

## II Department of Addiction Science II

### | Educational Purpose |

The Department of Addiction Science at this graduate school is a master's and doctoral degree program that gives understanding of the academic characteristics of substance and behavioral addiction, conducts research in an interdisciplinary way, and provides clinical experience to foster addiction experts. The department provides academic research and practical application-oriented curriculum for the development of a healthy lifestyle and holistic treatment for the complete recovery of addiction, a chronic disease; and based on a worldwide network, the department aims to cultivate high-level addiction experts by systematically training theoretical knowledge and practical skills related to addiction counseling and treatment.

### | Educational Objectives |

Based on the educational purpose presented above, the objective of the Department of Addiction Science are as follows.

1. Provides necessary educational programs for those who wish to become professionals in the addiction counseling and rehabilitation field.
2. Develop professional qualifications to utilize education and treatment programs of addiction counseling and rehabilitation or lifestyle healthcare by providing students with opportunities to study academically in addiction and develop practical skills.

### | Introduction to the Majors |

1. Addiction Counseling and Rehabilitation Major: This major provides educational content that systematically integrates experience-oriented theories and practical knowledge of addiction counseling and rehabilitation. Students of this major will receive professional training to contribute to reducing the suffering caused by various addiction problems experienced by individuals, families, communities, and countries. In addition, the department operates a curriculum that allows students to take the internationally certified addiction specialist certification exam, so after graduation, students can engage in addiction research, treatment, and education at domestic and foreign institutions as experts in the field of addiction education, counseling,

and rehabilitation.

2. **Lifestyle Health Care Major:** This major provides students with proven knowledge and practical skills in lifestyle health management for addiction prevention and rehabilitation. Lifestyle healthcare based on a scientific background provides an integrated curriculum for preventing and eradicating chronic lifestyle diseases with a focus on addictive behaviors and implementing theoretical knowledge applied to population structure and principles of health promotion and practice. This curriculum includes educational contents to prepare for the US Certified Health Education Specialist (CHES) and Master Certified Health Education Specialist (MCHES) examination qualifications, and it includes education, research, and rehabilitation for the treatment of chronic diseases after graduation. As an expert in addiction, students can work as an addiction and health expert in domestic and foreign educational institutions and government agencies.

## | **Bylaws** |

### **Article 1 (Majors)**

The majors of this department include Addiction Counseling and Rehabilitation, and Lifestyle Healthcare.

### **Article 2 (Admissions)**

Matters related to the admissions comply with the Graduate School Regulations and its Bylaws.

### **Article 3 (Curriculum)**

- ① The required major course for the master's program is Advanced Statistics. The required major courses for the doctoral program are Advanced Research Methodology, Advanced Health Science, and Addiction Field Practice. The required major courses for the M&D combined program are Advanced Statistics, Advanced Research Methodology, Advanced Health Science, and Addiction Field Practice.
- ② Double major is possible for each degree programs
- ③ Students in M&D combined program and doctoral program must complete field practice as follows and submit a practice report in order to strengthen their counseling capacity. However, students in the master's program can choose. In the case of single major for M&D combined program and doctoral program, students must complete the field practice in the field of

his/her major, whereas for double major, both Addiction and Lifestyle Healthcare field practice must be completed. If the hours of field practice in one major exceed 30 hours, 20% of hours (6 hours) can be recognized as the field practice hours of the other major field.

Coursework	Master's Program	M&D Combined Program	Doctoral Program
Course Requirements	48 hours or more	82 hours or more	96 hours or more
Practice hours	Single Major: 60 hours or more Double Major: 120 hours or more	Single Major: 90 hours or more Double Major: 180 hours or more	Single Major: 120 hours or more Double Major: 240 hours or more
Practice Contents	<ul style="list-style-type: none"> <li>① Seminar attendance: at least 30 hours</li> <li>② Field experience: 30+ hours</li> <li>③ Program Development: 30+ hours (Master: 20+ hours)               <ul style="list-style-type: none"> <li>1) 5 hours credit for submitting a poster at an academic conference as the first author with the advisor as the corresponding author</li> <li>2) 10 hours credit when selected as conference poster</li> <li>3) 10 hours credit for submitting an oral presentation at an academic conference</li> <li>4) 15 hours credit when selected to give oral presentations at academic conference</li> <li>5) Seminar presentation: 2 hours credit for preparing a PPT and presenting for 20-30 minutes</li> <li>6) Developing a series of 10 lectures: 10-20 hours credit (1 hour per subject). Topics include lifestyle, addiction counseling, and addiction rehabilitation.</li> <li>7) The program development report must include lecture topics, schedules, and at least 10 PPTs per topic. If students submit more than 20 PPTs per topic, 20 hours are recognized.</li> </ul> </li> <li>④ Field practice: more than 30 hours (Master: more than 20 hours)</li> <li>⑤ At least one academic presentation at an academic conference (poster or oral presentation): 10 hours credit per presentation</li> </ul>		
Practice Report	<ul style="list-style-type: none"> <li>① Submit to the professor in charge of practice at the end of each semester</li> <li>② Contents: A photo or certificate of participation in each event, and about 300 words of impressions</li> </ul>		

#### **Article 4 (Credits and Graduation Requirements)**

The Students must complete the coursework according to the curriculum and earn the required number of credits. Also, students must obtain the qualification for submitting the thesis/dissertation by passing a foreign language test and comprehensive examination and pass the thesis/dissertation review.

1. For the master's program, students must earn at least 3 credits of common essential courses credits of required major courses, and 24 credits of elective major courses.
2. For the doctoral program, students must earn at least 6 credits of common essential courses, 9 credits of required major courses, and 24 credits of elective major courses.
3. For the M&D combined program, students must earn at least 6 credits of common essential courses, 12 credits of required major courses, and 39 credits of elective major courses.
4. In the case of a double major, students in the master's program must earn at least 15 credits from each area of his/her major, the doctoral program 15 credits, and M&D combined program 21 credits.
5. Common essential courses can be replaced with courses designated by the department (Health Principles, Addiction Family Counseling).

Coursework	Master's Program		Doctoral Program		Integrated Program	
	Single Major	Double Major	Single Major	Double Major	Single Major	Double Major
Common Essential Courses	3	3	6	6	6	6
Required Major Courses	3	3	9	12	12	15
Elective Major Courses	24	15+15	24	15+15	39	21+21
Thesis/Dissertation	P	P	P	P	P	P
In Total	30	36	39	48	57	63

#### **Article 5 (Foreign Language Test)**

Matter related to Foreign Language Test comply with the Graduate School Regulations and its Bylaws.

#### **Article 6 (Comprehensive Examination)**

- ① Matters related to comprehensive examination comply with the Graduate School Regulations and its Bylaws.
- ② The test subjects of comprehensive examination for the master's program are

Advanced Statistics and one subject from major courses, and for the M&D combined program and doctoral program, Advanced Research Methodology and two subjects from major courses. However, in the case of a double major, one additional major subject must be taken.

#### **Article 7 (Thesis/Dissertation)**

- ① Matters related to the academic advisor and the thesis/dissertation comply with the Graduate School Regulations and its Bylaws.
- ② The students pursuing the Master's degree must make an academic presentation at least once at an academic conference or on-campus open seminar jointly with their academic advisor before the thesis review takes place. However, it can be substituted by publishing the paper as the first author and the academic advisor as the corresponding author in an academic journal that is listed as a candidate for registration by the National Research Foundation of Korea (NRF) or higher.
- ③ The students pursuing the Doctoral degree (Doctoral and M&D combined program) must make an academic presentation at least once at an academic conference or on-campus open seminar jointly with their academic advisor before the dissertation review takes place. However, it can be substituted by publishing the paper as the first author and the academic advisor as the corresponding author in an academic journal that is listed as a candidate for registration by the National Research Foundation of Korea (NRF) or higher.

#### **Article 8 (Committee of the Addiction Science Department of the Graduate School)**

- ① Purpose: The Committee of the Addiction Science Department of the Graduate School is established to comprehensively review important matters related to the operation of the graduate school and important matters of the of Addiction Science Department.
- ② Composition: The Committee of the Addcition Science Department of the Graduate School is composed of the department chair and department professors, and the department chair acts as the chairperson.
- ③ Term of Office: The term of office of the chairperson is consistent with the term of office of the department chair.
- ④ Function: The Committee of the Addiction Science Department of the Graduate School discusses, deliberates, and decides on the following matters.
  1. Matters concerning the establishment and revision of educational objectives
  2. Organization and revision of the department's curriculum

3. Planning and execution of academic activities for graduate students
  4. Matters related to the admission and graduation
  5. Matters related to thesis/dissertation guidance
  6. Appointment of thesis/dissertation advisors and reviewers
  7. Matters concerning foreign language test and comprehensive examination
  8. Selection of scholarship recipients
  9. Matters concerning department budget
  10. Course evaluation, development and production of lecture materials
- ⑤ Meetings: The committee is convened by the chairperson when the chairperson deems it necessary, and the meeting of the committee is opened with the attendance of a majority of the members present, and resolutions are made with the consent of a majority of the members present. The chairperson has the same voting rights as the members.

#### **Article 9 (Student Council)**

The Department of Addiction Science supports the student council of Addiction Science, an autonomous organization that promotes research and cooperation among students.

#### Article 10 (Mutatis Mutandis)

Matters not specifically stipulated in these bylaws comply with the Graduate School Regulations.

#### **| Addenda |**

These Bylaws may be amended at the committee meeting of the Addiction Science Department of the Graduate School to reflect academic development and curriculum reorganization. Matters not stipulated in these Bylaws shall be determined by the committee meeting.

| Curriculum |

「Master's Degree Required Courses」

Course No.	Course Title	Credits
2000166	고급통계학 (Advanced Statistics)	3
2000361	논문(M.A. Thesis)	P

「Doctoral Degree Required Courses」

Course No.	Course Title	Credits
2002212	고급연구방법론 (Advanced Research Methodology)	3
2000547	고급보건학 (Advanced Public Health)	3
2002605	중독현장실습 (Practicum)	3
2002418	라이프스타일 헬스케어 현장실습 (Lifestyle Health Care Practicum)	3
2002442	논문(Ph.D. Dissertation)	P

\*In the practicum, you can complete the field practicum according to your major.

「Integrated Master's & Doctoral Degree Required Courses」

Course No.	Course Title	Credits
2000166	고급통계학 (Advanced Statistics)	3
2002212	고급연구방법론 (Advanced Research Methodology)	3
2000547	고급보건학 (Advanced Public Health)	3
2002605	중독현장실습 (Practicum)	3
2002418	라이프스타일 헬스케어 현장실습 (Lifestyle Health Care Practicum)	3
2002442	논문(Ph.D. Dissertation)	P

\*In the practicum, you can complete the field practicum according to your major.

「Elected Courses」

Addiction Counseling & Rehabilitation

Course No.	Course Title	Credits
2002212	고급 연구방법론 (Advanced Research Methodology)*	3*
2000547	고급보건학 (Advanced Public Health)	3
2000166	고급통계학 (Advanced Statistics)*	3*
2002605	중독현장실습 (Addiction Practicum)	3
2002418	라이프스타일 헬스케어 현장실습 (Lifestyle Health Care Practicum)	3
2000116	건강원리 (Principles of Lifestyle Health)	3
2002439	중독치료 및 영성(Addiction Therapy & Spirituality)	3
2002856	영어논문 작성법 (Scientific Research Paper Writing)	3
2002606	중독재활과 생활의학개론 (Introduction to Addiction Rehabilitation & Lifestyle Medicine)	3
2002607	중독재활과 생활의학실제 (Application of Addiction Rehabilitation & Lifestyle Medicine)	3
2000114	고급건강심리학 (Advanced Health Psychology)	3
2000142	고급이상심리학 (Advanced Abnormal Psychology)	3
2000143	고급임상심리학 (Advanced Clinical Psychology)	3
2000164	고급중독상담 (Advanced Addiction Counseling)*	3*
2002424	고급중독약리학 (Advanced Addiction Physiology and Pharmacology)	3
2000146	고급집단상담 (Group Counseling for Addiction)*	3*
2002503	물질중독 (Substance Addiction)	3
2000862	신경과학 (Neuroscience)	3
2002626	중독가족상담 (Family Counseling for Addiction)	3
2002151	중독가족치료 (Family Therapy for Addiction)*	3*
2002149	중독과 공존정신장애 치료 (Treatment for Addiction and Co-Occurring Mental Disorders)*	3*
2002602	중독과 긍정회복 (Addiction and Positive Recovery)	3
2002255	중독과 운동과학 (Movement Science for Addiction)	3
2002535	중독과 인지행동치료 (Addiction and Cognitive Behavioral Therapy)*	3*
2002434	중독과 정신건강 (Addiction and Mental Fitness)	3
2002603	중독과 트라우마치료 (Addiction and Trauma Therapy)*	3*
2002955	중독동기강화 상담 (Addiction Motivational Interviewing)	3
2002440	중독라이프스타일평가 (Addiction Lifestyle Assessment)	3
2002600	중독사례관리 및 위기개입 (Addiction Case Management & Crisis Intervention)*	3*
2002601	중독상담 및 재활세미나 (Addiction Counseling & Rehabilitation Seminar)*	3*
2002604	중독상담윤리세미나 (Ethics for Addiction Professionals)*	3*
2002435	중독식사관리 (Meal Management for Addiction)	3
2002220	중독약리학 (Pharmacology for Addiction)*	3*
2002432	중독예방및정책 (Addiction Prevention and Policy)	3
2002439	중독치료및영성 (Addiction Therapy and Spirituality)	3
2002599	중독치료의 임상적 의사결정 (Clinical Decision Making for Addiction Treatment)*	3*
2002625	중독회복 (Addiction Recovery)	3
2002194	질적연구방법론 (Methodology of Qualitative Research)	3
2002504	행동중독 (Behavior Addiction)	3
2002471	물질중독치료 및 돌봄의 연속성 (Treatment for Substance Use Disorders & Continuum of Care)	3
2003052	Scientific Research Paper Writing (Scientific Research Paper Writing)	3

\* 표시는 국제인증중독전문가(International Certified Addiction Professional) 시험준비과목임.



Lifestyle Healthcare

Course No.	Course Title	Credits
2002212	고급 연구방법론 (Advanced Research Methodology)*	3*
2000547	고급보건학 (Advanced Public Health)	3
2000166	고급통계학 (Advanced Statistics)*	3*
2002605	중독현장실습 (Addiction Practicum)	3
2002418	라이프스타일 헬스케어 현장실습 (Lifestyle Health Care Practicum)	3
2000116	건강원리 (Principles of Lifestyle Health)	3
2002439	중독치료 및 영성(Addiction Therapy & Spirituality)	3
2002856	영어논문 작성법 (Scientific Research Paper Writing)	3
2002606	중독재활과 생활의학개론 (Introduction to Addiction Rehabilitation & Lifestyle Medicine)	3
2002607	중독재활과 생활의학실제 (Application of Addiction Rehabilitation & Lifestyle Medicine)	3
2002408	건강 라이프스타일 평가와 중재 (Healthy Lifestyle Evaluation and Intervention)	3
2000054	건강전문가 세미나 (Seminar for Health Professionals)	3
2002414	고급 금연 및 알코올 중독예방 (Advanced Smoking Cessation and Alcoholism Prevention)	3
2002407	고급 라이프스타일 관리 (Advanced Lifestyle Management)	3
2002419	고급 라이프스타일 질환 식사 관리 (Advanced Meal Management of Lifestyle Disease)	3
2002412	고급 역학 (Advanced Epidemiology)	3
2002415	고급 전인건강원리 (Advanced Principles of Wholistic Health)	3
2002609	고급보건통계학 (Advanced Biostatistics)*	3*
2002500	고급운동과건강학 (Advanced Exercise and Health)	3
0000000	공중 보건과 운동 (Public Health and Exercise)*	3*
2002406	라이프스타일 관리 (Lifestyle Management)	3
2002608	라이프스타일 헬스케어 세미나 (Lifestyle Health Care Seminar)	3
2002429	라이프스타일 회복 (Addiction Lifestyle Recovery)	3
2000525	보건교육방법론 (Health Education Methodology)*	3*
2000551	보건교육프로그램개발 및 평가 (Health Program Development & Evaluation)*	3*
2001952	보건교육학특론 (Health Education)*	3*
2000538	보건영양학 (Nutrition in Public Health)*	3*
2000542	보건의사소통론 (Health Communication)	3
2000552	보건학 (Public Health)*	3*
2000818	스트레스관리론 (Stress Management)*	3*
2000828	스포츠의학특론 (Sports Medicine)	3
2000977	역학 (Epidemiology)*	3*
2001196	임상영양학 (Clinical Nutrition)	3
2002254	중독 식사요법 (Diet Therapy for Addiction)	3
2002247	중독 천연치료 (Natural Remedies for Addiction)	3
2002938	해독과 생활의학개론 (Introduction to Detoxification & Lifestyle Medicine)	3
2002956	해독과 질병관리학 (The Detoxification and Diseases Management)	3
2003011	오토파지와 질병관리학 (The Autophagy and Diseases Management)	3
2003052	Scientific Research Paper Writing (Scientific Research Paper Writing)	3

\* 표시는 보건교육전문가(Certified Health Education Specialist) 시험준비과목임.

## | Course Information |

### **Advanced Statistics**

This course concentrates on the preparation of research plans, selection of advisor, dissertation writing, and basic statistics necessary for writing a paper.

### **Advanced Research Methodology**

This course concentrates on the preparation of research plans, selection of advisor, dissertation writing, and basic statistics necessary for writing articles on addiction science.

### **Advanced Public Health**

Deals with the history, issues, function and context of public health, community health and health systems. The scope of public health above mentioned is crucially important for the graduates to enrich further knowledge and ability to perform real field projects or academic investigation as health professional.

### **Addiction Practicum**

It is a course that learns counseling practice and promotes competence as a professional through individual counseling, group counseling, conducting and interpreting psychological tests, and presenting cases.

### **Lifestyle Health Care Practicum**

The goal of this course is to develop the ability to adapt to the field to learn and practice various duties for a certain period of time at a related external institution by going directly to the field to change health behaviors for lifestyle and health care.

### **Thesis for M.A. in Addiction Science**

The Master's thesis is the written product of original research conducted in an Addiction Science related field. The thesis topic should be chosen in consultation with a research advisor. Research data should be published in a peer reviewed journal of a related discipline and other equivalent publication. There should be a public defense of the thesis prior to conferral of the Master's Degree of Addiction Science.

### **Dissertation for Ph.D. in Addiction Science**

The Doctoral dissertation is the written product of original research conducted in a Addiction Science related field. The dissertation topic should be chosen in consultation with a research advisor. Research data should be published in a peer reviewed journal of a related discipline and other equivalent publication. There should be a public defense of the dissertation prior to conferral of the Ph. D. of Addiction Science.

### **Principles of Lifestyle Health**

This course has been prepared to apply the basic and fundamental principles of health to the present age and to equip the students with specialized knowledge. It is of the highest importance to understand the essence of this principle to safeguard mental, social, and spiritual health as well as physical health.

#### **Scientific Research Paper Writing**

In this course, we will explore the different techniques in effectively writing scientific research articles. The students will learn about different ways of writing formal English sentences, common mistakes in scientific writing, organizing and layouting manuscripts, using different bibliographic tools, and understanding the peer review process.

#### **Introduction to Addiction Rehabilitation & Lifestyle Medicine**

This is course is an overview of current theoretical and clinical approaches to the etiology, diagnosis and counseling treatment of addictions, including both substance-related and non-substance-related addictions. Students will review current counseling and rehabilitation approaches from a clinical perspective with the goal of increasing professional awareness and skills in treating addicted individuals and their families.

#### **Application of Addiction Rehabilitation & Lifestyle Medicine**

This is a field course in community health that applies health theories to disease prevention and intervention programs. The student will connect theory and practice of administrative management of health programs. The dynamics of business, governmental and nongovernmental organizational structures will be explained and effective health management practices will be given.

#### **Advanced Health Psychology**

Health psychology is a scientific contribution to the promotion and maintenance of health, the prevention and treatment of diseases, the identification of the etiologic and diagnostic factors for dysfunctions related to health and disease, and the improvement through analysis of the health care system and health policy as a specialized field of psychology. Psychology should contribute to improving the quality of life because health problems are now a non-disciplinary and academic approach is essential.

#### **Advanced Abnormal Psychology**

This course focuses on understanding of abnormal behavior. Therefore, the classification system that diagnoses abnormal behavior, various access models and the characteristic symptom of each disorder, causal factors, and types of therapeutic interventions are known and the understanding of abnormal behavior is increased.

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### **Advanced Addiction Counseling**

This course provides an opportunity for students to learn and practice basic counseling skills and group counseling skills they will need in various settings and models of addiction treatment. They will also have an opportunity to learn and practice advanced counseling skills, that is, mindfulness-based therapeutic approaches for addiction recovery.

### **Advanced Addiction Physiology & Pharmacology**

This course examines the specialized terms and concepts used in physiological and pharmaceutical treatment of addiction (Drug, Alcohol, Tobacco), discusses the professional counselor's role in addiction physiology and pharmacotherapy, and present the specific pharmacotherapies used in the treatment of addiction.

### **Group Counseling for Addiction**

This course provides the concepts and types of group counseling that complement the limitations of individual counseling and lead to effective change. They learn about the factors promoting change in group counseling and the qualities of group counselors and develop the ability to lead group counseling as a whole.

### **Substance Use Addiction**

The course consists not only to understand more details about the substance addiction (features, causes, etc.), but also to learn how to treat addicts and their families who are addicted to substances based on such knowledge, and whether or not it will be made. Therefore, the course is structured so that it can be practically applied not only to theory but also to addiction. In addition, we have organized to understand the substance addiction program which is going on in foreign field.

### **Neuroscience**

This course emphasizes the interdisciplinary study of the human nervous system as it applies to public health. The overarching theme of the Neuroscience course is that nervous system disorders can be understood in terms of neuroanatomical and physiological mechanisms

### **In-depth Study**

It is the process to a plan research, investigate data, and write a dissertation to publish a research paper in collaboration with an advisor.

### **Family Counseling for Addiction**

This course demonstrates how addiction affects not only the addicted persons but also whole families particularly the partners and children of addicted persons. Students will learn how to utilize family therapy in treatment of addiction by focusing on the role that family dynamics play in maintaining the addiction and by changing the ways family members relate to one another.

### **Family Therapy for Addiction**

This course demonstrates how addiction affects not only the addicted persons but also whole families, particularly the partners and children of addicted persons. Students will learn how to utilize family therapy in treatment of addiction by focusing on the role that family dynamics play in maintaining the addiction and by changing the ways family members relate to one another.

### **Treatment of Addiction and Co-Occurring Mental Disorders**

This course demonstrates how the comorbidity of addictive disorders and other mental health disorders, such as depression and anxiety, is extensive and highly correlated. Students will examine the prevalence of comorbidity and the issues related to assessment, diagnosis and treatment planning, and identify various therapeutic approaches to addiction and co-occurring mental disorders.

### **Addiction and Positive Recovery**

The main concepts, history, and research of positive psychology that have been developed and emerged while emphasizing the existing psychological approach that emphasizes understanding and treatment of psychosis and emphasizing strategies to study and strengthen human health and positive aspects topics, and promotion plans.

### **Addiction Recovery**

Addiction is a chronic disease that affects all aspects of life. People experiencing addiction problems need ongoing education and support to help them recover. Therefore, in this class, we will study theoretical and practical approaches to various treatments for addiction recovery. In particular, it aims to explore and develop holistic and integrated therapeutic approaches for addiction recovery.

### **Movement Science for Addiction**

Movement science for addiction is study on motor control and motor learning to understand human movement. This class emphasizes on how emotion is expressed in facial expression, gait and behavior pattern. In depth studies on how sensory system

is affected on movement will enable participants to create efficient way to provide intervention for addiction.

### **Addiction and Cognitive Behavioral Therapy**

This course is an overview of current researches and clinical approaches to the assessment, diagnosis and treatment of behavioral or process addictions including gambling, food, sex, shopping, internet gaming, work, and religious obsession. Students will examine current diagnostic criteria of behavioral addictions and identify psychotherapeutic approaches to the treatment of process addictions.

### **Addiction and Mental Fitness**

This course trains student to help patients and their families who are experiencing high stress and low happiness due to addiction problems to enjoy the psychological well-being through mental health literacy. Students will experience the positive clinical results as improving the psychological well-being and resilience and reducing the feeling of depression through systematic training of mental fitness.

### **Addiction Motivational Interviewing**

This class aims to learn and train motivational interviewing theory and practice, which provides practical strategies to deal with and cope with various clinical challenges that practitioners frequently face in the process of helping individuals and groups suffering from addiction.

### **Addiction Lifestyle Assessment**

This course introduces students to the course by concentrating on the nature of addiction itself. Students will understand basic human needs in relation to addiction and how therapists approach addiction, along with sharing scientific findings and psychological studies that explore how some people are affected, while others are not. Students will determine the common destructive patterns of any addiction, and how to recognize these. Specific lifestyle addictions, such as smoking, food, ingredients, chocolate, coffee, and gambling are all covered.

### **Addiction Case Management & Crisis Intervention**

This course focuses on understanding types of addicted patients or clients in clinical settings and intervention processes based upon concrete cases, on cultivating capacity to apply various counseling approaches to a variety of crisis issues, and on developing ability to understand contents and contexts of addiction treatment from a holistic perspective.

### **Addiction Counseling & Rehabilitation Seminar**

This course is an overview of current theoretical and clinical approaches to the

etiology, diagnosis and counseling treatment of addictions, including both substance-related and non-substance-related addictions. Students will review current counseling and rehabilitation approaches from a clinical perspective with the goal of increasing professional awareness and skills in treating addicted individuals and their families.

#### **Ethics for Addiction Professionals**

This course introduces students to an overview of the significance of ethical guidelines in the practice of addiction professional, and an in-depth overview of a professional code of ethics. It also provides an overview of ethical decision-making models, and a specific decision-making tool and practice in addiction treatment.

#### **Meal Management for Addiction**

This course is an applied science study that carries out nutritional improvement activities to enhance the quality of life by improving nutritional status for addicted individuals, families, and the public.

#### **Addiction Pharmacology**

This course examines the specialized terms and concepts used in physiological and pharmaceutical treatment of addiction, discusses the professional counselor's role in addiction physiology and pharmacotherapy, and present the specific pharmacotherapies used in the treatment of addiction.

#### **Addiction Prevention & Policy**

Addiction and dependency are problems that affect society on the whole and their solution requires the cooperation of all forces in society, in the interest of those affected. In this course students will learn theory of prevention and intervention on addiction. Also this subject describes the comprehensive orientation of drug and addiction policy in many countries as well as international organizations. The many different joint efforts and initiatives to prevent addiction and to reduce the harmful consumption of and dependency on addictive substances and behaviors are thus to be coordinated with each other on the national and international level.

#### **Addiction Therapy & Spirituality**

An overview of multidisciplinary perspectives on understanding and addressing addiction in relation to the spiritual dimension in treatment and recovery. Students will find spirituality to a necessity in treatment and recovery program, and relate addiction to the religious or faith dimension in the process of personal and spiritual growth.

#### **Clinical Decision Making for Addiction Treatment**

This course introduces students to approaches to implement clinical concepts in screening, assessment, and treatment planning in recovery process from addiction. It also provides students an overview of the process and elements of person-centered treatment planning, and the importance and elements of structured record keeping.

### **Methodology of Qualitative Research**

This course is a research methodology to observe and analyze human psychology as much as it is. Qualitative research is based on the phenomenological paradigm and takes an approach to interpret and share experiential truths. For this purpose, we conduct detailed research on human natural phenomena through natural observation methods and interview methods. In recent years, research and utilization in various disciplines have been increasing in order to complement the limitations of quantitative research and to present new perspectives.

### **Behavior Addiction**

This course is composed not only to understand more details about behavior addiction (features, causes, etc.) but also how to consult and heal and rehabilitate addicts and their families based on this knowledge. Therefore, the curriculum of this lecture is structured so that it can be practically applied not only to theory but also to addiction. In addition, the program has been designed to understand behavioral addiction programs in foreign countries.

### **Treatment for Substance Use Disorders & Continuum of Care**

An overview of current theoretical and clinical approaches to the etiology, diagnosis and treatment of substance use disorders, including alcoholism and other chemical dependencies. Students will examine current research and program design for continuum of care with the goal of increasing professional knowledge and skills in treating individual with substance use disorders and their families.

### **Healthy Lifestyle Evaluation & Intervention**

This course introduces different measurements in fitness, nutrition, healthy eating, stress management, and the cultural and political aspects of health and healthcare. In this course, students will gain the knowledge to identify behaviors associated with optimal health and wellness and to develop theory-based intervention strategies and techniques to effectively influence of lifestyle in behavior change. This course includes health coaching techniques and skills for health promotion professionals with emphasis on the practical application of brief intervention and motivational interviewing skills to promote healthy lifestyle changes.

### **Seminar for Health Professionals**



Students will learn how to do effective health needs assessments, write health proposals, evaluate programs and conduct health education intervention and surveys. Group discussions and individual presentations will be given based on related peer-reviewed literature.

### **Advanced Smoking Cessation and Alcoholism Prevention**

This course deals with the physiological, psychological and behavioral components of cigarette addiction and its treatment. It also covers the evidence-based literature on tobacco cessation interventions with addition to developing abilities to help patients in implementing plans for tobacco cessation. With respect to alcohol prevention this course deals with the diagnostic tools for risky alcohol use, developing ability to assist patients in developing and implementing plans for avoiding risky alcohol use.

### **Advanced Lifestyle Management**

This course focuses developing skills acquired in the program to enhance their current clinical knowledge and skills. This course prepares students to apply preventive methodologies to chronic diseases and risk factors; conduct individual health assessments; provide medical lifestyle counseling; properly evaluate and apply lifestyle medicine-related research findings, and lead and evaluate health promotion projects.

### **Advanced Meal Management of Lifestyle Disease**

Definition of meal management is to the processes which go into putting a meal on the table, beginning with planning a shopping list and continuing all the way from preparation to plating. For those who are looking to recover health condition, lose weight or achieve specific fitness goals, meal management is an important part of planning one's life. This course deal with factors of lifestyle disease and addictive behaviors. Students can make a plan of meal management for those who want to recover or prevent lifestyle diseases at the end of this course.

### **Advanced Epidemiology**

Contains the principles of epidemiology and study design needed to support population-based and community-health assessment and evaluation. More advanced methods are covered as appropriate, with applications to public health and community contexts, and integration with biostatistics.

### **Advanced Principles of Wholistic Health**

This course gives an in-depth study of the eight natural laws of health. The student will learn to use NEWSTART principles in improving lifestyle and prevent disease. Special emphasis will be based on psychoneuroimmunology mind-body interaction within Physical, Mental and Spiritual health.

**Advanced Biostatistics**

This course is intended for those who have taken the introduction to health statistics. Understand the structure of data obtained from research in the field of health sciences, and find out appropriate statistical reasoning methods considering characteristics of data.

**Public Health and Exercise**

Students will explore the multiple dimensions of exercise science, exercise physiology and exercise epidemiology. The impact of exercise to improve health and decrease disease in individuals and populations will be covered.

**Lifestyle Management**

This course focuses on combination of exercise and wellness, nutrition, and health sciences to provide you with a solid background in preventative health care. This course study and begin to practice the many components that create health and well-being at the individual level. Students explore issues such as stress management, nutrition, mental and physical fitness, and self-responsibility. In addition, students assess the impact of global forces on themselves and community.

**Lifestyle Health Care Seminar**

Present recent research trends in lifestyle health care, research projects or topics specific to individuals, or discuss topics on research that are performed in the last semester, as well as questions and answers and research prospects.

**Addiction Lifestyle Recovery**

This course provides proper training for individuals to better serve substance use patients as well as improve the overall quality and cost-effectiveness of health care. This course will equip students with the skills and knowledge necessary to treat and effectively promote recovery for individuals with addiction and co-occurring mental health and medical disorders. It allows students to gain the knowledge and skills to address the complexities of addiction treatment and recovery across the continuum of care. Courses focus on evidence-based practices that will prepare you to treat addiction and its complications.

**Health Education Methodology**

Students will be taught how to use health education instruments and teaching methods to impact the health behavior of individuals and populations.

**Health Program Development & Evaluation**

Students will learn to plan, develop and implement health promotion programs. Effective communication, teaching methods and needs assessments will be covered in

this course. The student will be helped to make proposals based on health theory.

### **Health Education**

This course aims to identify and evaluate key evidence-based programs known to influence Health Behavior. Theories of Health Behavior are applied to Public Health interventions and critically analyzed to identify flaws and potential improvements to lower leading behavioral risk factors of morbidity and mortality.

### **Nutrition in Public Health**

The relationship between food science, nutrition intake, nutrient metabolism and individual health is explored in this course. Students will learn to evaluate the role of vitamins, minerals and phytochemicals in individual health. Students will further develop the skills to educate others.

### **Health Communication**

This course demonstrates how mass communication is used to promote health. Public Health advisories can be skillfully used to educate and influence communities, health professionals and policy makers. Students will learn how to harness this powerful medium to decrease disease risk and enhance population health.

### **Public Health**

The student is oriented to the basic elements of public health in preparation for advanced coursework. The scope of Public Health is covered from its early history to modern developments in genetic epidemiology research. The student is directed to challenges in world-wide health disparities and their roles in its improvement as they fulfill their role as Public Health professionals.

### **Stress Management**

This course will assist students in understanding how stress affects individuals in their daily lives. The physiology of stress and history of the development of stress management strategies will be learned. The student will also learn coping techniques designed to help manage stress.

### **Sports Medicine**

This course addresses common muscular and orthopedic challenges of physically active and inactive individuals. Practical recommendations for the improvement of physical activity throughout the human life cycle will be explored.

### **Epidemiology**

This course is designed to expose the learner to principles in disease occurrence, study design, data interpretation and disease control in populations. Exercises in hypothesis generation and critiques of peer-reviewed literature will give the learner

confidence in systematic epidemiological methodology.

### **Clinical Nutrition**

The course will deal with the nutritional basis for the various types of dietary modifications as they relate to the treatment of nutrition-related diseases. At the end of the course, the students will be able to demonstrate an understanding of the significance of nutrition in disease and identify therapeutic aspects of certain nutrients.

### **Diet Therapy for Addiction**

This course will deal with the nutritional bases for the various types of dietary modification as they relate to the treatment of nutrition related disease due to addiction. At the end of the course, the student will be able to: (1) Demonstrate an understanding of the significance of nutrition in addiction. (2) Identify therapeutic aspects of nutrients in addiction treatment.

### **Natural Remedies for Addiction**

To understand the mechanism of, signs and symptoms of addiction, Natural remedies for addiction symptoms. And how to apply natural remedies to the addicted person. In order to know and experience some of the treatments, students will do on and receive the procedures from each other.

### **Introduction to Detoxification & Lifestyle Medicine**

Learn about the types of toxins that are the root cause of poisoning, the mechanism of disease occurrence according to the types of toxins, the mechanism of detox, and clinical cases of disease prevention and treatment of the detox program, and participate in the detox program. This course enhances students' competence as detoxification experts by experiencing lifestyle habits for detoxification.

### **Detoxification and Disease Management**

In this course, students can learn about how to manage the causes, symptoms, and detoxification programs of various diseases such as high blood pressure, diabetes, heart disease, stroke, cancer, obesity, atopy, allergies, autoimmune diseases, and chronic inflammation caused by the accumulation of toxins.

### **The Autophagy and Diseases Management**

In 2016, Professor Yoshinori Osumi of Japan was awarded the Nobel Prize in Physiology and Medicine for his contribution to elucidating the mechanism of autophagy. Since then, autophagy has received attention as a new medical approach to treat various incurable diseases, and many related follow-up studies have been published. This course aims to learn the latest medical methods to manage incurable diseases by studying the research results of various diseases that can be helpful in

treatment using the mechanism of autophagy.

### **Scientific Research Paper Writing (Scientific Research Paper Writing)**

Research papers are the primary means of communication for researchers to transfer their knowledge to scientists working in the same or related fields of study. Learning how to write a scientific research paper in English is the basic knowledge that researchers need to cultivate in order to introduce their research results. This course enables students to write scientific research writing by systematically learning the research paper elements of introduction, research methods, results, discussion, conclusion, etc. Students also learn English writing skills and effective paper organization to communicate clearly and efficiently. By the end of the course, students will be able to understand the research paper publication process and submit the paper to the selected publisher.