

**Field of study:****Psychology**

**Subject: Psychology of addiction - substance abuse and behavioral addiction**

Level of study: graduate studies

System of study: Full-time

Profile of studies: general academic

Subject: Psychology of addiction - substance abuse and behavioral addiction

**Form of classes and the ECTS points**

	Number of hours	ECTS points	Credit
conversation class	30		credit with mark
Total	30	5	

**Aims of teaching**

The aim of the course is to introduce to addiction issues. Learning the definition of addiction and its mechanisms. Discussion of the use of psychoactive substances and behavioral addictions. Basics of addiction diagnosis, prevention methods, psychotherapy planning and other psychological support methods. The social context of addiction. Good practices in prevention, education, addiction psychotherapy in Poland and selected European countries.

## Intended learning outcomes

KNOWLEDGE		
SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_W1	Knowledge about the definition and diagnostic criteria of addiction	Ps_WG09_Mgr
P_W2	Understanding addiction mechanisms - biological, psychological, social	Ps_WG05_Mgr Ps_WG11_Mgr
P_W3	Methods of treating addiction to psychoactive substances and behavioral addictions	Ps_WG11_Mgr
P_W4	Prevention, education, psychotherapy - work of a psychologist - challenges	Ps_WK01_Mgr Ps_WK04_Mgr
P_W5	Understands the social context and the individual aspect of addiction	Ps_WG07_Mgr
P_W6	Addiction to psychoactive substances - types of substances, motivations for use	Ps_WG05_Mgr Ps_WG06_Mgr Ps_WG07_Mgr
P_W7	Specificity of behavioral addictions	Ps_WG05_Mgr Ps_WG10_Mgr
SKILLS		
SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_U1	Based on ICD-10, addiction diagnosis, questionnaires and methods, interview - knows how to conduct an interview, indicate the basic mechanisms of addiction	Ps_UW08_Mgr
P_U2	Knowledge of basic assumptions and differences in the addiction treatment system in different countries	Ps_UK02_Mgr Ps_UW11_Mgr
P_U3	Planning help and providing information on treatment methods	Ps_UW02_Mgr Ps_UK01_Mgr

SOCIAL COMPETENCES		
SYMBOL	DESCRIPTION	REFERENCE TO THE PROFILE OUTCOME
P_K1	Support a person in a mental crisis and provide information on forms of assistance in addiction	Ps_KO01_Mgr Ps_KO02_Mgr Ps_KR05_Mgr Ps_KK04_Mgr
P_K2	Planning anti-discrimination actions against addicts in prevention, education and psychotherapy	Ps_KO03_Mgr Ps_KO06_Mgr Ps_KR01_Mgr

## Course content

NUMBER	DESCRIPTION	FORM OF CLASSES	NUMBER OF HOURS
1	Definition and mechanism of addiction	conversation class	3 / 3
2	Various aspects of addiction to psychoactive substances	conversation class	3 / 3
3	Specificity of behavioral addictions - gambling, hypersexuality	conversation class	3 / 3
4	Case studies - various aspects	conversation class	3 / 3
5	Methods of helping addicts, harm reduction	conversation class	4 / 4
6	Outreach Work - classes outside the university	conversation class	4 / 4
7	Psychologist's work in the field of addiction	conversation class	3 / 3
8	Supplementary classes - discussion on various aspects of addiction	conversation class	3 / 3
9	Discussion of the credit - how to prepare a psychological case study of an addicted person	conversation class	2 / 2
10	Evaluation of acquired skills, how to use your knowledge and resources in support of addicts	conversation class	2 / 2

## Conditions of completion

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### CONVERSATION CLASS

TYPE OF CREDIT	CREDIT INFLUENCE (IN %)
Exam (for the lecturers only)	40
Presence in classes	20
Class work	20
Project	20

## Teaching methods

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- case studies
- groupworks
- lectures with discussions
- individual activity
- workshops

## Reading (compulsory)

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- Andrew Tatarsky. Harm reduction psychotherapy: A new treatment for drug and alcohol problems 2007
- World Health Organization. The ICD-10 classification of mental and behavioural disorders: Clinical descriptions and diagnostic guidelines 1992

## Reading (additional)

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- Council of Europe. Young People and Drugs 2006

## Odniesienie efektów przedmiotowych do efektów kierunkowych, treści kształcenia, metod weryfikacji

SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
<b>KNOWLEDGE</b>			
P_W1	Ps_WG09_Mgr	1	Activity during the lectures and exercises Exam
P_W2	Ps_WG05_Mgr Ps_WG11_Mgr	1	Activity during the lectures and exercises Exam
P_W3	Ps_WG11_Mgr	5	Exam
P_W4	Ps_WK01_Mgr Ps_WK04_Mgr	7 10	Group discussion Activity during the lectures and exercises
P_W5	Ps_WG07_Mgr	4	Activity during the lectures and exercises case study analysis during the class work
P_W6	Ps_WG05_Mgr Ps_WG06_Mgr Ps_WG07_Mgr	2	Exam
P_W7	Ps_WG05_Mgr Ps_WG10_Mgr	3	Exam
SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
<b>SKILLS</b>			
P_U1	Ps_UW08_Mgr	4 9	Project
P_U2	Ps_UK02_Mgr Ps_UW11_Mgr	5	individual presentation Group discussion
P_U3	Ps_UW02_Mgr Ps_UK01_Mgr	6	Class work Project
SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
<b>SOCIAL COMPETENCES</b>			

SYMBOL	REFERENCE OF A GIVEN OUTCOME TO THE PROFILE OUTCOME	REFERENCE OF A GIVEN OUTCOME TO THE COURSE CONTENT	REFERENCE OF A GIVEN OUTCOME TO THE VERIFICATION METHODS
<b>SOCIAL COMPETENCES</b>			
P_K1	Ps_KO01_Mgr Ps_KO02_Mgr Ps_KR05_Mgr Ps_KK04_Mgr	6 10	Project
P_K2	Ps_KO03_Mgr Ps_KO06_Mgr Ps_KR01_Mgr	7 8	Activity during the lectures and exercises Project