

## NORTH WEST REGION



**UNIVERSITY of LIMERICK**  
OLLSCOIL LUIMNIGH

## DIPLOMA IN DRUG AND ALCOHOL STUDIES



2014

2015

# Diploma in Drug and Alcohol Studies

## Introduction

This is a one-year part-time programme of study that has been developed by the University of Limerick, in partnership with the Health Service Executive (West Limerick, Donegal and Dublin Mid Leinster areas), Vocational Education Committees (City of Limerick and Donegal), the Mid West and North West Regional Drug Task Forces, and the North West Alcohol Forum Ltd. It has specifically been designed as a progression route from a Level 6 Certificate in Addiction Studies (or equivalent). Successful completion of the programme leads to the award of a Level 7 Diploma, equivalent to 60 ECTS (European Credit Transfer System) credits. The programme is accredited by the University of Limerick and is delivered on the University of Limerick campus and in two outreach locations: Cherry Orchard Hospital, Dublin and Donegal VEC, Magh Ene College Bundoran or Errigal College Letterkenny or Sligo.TBC. The course has been developed in response to expressed needs for educational progression routes in the area of Drug and Alcohol Work. It also aims to support actions in National Drug and Alcohol policy that call for increased training opportunities for individuals working in the field.

The programme is designed for practitioners in the drug and alcohol field and practitioners who come into contact with individuals at risk for drug and alcohol misuse. The programme may suit health professionals, social care professionals, teachers, guidance counsellors, youth and child care workers, prison officers, Gardai, probation officers and community workers among others.

## Aims

The programme aims for personal and professional growth and development of individuals working in community, voluntary, statutory and non-statutory organisations who are actively engaged in responding to drug and alcohol issues, across the spectrum from prevention and education to treatment and rehabilitation.

The course content aims to build upon existing knowledge and skills among participants, with a focus on developing theoretical and evidence based knowledge together with a range of practical skills to enable them to respond effectively and appropriately to drug and alcohol issues in their work setting.

The programme has a commitment to principles and values underpinning lifelong and adult learning.

Learning takes place in an environment that is conducive to intellectual growth and personal development. Reflective practice, critical discourse and active participation are encouraged. Course participants are encouraged to take responsibility for their own learning.

## Course structure

The programme runs part-time over one academic year. The course consists of eight modules, each focussing on different aspects of drug and alcohol studies.

**The Limerick programme** takes place on the University of Limerick campus on 24 Tuesday evenings from 6.30 to 9.30p.m. and on 12 Saturdays from 9.30a.m to 4.30p.m.

**The Dublin outreach programme** takes place on Wednesdays from 10.00am to 4.00 pm in Bridge House, HSE Addiction Services, Dublin Mid Leinster, Cherry Orchard Hospital, Ballyfermot, Dublin 10.

**The North West Outreach Programme**, which services the whole of the North West Region (Sligo, Leitrim, and Donegal) takes place on Friday evening 6.30p.m. to 9.30p.m. and Saturday 9.30a.m. to 4.30p.m. Once a fortnight in Sligo or Donegal dependent on numbers. Course participants attending the programme at the outreach centres have full access to University of Limerick library facilities, including on-line electronic resources.

Course participants are expected to attend scheduled lectures, a total of 72 hours of each semester or a total of 144 hours for the entire course. Participants are also expected to engage in independent study, approximately 3-4 hours per week during the academic year, to complete reading assignments and prepare for assessments.

## Assessment

Each module carries a separate assessment, using a variety of continuous assessment techniques. There are no end of semester examinations.

## Entry requirements

The diploma is designed as a progression route for those who have completed a Level 6 Certificate in Addiction Studies or a related area, or equivalent.

It is expected that applicants have a minimum of least two years experience of working in the area of drugs and alcohol, community development or a related field. **Contact Christina for further information or any questions on entry requirements.**

## Application process

The application process will involve a completed application form, a short personal statement or essay and an interview. As places are limited prospective students will be shortlisted.

# Diploma in Drug and Alcohol Studies

## Fees

Information on fees are decided by University of Limerick in July of each year. Please contact Christina McEleney Diploma Coordinator for information.

## Contact

For applications for the *North West Region Outreach Programme* (Donegal, Sligo, Leitrim). Application forms and supporting documentation may be downloaded from [www.donegalvec.ie](http://www.donegalvec.ie) or contact the NW Coordinator:

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| <b>CHRISTINA MURRAY MCELENEY</b>   |
| <b>Co-ordinator Diploma in Drug and Alcohol Studies</b>  |
| <b>Donegal Education &amp; Training Board</b>  |
| <b>Administrative Offices</b>  |
| <b>Ard O'Donnell</b>   |
| <b>Letterkenny, Co. Donegal</b>  |
| <b>Mobile: (087) 9369 312</b>  |
| <b>Tel: (074) 91 61508</b>   |
| <b>Email: <a href="mailto:christinamceleney@donegaetb.ie">christinamceleney@donegaetb.ie</a></b> |

The last day for receipt of applications 31st **May 2013**. Applications will be short-listed. Interviews will held in June.

Applications received after the closing date may be considered if there are places available on the course.

## Programme outline

## Module descriptions

### **EN3051 Experiential group work and group processes in the context of drug and alcohol studies**

The module will provide an overview of the development of group work, spanning T groups to experiential group learning; major theorists to include Egan, Rogers, Rowan, Kolb and Corey & Corey. The module will have a focus on application of key theory and principles to drug and alcohol work. There will be a focus on experiential group work (Kolb), including critique of developmental group work and substance abuse prevention programmes. The module will explore issues relevant to group practice, including ethical issues, participation, contract, group stages and group dynamics. There will be opportunities for development of micro skills, facilitation skills, and leadership skills relevant to group work. Personal development will span the module.

## Programme outline

## Module descriptions

### **EN3061 Substance Use: Theoretical Foundations**

The module will introduce and critically examine the knowledge and theory base of psychology and human development with reference to the relationship between substance use, psychological well-being and development. The module will introduce and critically examine the knowledge and theory base of substance use and process dependencies, with particular reference to the predominant treatment modalities and interventions across the continuum of care. Aspects of different models of dependency will be introduced, including psychological, biological, neurological, family systems theory, sociological and the public health model.

### **EN3071 Models of Interventions: Theory and Practice I**

Introduction to and overview of interventions in drugs and alcohol field across the spectrum from primary prevention to treatment and rehabilitation; however, the module will have a focus on primary prevention and on early intervention and treatment. This will span: Models of health education; Introduction to counselling skills; Health behaviour change and early intervention skills training; Outline of main underpinnings for a selective number of counselling theories applicable to drug and alcohol interventions and services including Humanistic integrative approaches (Rogerian), Family Systems Theory, Motivational Interviewing, Cognitive behavioural therapy, Reality therapy and Choice therapy.

### **EN3081 Research and Reflective Practice I EN3082 Research and Reflective Practice II**

The aim of this module, spanning two semesters, is to engage participants in critical reflection to enable personal and professional development. It aims to provide participants with knowledge and experience in making use of research evidence to inform practice decisions. Topics covered include: Introduction to reflective practice; Models, tools and skills for reflective practice; Ethical issues of research and reflective practice; The process of clinical supervision and its relationship to reflective practice and research; Crisis interventions; The notion of self-care; Introduction to research; Principles of evidence based practice; Critical appraisal of evidence; The Action Research cycle.

# Diploma in Drug and Alcohol Studies

## Programme outline

### Module descriptions

#### EN3052 Substance Use: Community, Social and Policy Perspectives

The module will examine the social correlates (including early school leaving, homelessness, family structure; health risks) and consequences/responses to drug & alcohol use; community concepts, community development approaches; historical & cultural perspectives in relation to drugs & alcohol; critically examine policy and policy responses; the criminal justice response; media influences; attitudes, values and beliefs within a community & social context; theoretical perspectives – national/international; epidemiology; ethical & political dilemmas; organisational & partnership approaches (including local & regional drug taskforces); models & paradigms on drug and alcohol education/prevention within educational, community and social settings.

#### EN3062 Substances and Mental Health

This module will develop the student's knowledge of mental health issues that relate to chemical substance misuse. Students will be provided with opportunities to explore both clinical and theoretical perspectives of contemporary issues encountered when engaging with individuals who experience both mental health difficulties and substance misuse. The syllabus content will provide students with an understanding and working knowledge of intervention and treatment strategies specific to dual diagnosis. Mental health complications relating to drug and alcohol misuse will be explored. Students will be provided with opportunities to develop self-awareness and to clarify their values and attitudes relevant to the field of mental health and substance use and misuse issues. Students will be encouraged to critique, develop and monitor their practice so that theory and practice can be integrated within the classroom setting.

## Programme outline

### Module descriptions

#### EN3072 Models of Interventions: Theory and Practice II

This module aims to provide the learner with an in-depth understanding of interventions in the drugs and alcohol field, from primary prevention to treatment and rehabilitation, while providing the learner with the opportunity to practise, improve and refine their practical skill set and competencies when dealing with the client group. The module aims enhance learning and further develop skills introduced in the pre-requisite module, EN3071, with a focus on treatment and rehabilitation. Topics covered include Harm reduction models; Pharmacotherapy; Psychopharmacology; Mutual help programmes; Twelve step facilitation; Relapse prevention models (Gorski); Fundamentals of drug and alcohol screening and assessment; Health promotion in the context of drug and alcohol work; Fundamental debates in the drug and alcohol intervention field.

#### SEMESTER 1 : *AUTUMN 2013*

**EN 3051**    **Experiential Group Work and Group Processes in The Context of Drug and Alcohol Work**

**EN3061**    **Substances Use: Theoretical Foundations**

**EN 3071**    **Models of Interventions: Theory and Practice I**

**EN 3081**    **Research & Reflective Practice I**

#### SEMESTER 2 : *SPRING 2014*

**EN 3052**    **Substance Use: Community, Social and Policy Perspectives**

**EN 3062**    **Substances and Mental Health**

**EN 3072**    **Models of Interventions: Theory and Practice II**

**EN 3082**    **Research and Reflective Practice II**

## Faculty of Education and Health Sciences

*The contents of this brochure are for information purposes only and should not be viewed as the basis of a contract between a student and the University. No guarantee is given that the programme, syllabus, fees or regulations may not be altered, cancelled or otherwise amended at any time.*