

Career & Employment Services (CES)

www.uleth.ca/ross/ces

What can I do with a Major in **Addictions Counselling**?



For more information on the Addictions Counselling Program at the U of L:

<http://www.uleth.ca/healthsciences/addictions>

Faculty of Health Sciences

M3102 Markin Hall

Phone: 403-329-2649

Email: health.sciences@uleth.ca

Academic Advising:

<http://www.uleth.ca/healthsciences/advising>

The Addictions Counselling Program at the University of Lethbridge

The Addictions Counselling Program gives students the knowledge they need to guide people through the addiction recovery process.

The program provides students with the practical skills and 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. It focuses on a range of addictive behaviours and intervention strategies, including substance abuse, problem gambling, and sexual or eating disorders.

In the second and fourth year of studies, students will complete a 13-week internship, where students gain valuable clinical experience. Graduates from this four-year program earn a Bachelor of Health Sciences with a major in Addictions Counselling.

Skills Developed

- | | | |
|----------------------------------|----------------------------|---|
| • Accurate Practice of Knowledge | • Decision Making | • Organizational |
| • Awareness of Diversity | • Emotional Maturity | • Problem Solving |
| • Communication | • Empathy and Patience | • Sensitivity to Differences (i.e. age, culture, ethnicity, gender, sexual orientation, etc.) |
| • Counselling Methods | • High Ethical Standards | • Work Independently |
| • Creativity | • Interpersonal | |
| • Critical Thinking | • Maintain Confidentiality | |
| | • Objectivity | |

Work Environments

Graduates work in a variety of agencies and settings that serve individuals, families and communities, including the health and social services, justice, education, and private sectors. Addictions counsellors are employed in agencies doing one-on-one, group and family counselling, and agencies doing community development, harm reduction and health promotion activities, such as smoking reduction, and mental and emotional health promotion. Some counsellors may prefer to practice in private seeing patients one-on-one or conducting group meetings.

Key Areas of Specialization:

Rehabilitation, Substance Abuse, Social Services, Mental Health, Marriage & Family Therapy

Entry Level Job Titles

These jobs are normally intended for new graduates and require 0 to 2 years of experience. It is important to note that many entry level positions require *some* related experience or demonstrated ability to perform job-related tasks. Even those positions that do not *require* experience will still prefer an experienced candidate, if one is available.

- Abuse Issues Counsellor
- Addiction Counsellor
- Assessment & Treatment Planner
- Behavioral Disorders Counsellor
- Case Studies Counsellor
- Counselling Approaches & Theory Specialist
- Counselling Ethics Specialist
- Crisis Counsellor
- Drugs, Alcohol & Gambling Counsellor
- Medical & Emergency Practices Specialist
- Mental Health Worker
- Psychiatric Assistant
- Social Service Worker
- Special Populations Counsellor
- Substance Abuse Counsellor

Note: The U of L offers various resources and programs to facilitate students in gaining work and volunteer experience. Find an entry level position on the [CES job board](#) or join the [Management](#) or [Arts & Science](#) Cooperative Education Programs. Summer jobs, part-time work, internship positions and volunteer experience help students to enhance their skillset and accumulate work experience for their future career.

Related Job Titles

These jobs generally require extensive, relevant work experience and/or further education.

- Addictions Counsellor
- Assessment Officer
- Career Counsellor
- Case Worker (Child/ Youth Worker)
- Child & Adolescent Psychotherapist
- Clinical Social Worker
- Clinical Support Staff
- Community Development Programs Professor
- Community Wellness Counsellor
- Concurrent Disorders Youth Counsellor
- Counselling Intern
- Crisis Counsellor
- Employee Assistant Program
- Genetic Counsellor/ Director
- General Counsellor
- Educational Counsellor
- Family Care Officer
- Family School Liaison Counsellor
- Family Support Worker
- Housing Outreach Worker
- Mental Health Counsellor
- Peer Support Worker
- Psychologist
- Probation & Parole Officer
- Program Development Officer
- Program Evaluation Officer
- Regional Mental Health Promotion Consultant
- Rehabilitation Counsellor
- Residential Services Manager
- Resume & Career Counselling Service Worker
- Seniors & Caregivers Case Manager & Counsellor
- Transitional Housing Support Specialist
- Withdrawal Management Counsellor

Thinking Outside the Box: Other Possible Job Titles

On average, people change their career three to five times in their lifetime. So, no matter what major you choose, you may still be interested in opportunities totally unrelated to your program of study. We encourage you to be open to all possibilities! Your undergraduate degree can be a springboard for other

educational pursuits, and your transferable skills and experience can prepare you to work in a multitude of settings.

- Corrections Officer
- Cultural Diversity Consultant
- Customs Officer
- Group Home Coordinator
- Motivational Speaker
- Nurse
- Personnel Manager
- Program Evaluator/Manager
- Public Health Officer
- Research Assistant
- Small Business Owner
- Student Services
- University/College Counsellor
- Volunteer Manager

Useful Resources

Recommended websites to assist in exploring the field of Addictions Counselling and its career opportunities.

Alberta Learning Information Service
Occupational Profile
[Addictions Counsellor](http://www.albertalearning.ca/addictions-counsellor)

Alberta, Canadian Counselling and
Psychotherapy Association
<http://www.ccpa-accp.ca>

Alberta Health Services
<http://www.albertahealthservices.ca>

Canadian Centre on Substance Abuse
<http://www.ccsa.ca>

Vocational Rehabilitation Association of Canada
<http://vraCanada.com/>

Canadian Addiction Counsellors Certification
Federation (CACCF)
<http://www.caccf.ca/>

Canadian Association of Rehabilitation
Professionals
<http://www.carpnational.org/>

Canadian Problem Gambling Certification Board
<http://www.cpgcb.ca/>

Center for Addiction and Mental Health
<http://www.camh.net>

Campus Resources

Career & Employment Services (CES)
<http://www.uleth.ca/ross/ces/>

Career Counselling (Counselling Services)
<http://www.uleth.ca/counselling/>

Academic Advising
<http://www.uleth.ca/ross/academic-advising>

Native Student Advising
<http://www.uleth.ca/ross/native-student-advising>

Student Success Centre – Study Skills, Learning
Strategies & Tutoring
<http://www.uleth.ca/student-success-centre/>

Accommodated Learning Centre
<http://www.uleth.ca/ross/accommodated-learning-centre/>

International Centre for Students
<http://www.uleth.ca/international/>

Registrar Office & Student Services
<http://www.uleth.ca/ross/>

Scholarship & Students Finance
<http://www.uleth.ca/ross/student-finance/>

U of L Students' Union & Student Clubs
<http://www.ulsu.ca/>

Campus Job Resources

Career & Employment Services Job Board
[CES Job board](#)

Arts & Science Applied Studies
<http://www.uleth.ca/artsci/applied-studies/students>

Arts & Science Co-op Education & Internship
<http://www.uleth.ca/artsci/coop>

Management Co-op Education
<http://www.uleth.ca/management/co-op>

Study Abroad & Exchanges
<http://www.uleth.ca/international/content/study-abroad-exchanges>

Management Study Abroad & Exchanges
<http://www.uleth.ca/management/study-abroad>

Career & Employment Services (CES)

CES assists U of L students and graduates with their career exploration and work search needs.

AH154 Anderson Hall, Phone: 403-329-2000
Mon- Fri: 9:00 a.m. to 12:00 p.m.
1:00 p.m. to 4:00 p.m.