Community Services course, and one was a Business course. The courses have been continuously offered for every quarter, including all Summer quarters, since the Spring of 1973. For 1973-74 and 1974-75, most of the courses were listed as Community Services courses. So the Program became identifiable as a distinct Program in 1973.

Starting in the Fall quarter of 1975, the courses were offered as "Alcohol Studies Courses" and listed as "ALC" courses. In 1988 the Program name was changed to the "Addiction Studies Program" and the courses listed under "ADD."

The Alcohol Studies Program had a training grant from the National Institute on Alcohol Abuse and Alcoholism over the period from July 1, 1974 through June 30, 1976. This grant supplied the tuition and other costs for many students over the 1974 to 1976 period and accounted for the burst in enrollments seen in those years. In April of 1975 it was reported that 109 students had received partial or full tuition scholarships during the initial ten months of that training grant.

The "Symposium on Alcoholism" was offered as a special, two-week Summer Session for every year from 1976 through 1990. For many years, the Summer School in the Alcohol Studies Program was a time for innovation and special courses. It was often an opportunity for graduates to return for additional credits or continuing education hours for recertification.

Certificates In Alcohol Studies

Initially the Program offered a 20-credit Certificate in Alcohol Studies with 18 credits in required courses and two elective credits. The required courses included two "Field Experiences" (4 credits each) in which the students were required to complete a minimum of 100 hours of supervised work experience in an approved alcoholism agency. Some minor changes were made in an Advanced Certificate in Alcohol Studies was added; that Certificate required an additional 16 credits in Alcohol Studies courses.

In 1982 a Certificate in Alcohol/Drug Studies was added and students had a choice between the two "Basic" Certificates. The new certificate and the new courses were added to reflect the changing needs of the treatment community. By 1984, the Certificate on Alcohol Studies was dropped as an option and the "Basic" Certificate became the Certificate in Alcohol/Drug Studies.

As the profession of "Alcoholism Counselor" was being created, Seattle University was a leader in professional education in the Country and a center for such training in the Pacific Northwest. As the State of Washington created norms for professional education, the curriculum of the Seattle University Alcohol Studies Program was the model that became part of the requirements adopted by the Alcoholism Professional Staff Society and that later got written in the Washington Administrative Codes (WACs) for "qualified" and "certified" alcoholism counselors for the State of Washington.

Alcohol Studies Course As Part Pf Degree Programs

Most of the students in the Alcohol Studies Program were "Certificate Students" and were often admitted as "transient students." Many other students were using the Alcohol Studies courses to fulfill requirements for a Bachelor's or Master's degree. Often the degree would be granted with a "Specialty in Alcohol Studies." One of the most popular options was the Bachelor's Degree in General Studies with a Specialty in Alcohol Studies. At the graduate level the most popular combination was the Master's Degree in Rehabilitation Counseling with the Specialty in Alcohol Studies.

Other undergraduate degree programs that were often combined with the Alcohol Studies specialty included Bachelor's in Psychology, Criminal Justice, Community Services, and Rehabilitation. For graduate students, many combined the Specialty in Alcohol Studies with the Master's of

Counseling offered through the School of Education. Many students from the School of Nursing, the Institute of Theological Studies, and the School of Education would enroll in Alcohol Studies courses as elective credits.

The most exciting academic histories were those that would begin with a few courses in Alcohol Studies and then progress to an avid student who decided to pursue a degree program and even a graduate degree. In many cases the process of education became part of their recovery from alcoholism and other chemical dependencies. That was fulfilling a real Mission!

Changes For The 1990s

The nomenclature for the profession has changed in the 1990s. The professional standards are now regulated by the Chemical Dependency Certification Board and the organization for the counselors is now called "Chemical Dependency Professionals of Washington State." Seattle University is still looked to for leadership in the professional training of "Chemical Dependency Counselors." Thus it was appropriate for Seattle University to adopt the more generic title of Addiction Studies Program.