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CNSK 1415: Addiction and Human Behaviour

EFFECTIVE DATE

January 2021

DEPARTMENT

Counselling Skills

DESCRIPTION

This survey course provides students with an overview of addictive substances and behaviours and the physiological and psychological effects on the body and mind. Students will review the functioning of the healthy brain and be introduced to the functioning of the brain damaged by addictive behaviour and trauma, how genetics and the environment contribute to the development of addictive behaviours, specific psychoactive drugs and concurrent disorders. Prerequisite: Foundations of Counselling CNSK 1402

CREDITS

1.0

YEAR OF STUDY

PREREQUISITES

None

COREQUISITES

None

COURSE LEARNING OUTCOMES

Upon successful completion of this course, students will be able to:

- Identify the biological, psychological and social factors that contribute to the occurrence of substance misuse and other addictive behaviours.
- Use a classification system for grouping psychoactive drugs according to their effects.
- Define key concepts used in pharmacology to explain the action of psychoactive drugs.
- Explain the physiological effects of the drugs in each of the major groups.
- Understand the structure and function of the brain as it relates to substance mis- use and other addictive behaviours
- Explain the psychological effects of the drugs in each of the major groups.
- Explain the relationship between substance misuse and mental health disorders.

PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)

Simon Fraser University - Psychopharmacology Psych383 At the discretion of the program coordinator

HOURS

Lecture: 22

Other: 6

INSTRUCTIONAL STRATEGIES

GRADING SYSTEM

Letter Grade (A-F)

PASSING GRADE

60%

EVALUATION PLAN

Type	Percentage	Assessment activity
Final Exam	40	
Assignments	20	
Midterm Exam	30	
Other	10	

COURSE TOPICS

- Definition and classification of psychoactive drugs
- Levels of use
- DSM IV definitions of substance abuse and dependence
- The biopsychology of drugs
- Routes of administration
- Structure and function of the brain
- Neuroanatomy and the neurophysiologic action of drugs
- Tolerance and withdrawal
- Dependence
- The addicted brain

- Theories of addiction
- Diathesis stress theory
- Compulsion curves
- Adverse childhood events
- Classification of major depressants: opiates and sedatives.
- The action of depressant drugs on the nervous system
- The use, effects, pharmacology and treatment of depressant misuse
- The action of stimulant drugs on the nervous system
- Cocaine
- Methamphetamine
- The use, effects and treatment of stimulant misuse
- Hallucinogens
- Action of hallucinogens on the nervous system
- Psychological effects of hallucinogens
- MDMA (Ecstasy)
- Cannabis
- The use, effects and treatment of hallucinogen misuse
- Medical marijuana.
- Definition and prevalence of concurrent disorders
- Overview of mental health disorders
- Assessing the relationship between psychiatric and substance use disorders
- Models of causation in concurrent disorders
- Defining compulsive behaviour: the “components” model of addiction.
- Problem gambling
- Eating disorders
- Shopping, sex and internet addiction

LEARNING RESOURCES

None

Notes:

- Course contents and descriptions, offerings and schedules are subject to change without notice.
- Students are required to follow all College policies including ones that govern their educational experience at VCC. Policies are available on the VCC website at:
<https://www.vcc.ca/about/governance--policies/policies/>.
- To find out how this course transfers, visit the BC Transfer Guide at <https://www.bctransferguide.ca>.

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