



Calendar Year: 2026/2027

# PROGRAM PLANNING GUIDE

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

ID:

## Bachelor of Health Sciences

### Addictions and Mental Health Counselling



The Bachelor of Health Sciences program in Addictions and Mental Health 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](http://www.ulethbridge.ca/ross/academic-calendar)) for complete program information.

**Calendar Year:** 2026/2027 - 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](http://www.ulethbridge.ca/healthsciences))

**Program(s):** Bachelor of Health Sciences

**Major(s):** Addictions and Mental Health 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](http://www.ulethbridge.ca/ross/minors).

#### Am I admissible to this program?

**Admission:** [www.ulethbridge.ca/ross/admissions/undergrad](http://www.ulethbridge.ca/ross/admissions/undergrad)

**Transfer:** [www.ulethbridge.ca/ross/transfer-resources](http://www.ulethbridge.ca/ross/transfer-resources)

#### When/How do I apply to the University?

**Deadlines:** [www.ulethbridge.ca/ross/admissions/undergrad/deadlines](http://www.ulethbridge.ca/ross/admissions/undergrad/deadlines)

**Step-by-Step:** [www.ulethbridge.ca/ross/admissions/step-by-step](http://www.ulethbridge.ca/ross/admissions/step-by-step)

#### Where can I find information on courses?

**Course Catalogue:** [www.ulethbridge.ca/ross/courses](http://www.ulethbridge.ca/ross/courses)

**Registration Guide:** [www.ulethbridge.ca/ross/registration-guide](http://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](http://www.ulethbridge.ca/ross/registration-dates)

#### How can I enhance my program?

**Career Bridge:** [www.ulethbridge.ca/career-bridge](http://www.ulethbridge.ca/career-bridge)

**Internship:** [www.ulethbridge.ca/healthsciences/addictions-counselling-internship](http://www.ulethbridge.ca/healthsciences/addictions-counselling-internship)

**Independent Study:** [www.ulethbridge.ca/healthsciences/independent-study](http://www.ulethbridge.ca/healthsciences/independent-study)

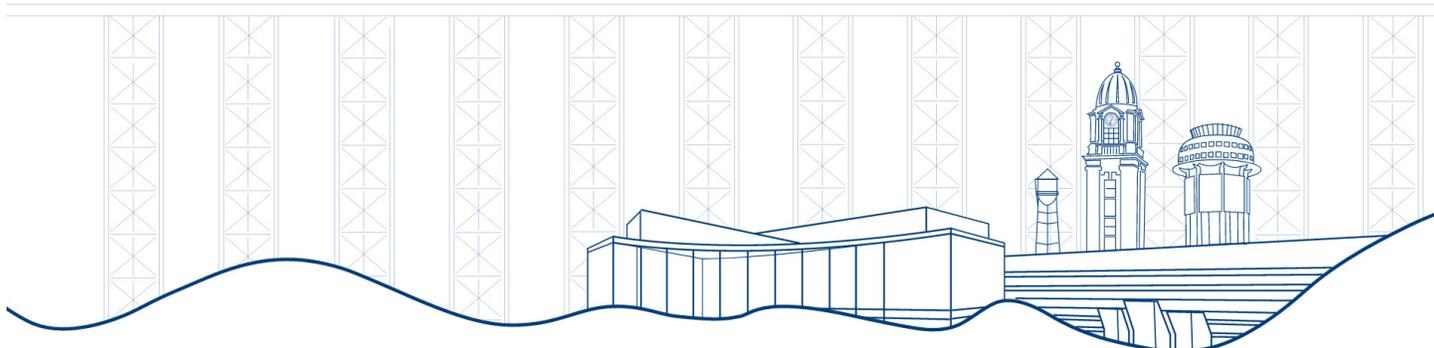
#### What supports are available to students?

**Student Services:** [www.ulethbridge.ca/campus-life/student-services](http://www.ulethbridge.ca/campus-life/student-services)

**Student Success Centre:** [www.ulethbridge.ca/student-success-centre](http://www.ulethbridge.ca/student-success-centre)

**Accessible Learning:** [www.ulethbridge.ca/ross/alc](http://www.ulethbridge.ca/ross/alc)

**Counselling Services:** [www.ulethbridge.ca/counselling](http://www.ulethbridge.ca/counselling)



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Contact an Academic Advisor ([www.ulethbridge.ca/ross/academic-advising](http://www.ulethbridge.ca/ross/academic-advising)) for advising information

This is a planning guide and not a graduation check or guarantee of course offerings. You should have a program check done in your final year of studies. Students are responsible for ensuring they have met program requirements. This guide should be used in conjunction with the University of Lethbridge Academic Calendar, which is the final authority on program requirements and academic regulations.



### Major Requirements

- \_\_\_\_\_ 1. Addictions and Mental Health Counselling 1000 - Introduction to Addiction Studies
- \_\_\_\_\_ 2. Addictions and Mental Health Counselling 1020 - Introduction to the Counselling Interview
- \_\_\_\_\_ 3. Addictions and Mental Health Counselling 1220 - Counselling I (Individual Counselling)
- \_\_\_\_\_ 4. Addictions and Mental Health Counselling 2002 - Health Education and Promotion
- \_\_\_\_\_ 5. Addictions and Mental Health Counselling 2120 - Counselling II (Group Counselling)
- \_\_\_\_\_ 6. Addictions and Mental Health Counselling 2130 - Diversity and Counselling
- \_\_\_\_\_ 7. Addictions and Mental Health Counselling 2140 - Drugs of Abuse
- \_\_\_\_\_ 8. Addictions and Mental Health Counselling 2235 - Indigenous Perspectives on Counselling and Wellness
- \_\_\_\_\_ 9. Addictions and Mental Health Counselling 2245 - Assessment of Addictions and Mental Health
- \_\_\_\_\_ 10. Addictions and Mental Health Counselling 2260 - Research Methods for Addictions, Mental Health, Counselling, and Psychotherapy
- \_\_\_\_\_ 11. Addictions and Mental Health Counselling 3120 - Counselling III (Family and Mental Health Counselling)
- \_\_\_\_\_ 12. Addictions and Mental Health Counselling 3145/Psychology 3145 - Behavioural Pharmacology
- \_\_\_\_\_ 13. Addictions and Mental Health Counselling 3150/Psychology 3150 - Adult Psychopathology
- \_\_\_\_\_ 14. Addictions and Mental Health Counselling 3240 - Concurrent Disorders
- \_\_\_\_\_ 15. Addictions and Mental Health Counselling 3375 - Trauma in Addictions and Mental Health Counselling
- \_\_\_\_\_ 16. Addictions and Mental Health Counselling 3420 - Ethics in Counselling
- \_\_\_\_\_ 17. Addictions and Mental Health Counselling 3900 - Community Development and Outreach
- \_\_\_\_\_ 18.-22. Addictions and Mental Health Counselling 4050 - Internship in Addictions and Mental Health Counselling II (15.0 credit hours)
- \_\_\_\_\_ 23. Indigenous Health 1000 - Introduction to Indigenous Health
- \_\_\_\_\_ 24. **One of:**
  - \_\_\_\_\_ Psychology 1010 - Introduction to Psychology A: Evolution, Mechanisms, and Cognition/ Perception
  - \_\_\_\_\_ \* Psychology 1020 - Introduction to Psychology B: Developmental, Sociocultural, and Abnormal
- \_\_\_\_\_ 25.-29. **One of:**
  - \_\_\_\_\_ Addictions and Mental Health Counselling 3050 - Internship in Addictions and Mental Health I (15.0 credit hours)
  - \_\_\_\_\_ Five electives offered by any Faculty or School (15.0 credit hours)
  - \_\_\_\_\_ \_\_\_\_\_
  - \_\_\_\_\_ \_\_\_\_\_
  - \_\_\_\_\_ \_\_\_\_\_
  - \_\_\_\_\_ \_\_\_\_\_

### Electives

- Courses with a subject code of ACCT, AGEM, AMHC, DGTR, EDUC, FINC, GLBU, HLSC, HRLR, IGBM, INHL, 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.
- \_\_\_\_\_ 30.-31. Two 3000 or 4000-level Addictions and Mental Health Counselling or Health Sciences electives
    - \_\_\_\_\_ 30. \_\_\_\_\_
    - \_\_\_\_\_ 31. \_\_\_\_\_
  - \_\_\_\_\_ 32.-35. Four Fine Arts and Humanities electives
    - \_\_\_\_\_ 32. \_\_\_\_\_
    - \_\_\_\_\_ 33. \_\_\_\_\_
    - \_\_\_\_\_ 34. \_\_\_\_\_
    - \_\_\_\_\_ 35. \_\_\_\_\_
  - \_\_\_\_\_ 36. One Social Science elective
    - \_\_\_\_\_ 36. \_\_\_\_\_
  - \_\_\_\_\_ 37.-39. Three Science electives
    - \_\_\_\_\_ 37. \_\_\_\_\_
    - \_\_\_\_\_ 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 Addictions Counselling, Health Sciences, Indigenous Health, and Public Health courses taken for credit towards the degree.
- \_\_\_\_\_ Completion of the Liberal Education List Requirement (see **School of Liberal Education** in the 2026/2027 University of Lethbridge Calendar, [www.ulethbridge.ca/ross/academic-calendar](http://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 2026/2027 University of Lethbridge Calendar, [www.ulethbridge.ca/ross/academic-calendar](http://www.ulethbridge.ca/ross/academic-calendar).

- \_\_\_\_\_ 1.-6. **Minor Courses**
  - \_\_\_\_\_ 1. \_\_\_\_\_
  - \_\_\_\_\_ 2. \_\_\_\_\_
  - \_\_\_\_\_ 3. \_\_\_\_\_
  - \_\_\_\_\_ 4. \_\_\_\_\_
  - \_\_\_\_\_ 5. \_\_\_\_\_
  - \_\_\_\_\_ 6. \_\_\_\_\_

\* Students who select Psychology 1020 must complete a Science course as the Open Elective. See School of Liberal Education, in the 2026/2027 University of Lethbridge Calendar, [www.ulethbridge.ca/ross/academic-calendar](http://www.ulethbridge.ca/ross/academic-calendar)



# RECOMMENDED SEQUENCING PLAN (2026/2027)

## Recommended Course Sequence

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

ID:

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)

- Indigenous Health 1000
- Addictions and Mental Health Counselling 1000
- Addictions and Mental Health Counselling 1020
- One of: Psychology 1010 or Psychology 1020
- Open Elective

### First Year (Winter)

- Addictions and Mental Health Counselling 1220
- Addictions and Mental Health Counselling 2002
- Addictions and Mental Health Counselling 2235
- Fine Arts and Humanities elective
- Science elective

### Second Year (Fall)

- Addictions and Mental Health Counselling 2120
- Addictions and Mental Health Counselling 3420
- Addictions and Mental Health Counselling 2140
- Fine Arts and Humanities elective
- Science elective

### Second Year (Winter)

- Addictions and Mental Health Counselling 2245
- Addictions and Mental Health Counselling 3240
- 3000/4000-level AMHC Elective
- Fine Arts and Humanities elective
- Science elective

### Third Year (Fall)

- Addictions and Mental Health Counselling 2130
- Addictions and Mental Health Counselling 2260
- Addictions and Mental Health Counselling 3145/Psychology 3145
- Addictions and Mental Health Counselling 3150/Psychology 3150
- 3000/4000-level AMHC Elective

### Third Year (Winter)

- Addictions and Mental Health Counselling 3120
- Addictions and Mental Health Counselling 3375
- Addictions and Mental Health Counselling 3900
- Social Science elective
- Fine Arts and Humanities elective

### Fourth Year (Fall)

- Addictions and Mental Health Counselling 3050 (15.0 credit hours)
- OR**
- Elective
- Elective
- Elective
- Elective
- Elective

### Fourth Year (Winter)

- Addictions and Mental Health Counselling 4050 (15.0 credit hours)

## Final Program Check

Request a Final Program Check at [www.ulethbridge.ca/healthsciences/forms](http://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: \_\_\_\_\_

