University of Lethbridge

Calendar Year: 2026/2027

PROGRAM PLANNING GUIDE

Name:_____

ID:

Bachelor of Health Sciences / Bachelor of Arts

Addictions and Mental Health Counselling / Psychology

Explore the five-year combined Bachelor of Health Sciences / Bachelor of Arts degree majoring in Addictions and Mental Health Counselling / Psychology. Prepare for graduate studies and/or careers in mental health, from prevention and health promotion to intervention and treatment by gaining specialized practical skills and theoretical knowledge.

What determines my program requirements?

Please refer to the Academic Calendar (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 Arts and Science (www.ulethbridge.ca/artsci) and Faculty of Health Sciences (www.ulethbridge.ca/healthsciences)

Program(s): Bachelor of Health Sciences / Bachelor of Arts

Major(s): Addictions and Mental Health Counselling / Psychology

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?

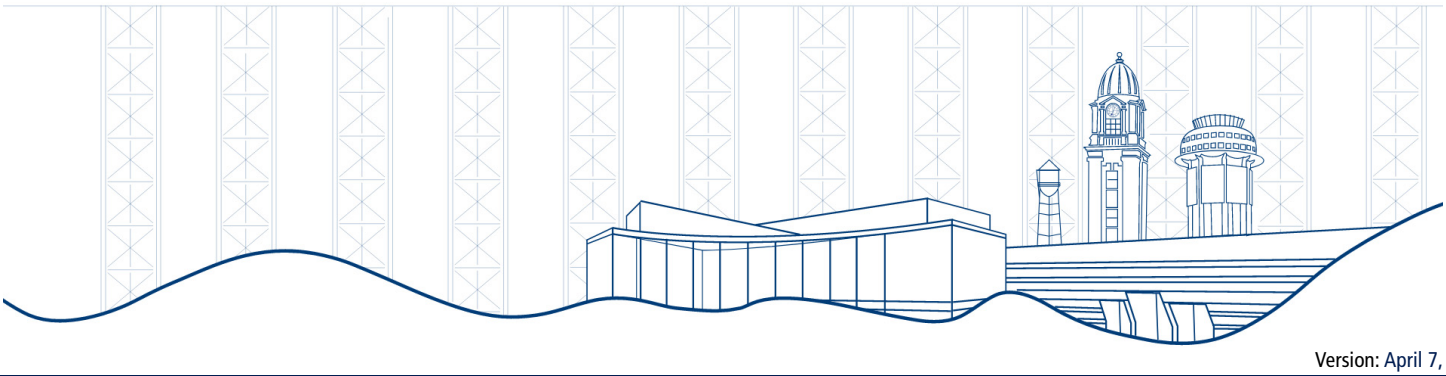
Register early! (March for Summer and Fall; November for Winter)
Registration Dates: www.ulethbridge.ca/ross/registration-dates

How can I enhance my program?

Career Bridge: www.ulethbridge.ca/career-bridge
Co-op Education: www.ulethbridge.ca/career-bridge/co-operative-education
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



Version: April 7, 2026

Contact an Academic Advisor (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.

PROGRAM REQUIREMENTS (2026/2027)

Required courses and notes

Name:_____

ID: | | | | | | | | | |

Program 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 2235 - Indigenous Perspectives on Counselling and Wellness

_____ **8.** Addictions and Mental Health Counselling 2245 - Assessment of Addictions and Mental Health

_____ **9.** Addictions and Mental Health Counselling 2260 - Research Methods for Addictions, Mental Health, Counselling, and Psychotherapy

_____ **10.** Addictions and Mental Health Counselling 3120 - Counselling III (Family and Mental Health Counselling)

_____ **11.** Addictions and Mental Health Counselling 3375 - Trauma in Addictions and Mental Health Counselling

_____ **12.** Addictions and Mental Health Counselling 3420 - Ethics in Counselling

_____ **13.-17.** Addictions and Mental Health Counselling 4050 - Internship in Addictions and Mental Health Counselling II (15.0 credit hours)

_____ **18.** Indigenous Health 1000 - Introduction to Indigenous Health

_____ **19.** Neuroscience 2610 - Principles of Brain Structure and Function

_____ **20.** Neuroscience 2620 - Principles of Behavioural Neuroscience

_____ **21.** Psychology 1010 - Introduction to Psychology A: Evolution, Mechanisms, and Cognition/Perception

_____ **22.** Psychology 1020 - Introduction to Psychology B: Developmental, Sociocultural, and Abnormal

_____ **23.** Psychology 1030 - Key Skills in Psychology

_____ **24.** Psychology 2005 - Psychological Sketches: Straight from the Researchers

_____ **25.** Psychology 2030 - Thinking with Data I

_____ **26.** Psychology 2110 - Introduction to Child Development

_____ **27.** Psychology 2330 - Learning and Cognition

_____ **28.** Psychology 2650 - Individual Differences

_____ **29.** Psychology 2700 - Behaviour and Evolution

_____ **30.** Psychology 2800 - Social Psychology

_____ **31.** **One of:**

- _____ Psychology 3105 - Adolescent Development
- _____ Psychology 3330 - Social Cognition

_____ **32.** **One of:**

- _____ Addictions and Mental Health Counselling 3150/ Psychology 3150 - Adult Psychopathology
- _____ Psychology 3500 - Abnormal Psychology

_____ **33.** **One of:**

- _____ Addictions and Mental Health Counselling 3145/ Psychology 3145 - Behavioural Pharmacology
- _____ Psychology 3535 - Drugs and Behaviour

_____ **34.-38.** **One of:**

- _____ Addictions and Mental Health Counselling 3050 - Internship in Addictions and Mental Health I (15.0 credit hours)
- _____ Five electives offered by the Faculty of Health Sciences, Faculty of Arts and Science, Faculty of Fine Arts, or the School of Liberal Education (15.0 credit hours)
  - _____ 34. _____
  - _____ 35. _____
  - _____ 36. _____
  - _____ 37. _____
  - _____ 38. _____

_____ **39.** One course (3.0 credit hours) in Psychology at the 4000 level, excluding Psychology 4980 (Applied Studies), Psychology 4990 (Independent Study), and Psychology 4995 (Undergraduate Thesis)

_____

_____ **40.** One additional course (3.0 credit hours) at the 3000 level from disciplines offered by the Faculty of Health Sciences

_____

_____ **41.-42.** Two additional courses (6.0 credit hours) in Psychology at the 3000 or 4000 level, at least one of which must be designated as Social Science

- _____ 41. _____
- _____ 42. _____

_____ **43.-46.** Four courses (12.0 credit hours) from List I: Fine Arts and Humanities offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education

- _____ 43. _____
- _____ 44. _____
- _____ 45. _____
- _____ 46. _____

_____ **47.-50.** Four elective courses (12.0 credit hours) from disciplines offered by the Faculty of Health Sciences, the Faculty of Arts and Science, the Faculty of Fine Arts, or the School of Liberal Education

- _____ 47. _____
- _____ 48. _____
- _____ 49. _____
- _____ 50. _____

PROGRAM REQUIREMENTS (2026/2027)

Required courses and notes

Name:_____

ID: | | | | | | | | | |

General Requirements

_____ A minimum of 50 course equivalents (150.0 credit hours) from disciplines offered by the Faculty of Health Sciences, the Faculty of Arts and Science, the Faculty of Fine Arts, or the School of Liberal Education (no courses labelled ACCT, AGEM, CDEV, CRED, DGTR, EDUC, FINC, GLBU, HRLR, IGBM, MGT, or MKTG unless cross-listed with a course from one of the above faculties) with a GPA of at least 2.00 (on the University of Lethbridge 4.0 scale).

_____ 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.

_____ A maximum of three Independent Study courses (9.0 credit hours) may be completed for credit towards the program.

_____ 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).

_____ Residence requirement: Students must complete a minimum of 30 courses at the University of Lethbridge, including 20 courses from disciplines offered by the Faculty of Health Sciences and 10 courses from disciplines offered by the Faculty of Arts and Science, Faculty of Fine Arts, or School of Liberal Education.

_____ All Addictions Counselling, Health Sciences, Indigenous Health, and Public Health degree requirements must be completed within seven years of completion of the first required course offered by the Faculty of Health Sciences.

A **maximum** of 12 courses (36.0 credit hours) may be completed at the 1000 level (or lower) for credit towards the program, excluding Activity courses (labelled PHAC and MUSE).

_____ **1.-12. Introductory Course Limit**

_____ 1._____
_____ 2._____
_____ 3._____
_____ 4._____
_____ 5._____
_____ 6._____
_____ 7._____
_____ 8._____
_____ 9._____
_____ 10._____
_____ 11._____
_____ 12._____

Optional Minor: _____

For information about minors see **Minors** in the 2026/2027 University of Lethbridge Calendar, www.ulethbridge.ca/ross/academic-calendar.
Consult with an Academic Advisor if you wish to add a minor to your program.

_____ **1.-6. Required Courses**

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

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 <u>may</u> change during your studies.

First Year (Fall)

Addictions and Mental Health Counselling 1000
Addictions and Mental Health Counselling 1020
One of: Psychology 1010 or Psychology 1020
Psychology 1030
Psychology 2005

First Year (Winter)

Addictions and Mental Health Counselling 1220
Indigenous Health 1000
One of: Psychology 1010 or Psychology 1020
Psychology 2030
Fine Arts and Humanities elective

Second Year (Fall)

Addictions and Mental Health Counselling 2120
Psychology 2650
Psychology 2700
Psychology 2800
Neuroscience 2610

Second Year (Winter)

Addictions and Mental Health Counselling 2002
Addictions and Mental Health Counselling 2245
Neuroscience 2620
Psychology 2330
Psychology 2110

Third Year (Fall)

Addictions and Mental Health Counselling 2130
Addictions and Mental Health Counselling 2260
One of: Psychology 3105 or Psychology 3330
Addictions and Mental Health Counselling 3420
Fine Arts and Humanities elective

Third Year (Winter)

Addictions and Mental Health Counselling 2235
Addictions and Mental Health Counselling 3120
Addictions and Mental Health Counselling 3375
Fine Arts and Humanities elective
Faculty of Health Sciences elective 3000 level

Fourth Year (Fall)

[1] One of: Addictions and Mental Health Counselling 3145/Psychology 3145 or Elective
One of: Addictions and Mental Health Counselling 3150/Psychology 3150 or Psychology 3500
Psychology 3000/4000 level
Psychology 3000/4000 level
Elective

Fourth Year (Winter)

[1] One of: Psychology 3535 or Elective
Psychology 4000 level
Fine Arts and Humanities elective
Elective
Elective

Fifth Year (Fall)

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

Fifth Year (Winter)

Addictions and Mental Health Counselling 4050

1. Students who take Addictions and Mental Health Counselling 3145/Psychology 3145 in Fall must take an Elective in the Winter.
   Students who take an Elective in Fall must take Psychology 3535 in the Winter.