



Psychology 750.09	Addictions	Winter 2013
Instructor: David Hodgins	Lecture Location: A135A	
Phone: 403-220-3371	Lecture Days/Time: M January 14, 21, 28, February 4, 11, 25/ 9:00- 12:00	
Email: dhodgins@ucalgary.ca		
Office: A251F		
Office Hours: By appointment		

Course Description and Goals

The purpose of the Addictive Behaviours module is to provide practical evidence-based information on the assessment and treatment of addictive behaviours including alcohol, other drugs and gambling disorders. The course has two areas of major focus: introduction to treatment systems and instruction in motivational interviewing for gambling and other addictions. The format is experiential. Half of the course will be devoted to visits to different addictions facilities representing different phases of treatment (detox, treatment, aftercare), treatment intensity (from outpatient to long-term residential), treatment models (multimodal, twelve step) and special populations (adolescents, gender specific). The visits will include scheduled time to discuss key issues in addictions treatment. Participants will gain an appreciation for different substances and treatment approaches.

Half of the course will be devoted to understanding the fundamentals of motivational interviewing, including practise in conducting brief motivational interviewing sessions. The model will be presented in terms of gambling but practise will include substance addictions. A number of readings will be assigned for these sessions.

In addition to these six scheduled sessions, a course blog will be available. Early in the course you will receive an email invitation to join this blog, which involves setting up a user id and password. This blog will be used for two purposes:

- Over the course of the six weeks, each student will identify, describe, and review one **web-based, evidence-based resource for practitioners related to addiction**. There are many such resources available through the National Institute of Alcohol Abuse and Alcoholism (NIAAA), National Institute of Drug Abuse (NIDA) and many other organizations. Resources might include a treatment manual, a detox protocol, some clinically relevant information on one or more drugs, useful assessment tools, and so forth. The description and review should be brief but useful. This information will be posted on the blog by the student.

- All other students will review these posted resources and provide comments and ratings on the blog. Students should BRIEFLY comment on strengths, weakness, and potential applications and provide a five star rating (* = minimally useful to me, ***** = life altering)
 - Resource Identification Deadline: January 21 (should indicate a specific resource to avoid duplication; first come, first served)
 - Description and Review posting Deadline: February 8
 - Peer Rating Deadline: February 28
- Each student will prepare and post a two to three page **thought paper** focusing on three or more of the six facility visits (any 3 of the 6 sites visited). These papers will allow students to share their reflections with peers and instructor on some aspect of the experience. Other students will be welcome to provide comments but not obliged to do so. The thought paper needs to be posted by February 28.

Required Readings

Arkowitz, H. & Miller, W.R. (2008). Learning, Applying and Extending Motivational Interviewing. In Arkowitz, H., Westra, H.A., Miller, W.R. & Rollnick, S. (Eds). Motivational Interviewing in the Treatment of Psychological Problems. New York: Guilford. (p 1- 25).

Arkowitz, H., Miller, W.R., Westra, H.A. & Rollnick S. (2008). Conclusions and Future Directions. In Arkowitz, H., Westra, H.A., Miller, W.R. & Rollnick, S. (Eds). Motivational Interviewing in the Treatment of Psychological Problems. New York: Guilford. (p 324-342).

I also highly recommend Miller & Rollnick (2012). Motivational Interviewing. Helping People Change. Third Edition. I also have various training tapes that can be borrowed as desired.

Evaluation

Active participation in class activities is expected. Students will also be required to post a resource to the blog and review all the postings of other students (as described above). Finally, students are required to post a thought paper (as described above). Grading is on a pass/fail.

Class Schedule (tentative as not all visits are confirmed)

January 14, 21 Course Introductions, Gambling addiction, Basics of Motivational Interviewing
 Jan 28, Feb 4, 11: Site visits and debrief
 Feb 25: Motivational Interviewing Skill Development

Reappraisal of Grades

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any

special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

Plagiarism and Other Academic Misconduct

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

Academic Accommodation

It is the student's responsibility to request academic accommodations. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 403-220-8237. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor no later than 14 days after the start of this course.

Absence From A Test/Exam

Students who miss a term test due to a valid and documented official University reason (illness, domestic affliction, or religious conviction) have 48 hours to contact AND schedule a makeup test with the instructor. The onus is on the student to have a makeup test approved and scheduled within 48 hours, or the makeup test option is forfeited. The same process applies to missed makeup tests. At the instructor's discretion, the makeup test may differ significantly in form and/or content from the missed test. However, the makeup test cannot differ in weight (% of final grade) from the missed test. Except in extenuating circumstances (a documented official University medical excuse), a makeup test must be written within 2 weeks of the missed test. Absence from a final exam, and deferral of a final exam, are handled by Enrolment Services (see http://www.ucalgary.ca/registrar/deferred_final). Students absent from a final exam must notify the instructor within 48 hours and must then apply for an official deferred final exam no later than the deadline indicated in the Examinations Schedule.

Freedom of Information and Protection of Privacy (FOIP) Act

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or via the Department Office (Admin 275), or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

Evacuation Assembly Point

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at <http://www.ucalgary.ca/emergencyplan/assemblypoints>. Please check this website and note the nearest assembly point for this course.

Student Ombudsman's Office

The Office of the Student Ombuds provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or ombuds@ucalgary.ca (<http://www.su.ucalgary.ca/services/student-services/student-rights.html>).

Safewalk

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year.
Call 403-220-5333.

Important Dates

The last day to drop this course and **still receive a tuition fee refund** is **Jan 18, 2013**. Last day for registration/change of registration is **Jan 21 2013**. The last day to withdraw from this course is **Apr 16, 2013**.