



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: 2025/2026 - 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





Required courses and notes

Program Requirements

- _____ 1. Addictions Counselling 1000 - Introduction to Addiction Studies
- _____ 2. Addictions Counselling 1020 - Introduction to the Counselling Interview
- _____ 3. Addictions Counselling 1220 - Counselling I (Individual Counselling)
- _____ 4. Addictions Counselling 2120 - Counselling II (Group Counselling)
- _____ 5. Addictions Counselling 2130 - Diversity and Counselling
- _____ 6. Addictions Counselling 2235 - Indigenous Perspectives on Counselling and Wellness
- _____ 7. Addictions Counselling 2245 - Assessment of Addictions
- _____ 8. Addictions Counselling 2260 - Research in Addictions
- _____ 9. Addictions Counselling 3002 - Health Education and Promotion
- _____ 10.-14. Addictions Counselling 3050 - Internship in Addictions Counselling I (15.0 credit hours)
- _____ 15. Addictions Counselling 3120 - Counselling III (Family Counselling)
- _____ 16. Addictions Counselling 3375 - Trauma in Addictions Counselling
- _____ 17. Addictions Counselling 3420 - Ethics in Addictions Counselling
- _____ 18.-22. Addictions Counselling 4050 - Internship in Addictions Counselling II (15.0 credit hours)
- _____ 23. Neuroscience 2610 - Principles of Brain Structure and Function
- _____ 24. Neuroscience 2620 - Principles of Behavioural Neuroscience
- _____ 25. Psychology 1010 - Introduction to Psychology A: Evolution, Mechanisms, and Cognition/Perception
- _____ 26. Psychology 1020 - Introduction to Psychology B: Developmental, Sociocultural, and Abnormal
- _____ 27. Psychology 1030 - Key Skills in Psychology
- _____ 28. Psychology 2005 - Psychological Sketches: Straight from the Researchers
- _____ 29. Psychology 2030 - Thinking with Data I
- _____ 30. Psychology 2110 - Introduction to Child Development
- _____ 31. Psychology 2330 - Learning and Cognition
- _____ 32. Psychology 2650 - Individual Differences
- _____ 33. Psychology 2700 - Behaviour and Evolution
- _____ 34. Psychology 2800 - Social Psychology
- _____ 35. **One of:**
 - _____ Psychology 3105 - Adolescent Development
 - _____ Psychology 3330 - Social Cognition
- _____ 36. **One of:**
 - _____ Addictions Counselling 3150 - Adult Psychopathology
 - _____ Psychology 3500 - Abnormal Psychology
- _____ 37. **One of:**
 - _____ Addictions Counselling 3140 - Behavioural Pharmacology
 - _____ Psychology 3535 - Drugs and Behaviour
- _____ 38. 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)
- _____ 39. One additional course (3.0 credit hours) at the 3000 level from disciplines offered by the Faculty of Health Sciences
- _____ 40.-41. 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
 - _____ 40. _____
 - _____ 41. _____

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- _____ 42.-45. 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
 - _____ 42. _____
 - _____ 43. _____
 - _____ 44. _____
 - _____ 45. _____
- _____ 46.-50. Five elective courses (15.0 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
 - _____ 46. _____
 - _____ 47. _____
 - _____ 48. _____
 - _____ 49. _____
 - _____ 50. _____

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, 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 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).
- _____ 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 2025/2026 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.

Optional Minor:

For information about minors see **Minors** in the 2025/2026 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 (2025/2026)

Recommended Course Sequence

Name: _____

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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 may change during your studies.

First Year (Fall)

- Addictions Counselling 1000
- Addictions Counselling 1020
- One of: Psychology 1010 or Psychology 1020
- Psychology 1030
- Psychology 2005

First Year (Winter)

- Addictions Counselling 1220
- One of: Psychology 1010 or Psychology 1020
- Psychology 2030
- Addictions Counselling 2235
- Fine Arts and Humanities elective

Second Year (Fall)

- Addictions Counselling 2120
- Psychology 2650
- Psychology 2700
- Psychology 2800
- Neuroscience 2610

Second Year (Winter)

- Addictions Counselling 2245
- Addictions Counselling 3002
- Neuroscience 2620
- Psychology 2330
- Psychology 2110

Third Year (Fall)

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

Third Year (Winter)

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

Fourth Year (Fall)

- ¹One of: Addictions Counselling 3140 or Elective
- One of: Addictions Counselling 3150 or Psychology 3500
- Psychology 3000/4000 level
- Psychology 3000/4000 level
- Elective

Fourth Year (Winter)

- ¹One of: Psychology 3535 or Elective
- Psychology 4000 level
- Elective
- Elective
- Elective

Fifth Year (Fall)

- Addictions Counselling 3050

Fifth Year (Winter)

- Addictions Counselling 4050

1. Students who take Addictions Counselling 3140 in Fall must take an Elective in the Winter.
Students who take an Elective in Fall must take Psychology 3535 in the Winter.