



PROGRAM PLANNING GUIDE

ID:

Name: _____

Bachelor of Health Sciences

Addictions Counselling



The Bachelor of Health Sciences program in addictions counselling at the University of Lethbridge is the only undergraduate Canadian program of its kind. The program provides students with the practical skills and theoretical knowledge needed for a role in treatment, prevention, and health promotion wherever 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. The program includes a thorough study of current issues in addictions, and an intensive training in counselling skills.

What determines my program requirements?

Please refer to the Academic Calendar (www.ulethbridge.ca/ross/academic-calendar) for complete program information.

Calendar Year: 2024/2025 - Your calendar year is set to the academic year you are admitted (or readmitted) and you should follow the requirements for that year for the duration of your program.

Faculty/School: Faculty of Health Sciences (www.ulethbridge.ca/healthsciences)

Program(s): Bachelor of Health Sciences

Major(s): Addictions Counselling

Minor: A defined set of courses, designed to provide depth in a particular discipline, study in an interdisciplinary area, or focus on a theme-related topic. To learn more about optional minors see www.ulethbridge.ca/ross/minors.

Am I admissible to this program?

Admission: www.ulethbridge.ca/ross/admissions/undergrad

Transfer: www.ulethbridge.ca/ross/transfer-resources

When/How do I apply to the University?

Deadlines: www.ulethbridge.ca/ross/admissions/undergrad/deadlines

Step-by-Step: www.ulethbridge.ca/ross/admissions/step-by-step

Where can I find information on courses?

Course Catalogue: www.ulethbridge.ca/ross/courses

Registration Guide: www.ulethbridge.ca/ross/registration-guide

When can I register for classes?

Register early! (March for Summer and Fall; November for Winter)

Registration Dates: www.ulethbridge.ca/ross/registration-dates

How can I enhance my program?

Career Bridge: www.ulethbridge.ca/career-bridge

Internship: www.ulethbridge.ca/healthsciences/addictions-counselling-internship

Independent Study: www.ulethbridge.ca/healthsciences/independent-study

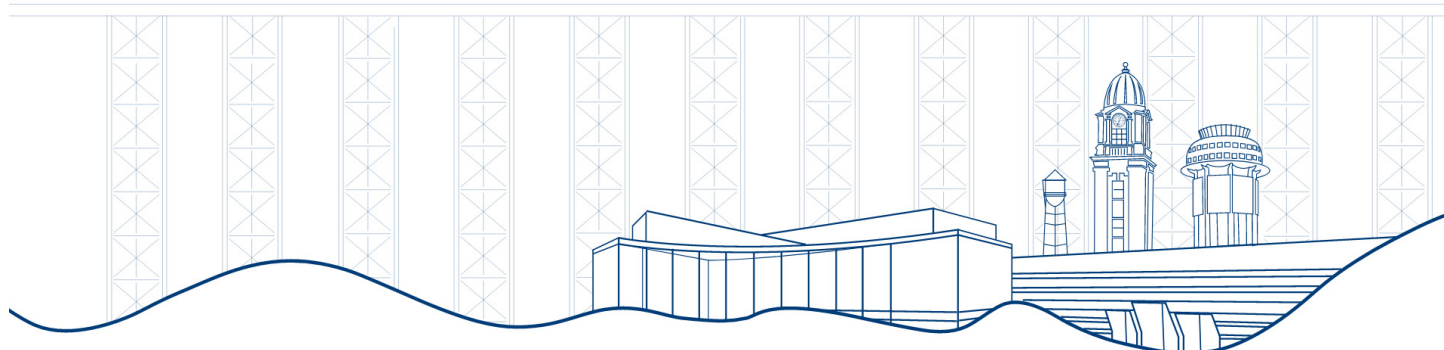
What supports are available to students?

Student Services: www.ulethbridge.ca/campus-life/student-services

Student Success Centre: www.ulethbridge.ca/student-success-centre

Accessible Learning: www.ulethbridge.ca/ross/alc

Counselling Services: www.ulethbridge.ca/counselling





Required courses and notes

Major Requirements

- _____ 1. Addictions Counselling 1000 - Introduction to Addiction Studies
- _____ 2. Addictions Counselling 1020 - Introduction to the Counselling Interview
- _____ 3. Addictions Counselling 1220 - Counselling I (Individual Counselling)
- _____ 4. Addictions Counselling 2120 - Counselling II (Group Counselling)
- _____ 5. Addictions Counselling 2140 - Drugs of Abuse
- _____ 6. Addictions Counselling 2235 - Indigenous Perspectives on Counselling and Wellness
- _____ 7. Addictions Counselling 2245 - Assessment of Addictions
- _____ 8. Addictions Counselling 2275 - Trauma in Addictions Counselling
- _____ 9. Addictions Counselling 3002 - Health Education and Promotion
- _____ 10.-14. Addictions Counselling 3050 - Internship in Addictions Counselling I (15.0 credit hours)
- _____ 15. Addictions Counselling 3120 - Counselling III (Family Counselling)
- _____ 16. Addictions Counselling 3130 - Diversity and Counselling
- _____ 17. Addictions Counselling 3140 - Behavioural Pharmacology
- _____ 18. Addictions Counselling 3150 - Adult Psychopathology
- _____ 19. Addictions Counselling 3240 - Concurrent Disorders
- _____ 20. Addictions Counselling 3260 - Research in Addictions
- _____ 21. Addictions Counselling 3420 - Ethics in Addictions Counselling
- _____ 22.-26. Addictions Counselling 4050 - Internship in Addictions Counselling II (15.0 credit hours)
- _____ 27. Addictions Counselling 4200 - Community Development and Outreach
- _____ 28. Aboriginal Health 1000 - Introduction to Aboriginal Health
- _____ 29. Health Sciences 3450/Psychology 3450 - Applied Statistics for Clinical Practice
- _____ 30. Liberal Education 1000 - Knowledge and Liberal Education
- _____ 31. **One of:**
 - _____ Psychology 1010 - Introduction to Psychology A: Evolution, Mechanisms, and Cognition/ Perception
 - _____ * Psychology 1020 - Introduction to Psychology B: Developmental, Sociocultural, and Abnormal

* Students who select Psychology 1020 must complete a Science course as the Open Elective. See School of Liberal Education, in the 2024/2025 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar

Electives

Courses with a subject code of ABHL, ACCT, ADCS, AGEM, EDUC, FINC, HLSC, HRLR, IGBM, IMG, MGT, MKTG, NURS, PUBH, or TREC may not be used to fulfill the Fine Arts and Humanities Electives, Social Science Elective, or Science Electives in the Addictions Counselling major.

- _____ 32. One 3000 or 4000-level Addictions Counselling elective
 - _____ 32. _____
- _____ 33.-36. Four Fine Arts and Humanities electives
 - _____ 33. _____
 - _____ 34. _____
 - _____ 35. _____
 - _____ 36. _____
- _____ 37. One Social Science elective
 - _____ 37. _____
- _____ 38.-39. Two Science electives
 - _____ 38. _____
 - _____ 39. _____
- _____ 40. One Open elective
 - _____ 40. _____

General Requirements

- _____ Completion of 40 course equivalents (120.0 credit hours) with a GPA of at least 2.00 (on the University of Lethbridge 4.0 scale) on courses taken for credit towards the degree.
- _____ Attain a minimum cumulative GPA of 2.50 (on the University of Lethbridge 4.0 scale) on all Aboriginal Health, Addictions Counselling, Health Sciences, and Public Health courses taken for credit towards the degree.
- _____ Completion of the Liberal Education List Requirement (see **School of Liberal Education** in the 2024/2025 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar).
- _____ Not more than three Independent Study courses may be taken for credit towards the degree.
- _____ Not more than 12 courses (36.0 credit hours) may be completed at the 1000 level (or lower) for credit towards the degree, excluding Activity courses (labelled PHAC and MUSE).
- _____ Residence requirement: 20 courses, including a minimum of ten from the Faculty of Health Sciences.
- _____ All degree requirements must be completed within seven years of completion of the first required course offered by the Faculty of Health Sciences.

Optional Minor:

Due to the structured nature of the B.H.Sc. program, students are **strongly discouraged** from declaring a minor. Completing a minor will require taking courses above the minimum degree requirements and could lengthen the duration of your program. Consult your Academic Advisor prior to declaring a minor.

For information about minors see **Minors** in the 2024/2025 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar.

1.-6. Minor Courses

- _____ 1. _____
- _____ 2. _____
- _____ 3. _____
- _____ 4. _____
- _____ 5. _____
- _____ 6. _____



Recommended Course Sequence

Shown below is the recommended sequence of courses for your degree. Consult timetables for course offerings, prerequisites, and corequisites before registering each term as some courses may have limited offerings (ie. once a year, alternating years, or only offered in the Fall or Winter terms). Students are strongly encouraged to follow the sequencing plan outlined here. Not following the sequencing plan may result in extending the length of your program. Consult with an Academic Advisor in your faculty if you wish to alter this sequence with regard to the specifically listed courses.

Note that this sequence was prepared based on course scheduling at the time of publication and may change during your studies.

First Year (Fall)

- Aboriginal Health 1000
- Addictions Counselling 1000
- Addictions Counselling 1020
- Liberal Education 1000
- One of: Psychology 1010 or Psychology 1020

First Year (Winter)

- Addictions Counselling 1220
- Addictions Counselling 2235
- Addictions Counselling 3002
- Fine Arts and Humanities elective
- Science elective

Second Year (Fall)

- Addictions Counselling 2120
- Addictions Counselling 3420
- Addictions Counselling 2140
- Fine Arts and Humanities elective
- Fine Arts and Humanities elective

Second Year (Winter)

- Addictions Counselling 2245
- Addictions Counselling 3240
- Health Sciences 3450/Psychology 3450
- 3000/4000-level ADCS Elective
- Open Elective

Third Year (Fall)

- Addictions Counselling 3130
- Addictions Counselling 3140
- Addictions Counselling 3150
- Addictions Counselling 3260
- Science elective

Third Year (Winter)

- Addictions Counselling 2275
- Addictions Counselling 3120
- Addictions Counselling 4200
- Social Science elective
- Fine Arts and Humanities elective

Fourth Year (Fall)

- Addictions Counselling 3050 (15.0 credit hours)

Fourth Year (Winter)

- Addictions Counselling 4050 (15.0 credit hours)

Final Program Check

Request a Final Program Check at www.ulethbridge.ca/healthsciences/forms by December 1 (April completers) or by April 1 (June, August, & December completers) and after registering in your final term.

Program requirements with _____ (majors, minors, concentrations)

will be met upon successful completion of _____ currently enrolled courses

have been met

Advisor: _____ Date: _____

Health Sciences GPA: _____

Grad GPA: _____

Advisor: _____ Date: _____



Customize your program or keep notes

An empty program space is available below should you wish or need to create a customized program sequence. Ensure you are following the program requirements laid out on the previous pages of this guide to ensure you are meeting all program, degree, and institutional requirements. Consult with an Academic Advisor in your faculty if you wish to customize your sequence of courses.

First Year (Fall)

Five horizontal lines for notes

First Year (Winter)

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Second Year (Fall)

Five horizontal lines for notes

Second Year (Winter)

Five horizontal lines for notes

Third Year (Fall)

Five horizontal lines for notes

Third Year (Winter)

Five horizontal lines for notes

Fourth Year (Fall)

Five horizontal lines for notes

Fourth Year (Winter)

Five horizontal lines for notes

Fifth Year (Fall)

Five horizontal lines for notes

Fifth Year (Winter)

Five horizontal lines for notes

Notes

Multiple horizontal lines for general notes