

| | | | | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|-----|------------|-----|
| <p>Course Name: HLTH 237/3.0</p> <p>Introduction to The Study of Alcohol and Drug Problems</p> | <p>Course Instructor: Mr. Ron Shore</p> | <p>Contact Hours: Lectures: 1 x 3 hrs / 12 weeks</p> <p>Prerequisite: PSYC 100/6.0</p> <p>Exclusion: None</p> | | | | |
| <p>Course Description:</p> <p>What are drugs? When is drug use a problem and what are the contemporary issues we face? What are the known health impacts and what do we know about healthy drug policy? Can we become addicted to behaviours as well as to substances? What is addiction and how can it best be treated? Is there a healthy way to use substances and how can we reduce the risks and known harms? What is happening in our bodies when we use drugs? What is consciousness and what are we seeking in substances? Is there a value to altered states of consciousness? Ultimately, what can drug use teach us about being human, and how have humans used substances over time and space, across cultures? What is the importance of set and setting?</p> <p>This course is a journey into the myriad of issues surrounding contemporary drug use. In order to understand humanity's timeless and persistent desire to alter consciousness, we will probe into the nature of intoxication, transcendental and trance states. Ancient yoga, eastern mysticism, Shamanism and emergent approaches to treatment using entheogens will be introduced and explored. Taking a multidisciplinary approach and looking at the historical and cultural functions of substance use, we will attempt to develop and informed, critical drug literacy.</p> | | <p>Course Texts:</p> <p>In the Realm of Hungry Ghosts: Close Encounters with Addiction, by Gabor Mate (required, can be purchased easily online)</p> <p>OnQ and Turnitin will be used.</p> <p>Readings will be assigned. Independent reading and research is expected.</p> | | | | |
| <p>Intended Student Learning Outcomes:</p> <ul style="list-style-type: none"> • To improve our understanding of substance use, its meaning, drivers and impacts. • To develop a literacy in discussing and examining matters of substance use and addiction. • To improve our understanding of effective prevention, treatment and care in matters related | | <p>Course Evaluation:</p> <table style="width: 100%;"> <tr> <td style="width: 70%;">Two Assignments (30% each)</td> <td style="width: 10%; text-align: center;">60%</td> </tr> <tr> <td>Final Exam</td> <td style="text-align: center;">40%</td> </tr> </table> | Two Assignments (30% each) | 60% | Final Exam | 40% |
| Two Assignments (30% each) | 60% | | | | | |
| Final Exam | 40% | | | | | |

to substance use disorders.

- To recognize and understand the ways in which behaviours can create substance-like effects, rewards, harms, and patterns of dependence.
- To improve our understanding of consciousness, what it is and how and why we seek to change it.
- To develop an evidence-informed approach to substance use and behavioural addictions.
- To improve empathy and reduce stigma.
- To improve practices to limit drug related harm.

Course Outline

| | |
|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| The Magical Mystery Tour: an overview of drugs and drug use throughout history and culture, time and space | Cannabinoids: A New Era |
| Perception and Consciousness: traditional plant-based medicine usage, entheogens, shamanism and today's archaic revival | Drugs, Harms and Health: nicotine and challenges in public health policy |
| Cultural Constructs: peculiar substances and consuming habits | Alcohol and It's Impacts with a particular emphasis on campus alcohol health prevention and promotion |
| The Birth of Addiction & the Current Opioid Crisis | The Brain, Mind and Spirit: Exploring and Understanding Consciousness and Connectivity |
| Drug, Set and Setting: Going Beyond Drugs | How People Change: Treatment and How it Works or Doesn't |
| Pain, Trauma & What Heals us | The Politics of Consciousness: Drug and Social Policies |

*