**Course code**: CP-416

**Course title:** Addiction

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| 1. **Course Learning Outcomes: (CLO’s)** | |
| CLO-1 | **Comprehend** the concept of addiction within the framework of bio-psycho-social-spiritual perspectives. (C2) |
| CLO-2 | **Apply** the current and evidenced-based assessment approaches practiced in the field of addiction. (P4) |
| CLO-3 | **Demonstrate** the skills to adhere to professional ethical standards while working with diverse populations of addiction (A3) |
| CLO-4 | **Examine** the complexity of recovery from addiction and the need of different treatments strategies in it (P4) |

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| **Mapping the PLOs with CLO’s** | | | | | | |
|  | | CLO 1 | CLO 2 | CLO  3 | CLO 4 |  |
| PLO-1 | **Psychology Knowledge**:  Graduates  will be able to comprehend the core concepts of Clinical Psychology—an ability to describe the manifestation of psychological issues |  |  |  |  |  |
| PLO-2 | **Conceptualization:**  Graduates can formulate and conceptualize psychological problems according to the Bio-Psych-Social and Spiritual Model with respect to cultural practices |  |  |  |  |  |
| PLO-3 | **Basic Assessment Skill Development**: An ability to demonstrate and interpret various assessment modalities. |  |  |  |  |  |
| PLO-4 | **Therapeutic Techniques and Implementation**: Graduates will be able to utilize the therapeutic skills and construct the intervention plan |  |  |  |  |  |
| PLO-5 | **Communication:**  Graduates will be able to communicate and demonstrate practical verbal and written skills |  |  |  |  |  |
| PLO-6 | **Case studies**: An ability to conceptualize individual clinical cases with diverse ethnic, religious, and cultural backgrounds along with integrated assessment and intervention skills |  |  |  |  |  |
| PLO-7 | **Ethical considerations**:  Graduates will ensure professional ethical guidelines and principles in clinical and community settings. |  |  |  |  |  |
| PLO-8 | **Research:** An ability to identify the need for significant indicators of mental health in a collectivistic culture to execute scientific research |  |  |  |  |  |
| PLO-9 | **Community Work**:  Graduates will able to engage with different organizations to provide community services including recognition and bridging different resources to fulfill the psychological needs of communities such as marginalized population |  |  |  |  |  |
| PLO-10 | **Mental Health Awareness:**   Graduates will be able to take initiative and design Programs for prevention and promotion of mental health wellness and quality of life in general population. |  |  |  |  |  |
| PLO-11 | **Lifelong Learning**: Able to develop significant professional goals for life and recognize the importance of psychological skills in their personal and professional lives. |  |  |  |  |  |

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| 1. **Assurance of Learning and Assessment Items:**   *Specify Assessment Items that will assure student learning through application and achieve objectives of specific PLOs / CLOs* | |
| **Assessment Item** | **Application/ Outcomes**  **PLO / CLO** |
| Assignment 1 | PLO-1 |
| Quiz 1 | PLO-2 |
| Quiz 2 | PLO-3 |
| Quiz 3 | PLO-7, PLO-10 |
| Presentation 1 | PLO-2, 3, 4, 5, 6, 7, 10 |
| Presentation 2 | PLO-2, 3, 4, 5, 6, 7, 10 |
| Final Exam | PLO-3,4,11, 1, 5 |

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| 1. **Assessment Structure and Grading Policy\*:** | | |
| **Assessment Item(s)** | **Weight (%)** | **When will be assessed** |
| Quiz | 20 | 3-4 times of semester |
| Assignments | 10 | Thrice in a Semester |
| Presentation | 20 | Once in a semester |
| Class Participation | 10 | Throughout in semester |
| Final exam | 40 | One-time assessment |
| **Total** | **100** |  |
| **Notes – Norms and Important Class Policies:**  *(such as submission guidelines, academic honesty, make-up policy, code of conduct)*   * Attendance below 80% will result in Short-Attendance grade. The participant will not be allowed to sit in the final examination. * All assignment submission is subject to plagiarism check. Plagiarism score above 15% will render the submission void. | | |

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| 1. **Weekly Sessions Plan:** | | | | |
| Week | Course Contents | CLO | Bloom’s Taxonomy Levels | Reference Chapter(s) |
| 1 | * Drug abuse, types of addictions, and the behaviors associated with them * Effects of Drug Abuse (Bio-Psycho-social-Spiritual) * Types of Drugs and their Iindividual effects | 1 | C2 | Koob, G. F., & Volkow, N. D. (2010). Neurocircuitry of addiction. *Neuropsychopharmacology, 35*(1): 217-38. |
| 2 | Diagnostic Criteria of Substance Abuse in DSM 5 | 2 | C2 | American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). |
| 3 | Etiology of Addiction | 2 | C2 | Wang, J. C., Kapoor, M., & Goate, A. M. (2012). The genetics of substance dependence. *Annu Rev Genomics Hum Genet*.*13*:241-261 |
| 4 | * Drug Addiction Counseling Skills and Techniques (Role-play sessions) * Interviewing skills | 4 | P4 |  |
| 5 | Assessment of Addiction: Motivational Interviewing | 2 | P4 | Groth-Marnat, G. (1984). Handbook of psychological assessment. New York: Van Nostrand Reinhold Company, Inc. |
| 6 | Assessment of Addiction: Base line Charts and Self report measures | 2 | P4 | Sturmy, P., (2008), Behavioral Case Formulation and Intervention, A Functional Analytic Approach. University of Manchester, UK. |
| 7 | 12- Steps Programme of Addiction (Narcotics Anonymous) | 1 | C2 | Alcoholics Anonymous World Services, Inc. (1989). *Twelve steps and twelve traditions*. Alcoholics Anonymous World Services. |
| 8 | * Cognitive Behavior Therapy for Addiction * Managing Intoxication and Hostility | 4 | P4 | Leahy, L. R. (2003). Cognitive Therapy Techniques: A Practitioner’s Guide. New York: Guilford Press. |
| 9 | Family Counselling | 4 | P4 | Guest lecture |
|  | Mid-Term | | | |
| 10 | Relapse Prevention | 2 | P4 | Dietrich, A., Oxman, T. E., & Williams, J. W. (2004). Re-engineering systems for the treatment of addiction in primary care: cluster randomised controlled trial. *BMJ.*329:602–605. |
| 11 | Craving Management | 4 | P4 |  |
| 12 | Assertiveness Training | 4 | P4 | Rakos, R. F. (1991). Assertive behavior: Theory, research and training. In London. New York: Routledge. |
| 13 | Presentation Week | 1 |  |  |
| 14 | Presentation Week  Semester was concluded  Course outline was revised  Final paper pattern was discussed | 1 |  |  |
| 15 | Final Exam | CLO 1,2,3,4 | | |