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Course number 750. 09		Addictions	Winter 2017
<b>Instructor:</b>	David Hodgins	<b>Lecture Location:</b>	AD247B
<b>Phone:</b>	403-220-3371	<b>Lecture Days/Time:</b>	Monday, 9:00-12:00 (see course dates on page 3)
<b>Email:</b>	dhodgins@ucalgary.ca		
<b>Office:</b>	A251F		
<b>Office Hours:</b>	By appointment		

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### 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 five 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 or a link to 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 16 ( should indicate a specific resource to avoid duplication; first come, first served)
  - Description and Review posting Deadline: January 27
  - Peer Rating Deadline: February 1
- Each student will prepare and post a two to three page **thought paper** focusing on three or more of the six facility visits (i.e., any 3 of the 6 sites visited). These papers will allow students to share their reflections with peers and the 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 4.

### **Required 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. (2008). 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. 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 9	9-12 Course Introductions, Basics of Motivational Interviewing
January 16	9-3:30 Site visits and debrief (note full day)
January 23	9-12 site visits and debrief
February 6	9-12, Motivational Interviewing Skill Development; Thought paper comments, ocourse debrief.

### **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; no reappraisal of term work is permitted after the 15 days. 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**

Makeup tests/exams are **NOT** an option without an official University medical excuse (see the University Calendar). A completed Physician/Counselor Statement will be required to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have up to 48 hours to contact the instructor and to schedule a makeup test/exam. Students who do not schedule a makeup test/exam with the instructor within this 48-hour period forfeit the right to a makeup test/exam. At the instructor's discretion, a makeup test/exam may

differ significantly (in form and/or content) from a regularly scheduled test/exam. Except in extenuating circumstances (documented by an official University medical excuse), a makeup test/exam must be written within 2 weeks of the missed test/exam during exam make-up hours provided by the department <http://psychology.ucalgary.ca/undergraduate/exam-and-course-information#mues>.

### **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 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 Organizations**

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 130 and may be contacted at 403-220-5567.

**Student Union VP Academic:** Phone: 403-220-3911 [suypaca@ucalgary.ca](mailto:suypaca@ucalgary.ca)

**Student Union Faculty Rep.:** [arts1@su.ucalgary.ca](mailto:arts1@su.ucalgary.ca)

### **Student Ombudsman's Office**

The Office of the Student Ombudsmen 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](mailto:ombuds@ucalgary.ca)

(<http://www.ucalgary.ca/provost/students/ombuds>)

### **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 with no "W" notation and **still receive a tuition fee refund** is **January 20, 2017**. Last day for registration/change of registration is **January 23, 2017**. The last day to withdraw from this course is **April 12, 2017**.