

University of  
Lethbridge



Medicine Hat  
C·o·l·l·e·g·e

*Calendar Year: 2004-2005*

*School: Health Sciences*

The Addictions Counselling program was developed by the University of Lethbridge and Medicine Hat College. The program provides students with the practical skills and the theoretical knowledge needed for an effective and compassionate role in treatment, prevention and health promotion wherever addiction, or the potential for addiction, affects people's lives. The program considers a range of intervention strategies and addictive behaviours, including substance abuse, problem gambling, and sexual or eating disorders.

The first two years of this four-year program may be completed at either the University of Lethbridge or at Medicine Hat College. The final two years are offered only by the University of Lethbridge. The program includes two semesters of internship placement where students will work closely with professionals in the addictions field. Students may be required to travel to placements outside the Lethbridge and/or Medicine Hat areas.

Bachelor of Health Sciences

Addictions Counselling

# Program Planning Guide

*This Program Planning Guide is designed to help you plan your Bachelor of Health Sciences - Addictions Counselling program in the School of Health Sciences at the University of Lethbridge and the Division of Health Studies at Medicine Hat College. The information should help you keep track of your progress. Please remember that this is only a guide. It should be used in conjunction with the University of Lethbridge and Medicine Hat College Calendars, which are the final authorities on all questions regarding program requirements and admission to the Bachelor of Health Sciences - Addictions Counselling program.*

# PROGRAM STRUCTURE

## Questions?

If you have questions about this program, please contact the School of Health Sciences at the University of Lethbridge at tel. 403-329-2649 or the Division of Health Studies at Medicine Hat College at tel. 403-529-3914. The Advisors are available to talk to you about any academic or other concerns you may have.

## Admission Requirements

Students may enter the program directly from high school, as a transfer student from an approved post-secondary institution or as non-matriculated adults. Students holding approved diplomas in Addictions Counselling or related areas may be eligible for admission into the Post-Diploma B.H.Sc. - Addictions Counselling program. Please refer to the 2004-2005 University of Lethbridge Calendar for complete information regarding admission requirements.

## Academic Standards

Students must maintain a minimum cumulative grade point average of 2.00 for all courses and 2.50 for required Health Sciences and Nursing courses.

## General Requirements

1. Successful completion of 40 course equivalents (120.0 credit hours) with a cumulative grade point average of at least 2.00 on courses taken for credit toward the degree.
2. Attain a minimum cumulative grade point average of 2.50 on all required Health Sciences and Nursing courses taken for credit toward the degree.
3. Completion of the General Liberal Education Requirement (see pp. 77-80 of the 2004-2005 University of Lethbridge Calendar).
4. Attain a passing grade on all required internship courses (HLSC 2050 and 4050).
5. Not more than three Independent Study courses may be taken for credit toward the degree.
6. Residence requirement: 20 courses, including a minimum of 10 in Health Sciences and Nursing.
7. All degree requirements must be completed within seven years of the first Health Sciences course used for credit toward the degree.

## Diploma Exit Route

Students at Medicine Hat College may elect to opt out of the baccalaureate program and complete the requirements of a diploma. Those students will indicate their preference to the Division of Health Studies at Medicine Hat College by November of their second year. They will be required to complete the second year of the program and an additional course especially designed to meet their needs. Those students opting for the diploma exit will be allowed four years to complete that program.

## Readmission to the Degree Program

Students who opted for the diploma exit may re-enter the baccalaureate program at the start of the third year as long as:

1. They meet the promotion requirements;
2. There is available space in the program;
3. They will be able to meet the seven-year time requirement for graduation from the Bachelor's program; and,
4. They have maintained good standing in the profession since their graduation.

## Application deadlines:

University of Lethbridge - June 1

Medicine Hat College - Applications received by March 1 will receive first consideration for Fall admission



# PROGRAM PLANNING WORKSHEET

## BACHELOR OF HEALTH SCIENCES - ADDICTIONS COUNSELLING

Name: \_\_\_\_\_

ID Number: \_\_\_\_\_

Year Admitted: \_\_\_\_\_

Participation: \_\_\_\_\_

Program Completed: \_\_\_\_\_

Campus: \_\_\_\_\_

**Health Sciences Courses ..... Completed**

- HLSC 200/1000 - Introduction to Addiction Studies ..... \_\_\_\_\_
- ONE of: HLSC 1020 - Intro. to the Counselling Interview (UofL)  
HST 210 - Therapeutic Communication (MHC) ..... \_\_\_\_\_
- HLSC 220/1220 - Introduction to Counselling ..... \_\_\_\_\_
- HLSC 230/1225 - Physiology and Processes of Addictions ..... \_\_\_\_\_
- HLSC 320/2120 - Counselling II (Individuals and Groups) ..... \_\_\_\_\_
- HLSC 340/2245 - Assessment of Addictions ..... \_\_\_\_\_
- HLSC 350/2050 - Internship in Addictions Counselling I ..... \_\_\_\_\_
- HLSC 3000 - Ecology of Addictions ..... \_\_\_\_\_
- ONE of: HLSC 3002 (NURS 3002) - Health Education and Promotion (UofL)  
NURS 322 - Health Education(MHC)..... \_\_\_\_\_
- HLSC 3120 - Counselling III (Family Counselling) ..... \_\_\_\_\_
- HLSC 3130 - Cultural Context of Addictions ..... \_\_\_\_\_
- HLSC 3240 - Issues in Addiction and Mental Health ..... \_\_\_\_\_
- HLSC 3260 - Research in Addictions ..... \_\_\_\_\_
- HLSC 3729 - Studies in Specific Addictive Disorders (Series) ..... \_\_\_\_\_
- HLSC 3739 - Studies in Particular Populations (Series) ..... \_\_\_\_\_
- HLSC 4050 - Internship in Addictions Counselling II ..... \_\_\_\_\_
- HLSC 4200 - Community Counselling and Development ..... \_\_\_\_\_

**Statistical Course Requirement ..... Completed**

- \* ONE of: HLSC 3259 - Quantitative Aspects of Evidence for Practice  
PSYC 2030 - Methods and Statistics  
SOC 2130 - Social Statistics ..... \_\_\_\_\_

**Other Course Requirements ..... Completed**

- ONE of: PHIL 3402 - Biomedical Ethics  
PHIL 3404 - Philosophy of Law  
PHIL 3406 - Business Ethics ..... \_\_\_\_\_
- Liberal Education course - Fine Arts and Humanities ..... \_\_\_\_\_
- Liberal Education course - Fine Arts and Humanities ..... \_\_\_\_\_
- Liberal Education course - Fine Arts and Humanities ..... \_\_\_\_\_
- SOCI 201/1000 - Basic Concepts in Sociology ..... \_\_\_\_\_
- ONE of: SOCI 203/2020 - Social Problems  
SOCI 325/2500 - Deviance, Conformity and  
Social Control ..... \_\_\_\_\_
- Liberal Education course - Social Science ..... \_\_\_\_\_
- Liberal Education course - Social Science ..... \_\_\_\_\_
- PSYC 205/1000 - Basic Concepts of Psychology ..... \_\_\_\_\_
- Liberal Education course - Science ..... \_\_\_\_\_
- Liberal Education course - Science ..... \_\_\_\_\_
- \* Elective ..... \_\_\_\_\_
- Elective ..... \_\_\_\_\_
- Elective ..... \_\_\_\_\_

\* Students who complete HLSC 3259 must replace an Elective in Year Four, Spring with a Liberal Education course from either List II: Social Sciences or List III: Sciences to fulfill the General Liberal Education Requirement.

### STUDENT NOTES

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# SUGGESTED SEQUENCING PLAN

## BACHELOR OF HEALTH SCIENCES - ADDICTIONS COUNSELLING

The first number reflects the Medicine Hat College course numbering system while the second reflects the University of Lethbridge system.

### Year One (UofL or MHC)

#### Fall Semester

HLSC 200/1000	Introduction to Addiction Studies	(3-0-0)
HLSC 1020 or HST 210	Intro. to the Counselling Interview Therapeutic Communication	(3-3-0) (3-0-3)
PSYC 205/1000	Basic Concepts of Psychology	(3-0-0)
TWO	Liberal Education Courses	(6-0-0)

Credit hours: 15.0

Contact hours per week: 15-3-0 or 15-0-3

#### Winter Semester

HLSC 220/1220	Introduction to Counselling	(3-3-0)
HLSC 230/1225	Physiology and Processes of Addictions	(3-0-0)
SOCI 201/1000	Basic Concepts in Sociology	(3-0-0)
TWO	Liberal Education Courses	(6-0-0)

Credit hours: 15.0

Contact hours per week: 15-3-0

### Year Two (UofL or MHC)

#### Fall Semester

HLSC 320/2120	Counselling II (Individuals and Groups)	(3-4-0)
HLSC 340/2245	Assessment of Addictions	(3-2-0)
HLSC 3002 (NURS 3002) or NURS 322	Health Education and Promotion Health Education	(3-0-0) (3-1-0)
SOCI 325/2500 or SOCI 203/2020	Deviance, Conformity and Social Control Social Problems	(3-0-0) (3-0-0)
ONE	Liberal Education Course	(3-0-0)

Credit hours: 15.0

Contact hours per week: 15-6-0

#### Winter Semester

HLSC 350/2050	Internship in Addictions Counselling I	(3-0-32)
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Credit hours: 15.0

Contact hours per week: 3-0-32

### Diploma Route Exit

#### Fall Session

HLSC 380	Professional Issues and Practice	(4-32P)
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Credit hours: 12.0

Contact hours per week: 4-32P

### Offering Notes:

Please refer to the Alberta Transfer Guide or see an Advisor at the University of Lethbridge or Medicine Hat College when selecting Elective courses.

<sup>1</sup> These courses may require laboratories, tutorials or both.

<sup>2</sup> Students who complete HLSC 3259 must replace an Elective in Year Four, Spring with a Liberal Education course from either List II: Social Sciences or List III: Sciences to fulfill the General Liberal Education Requirement.

### Year Three (UofL)

#### Fall Semester

HLSC 3000	Ecology of Addictions	(3-0-0)
HLSC 3120	Counselling III (Family Counselling)	(3-4-0)
HLSC 3130	Cultural Context of Addictions	(3-0-0)
ONE of:		
HLSC 3259 - Quantitative Aspects of Evidence for Practice		(3-0-0)
PSYC 2030 - Methods and Statistics		(3-0-0)
SOCI 2130 - Social Statistics		(3-2-0)
ONE	Liberal Education Course	(3-0-0)

Credit hours: 15.0

Contact hours per week: 15-4-0 or 15-6-0

#### Spring Semester

HLSC 3240	Issues in Addiction and Mental Health	(3-0-0)
HLSC 3260	Research in Addictions	(3-0-0)
HLSC 3729 <sup>1</sup>	Studies in Specific Addictive Disorders	(3-0-0)
HLSC 3739 <sup>1</sup>	Studies in Particular Populations	(3-0-0)
ONE	Liberal Education Course	(3-0-0)

Credit hours: 15.0

Contact hours per week: 15-0-0

### Year Four (UofL)

#### Fall Semester

HLSC 4050	Internship in Addictions Counselling II	(3-0-32)
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Credit hours: 15.0

Contact hours per week: 3-0-32

#### Spring Semester

HLSC 4200	Community Counselling and Development	(3-0-0)
ONE of:		
PHIL 3402	Biomedical Ethics	(3-0-0)
PHIL 3404	Philosophy of Law	(3-0-0)
PHIL 3406	Business Ethics	(3-0-0)
THREE <sup>2</sup>	Electives	(9-0-0)

Credit hours: 15.0

Contact hours per week: 15-0-0