



Course number 750.09	Addictions	Winter 2023
Instructors: Kristina Brache	Lecture Location:	AD 248
Phone: 403-926-8261	Lecture Days/Time:	Monday, Jan 9 to Feb 14, 2023, 9:00 to 11:50
Email: kristina.brache@ucalgary.ca		
Office: N/A		
Office: By appointment		
Hours:		

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 understanding the fundamentals of motivational interviewing, including practice in conducting brief motivational interviewing sessions.

The other half of the course will be devoted to learning about addiction treatment 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). A good portion of the course will be touring different treatment centers that provide different phases of treatment. Participants will gain an appreciation for different substance use treatment approaches. Different treatment modalities will be explored, with a particular focus on adaptations for addictions treatment and clinical examples of applications. Finally, participants will be asked to present to the class a review of **one web-based, evidence-based resources for practitioners related to addiction**. For this presentation participants are asked to identify a resource and present this to the class. There are many such resources available through the National Institute of Alcohol Abuse and Alcoholism (NIAAA), National Institute of Drug Abuse (NIDA), Canadian Centre on Substance Abuse (CCSA), Canadian Institute for Substance Use Research (CISUR) and many other organizations. Resources might include a treatment manual, a detox protocol, some clinically relevant information on one or more drugs, intervention tools, useful assessment tools, and so forth. The presentation and review should be brief (approximately 10 minutes) but useful.

- Resource Identification Deadline January 20, 2023 (please indicate a specific resource to avoid duplication; first come, first served)
- Presentation of resource in class on Feb 6, 2023.

Acknowledgments and Respect for Diversity

Our classrooms view diversity of identity as a strength and resource. Your experiences and different perspectives are encouraged and add to a rich learning environment that fosters critical thought through respectful discussion and inclusion. The Department of Psychology would also like to acknowledge the traditional territories of the people of the Treaty 7 region in southern Alberta. The City of Calgary is also home to Métis Nation of Alberta, Region III

Prerequisites

Admission to the Graduate Program in Psychology..

Course Format

Lectures will be taught in person during each scheduled class as per the course schedule below. And as arranged with all students in advance several days will be used for touring local Addiction Treatment facilities.

Recommended Readings

Miller, W.R. & Arkowitz, H. (2015). Learning, Applying and Extending Motivational Interviewing. In Arkowitz, H., Miller, W.R. & Rollnick, S. (Eds). Motivational Interviewing in the Treatment of Psychological Problems. Second Edition. New York: Guilford. (p 1- 32).

Miller, W.R. (2015). Motivational Interviewing in Treating Addictions. In Arkowitz, H., Miller, W.R. & Rollnick, S. (Eds). Motivational Interviewing in the Treatment of Psychological Problems. Second Edition. New York: Guilford. (p 249-270).

Arkowitz, H., Miller, W.R., & Rollnick S. (2015). Conclusions and Future Directions. In Arkowitz, H.A., Miller, W.R. & Rollnick, S. (Eds). Motivational Interviewing in the Treatment of Psychological Problems. Second Edition New York: Guilford. (p 365-388).

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

Evaluation

Active participation in class activities is expected. Students will be required to identify and present a treatment resource to the class (as described above). Grading is on a pass/fail.

Class Schedule (tentative)

January 9 Course Introductions, Addiction Treatment Approaches

January 16	Touring Addiction Treatment Programs and Levels of Care (full-day)
January 23	Basics of Motivational Interviewing, MI Practice
January 30	MI Practice, Different Addiction Treatment Approaches
February 6	Presentations on Addiction Treatment Evidence Based Resources
February 13	Day off in Lieu of Touring Addiction Treatment Programs on Jan 16

Reappraisal of Graded Term Work <http://www.ucalgary.ca/pubs/calendar/current/i-2.html>

Reappraisal of Final Grade <http://www.ucalgary.ca/pubs/calendar/current/i-3.html>

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Students seeking an accommodation based on disability or medical concerns should contact Student Accessibility Services; SAS will process the request and issue letters of accommodation to instructors. For additional information on support services and accommodations for students with disabilities, visit www.ucalgary.ca/access/. Students who require an accommodation in relation to their coursework based on a protected ground other than disability should communicate this need in writing to their Instructor. The full policy on Student Accommodations is available at <http://www.ucalgary.ca/policies/files/policies/student-accommodation-policy.pdf>.

Academic Misconduct

For information on academic misconduct and its consequences, please see the University of Calgary Calendar at <http://www.ucalgary.ca/pubs/calendar/current/k.html>

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Freedom OF Information and Protection of Privacy

Student information will be collected in accordance with typical (or usual) classroom practice. Students' assignments will be accessible only by the authorized course faculty. Private information related to the individual student is treated with the utmost regard by the faculty at the University of Calgary

Student Support and Resources

<https://www.ucalgary.ca/registrar/registration/course-outlines>

Important Dates

The last day to drop this course with no "W" notation and **still receive a tuition fee refund** is **Thursday, January 19, 2023**. Last day add/swap a course is **Friday, January 20, 2023**. The last day to withdraw from this course is **Wednesday, April 12, 2023**

<https://www.ucalgary.ca/pubs/calendar/current/academic-schedule.html>