



Addiction Study Options for the Primary Health Care Workforce

Within Auckland, there are two tertiary institutions which provide post-graduate study in addictions, the University of Auckland and Auckland University of Technology, both of which are approved providers for Te Pou's Skills Matter programmes. The study options are summarised below. For more information, please see the web-links or contact the following people.

Organisation	Qualification	Web link	Contact Person	Contact Details
University of Auckland	Postgraduate Certificate in Health Sciences in Alcohol and Drug Studies	https://www.fmhs.auckland.ac.nz/en/faculty/for/future-postgraduates/postgraduate-study-options/programmes/certificates/pgcerthsc/pgcerthsc-alcohol-and-drug-studies.html	David Newcombe	Email: d.newcombe@auckland.ac.nz Phone: +64 (0) 9 923 6557
University of Auckland	Postgraduate Certificate in Health Sciences in Advanced Nursing	https://www.fmhs.auckland.ac.nz/en/faculty/for/future-postgraduates/postgraduate-study-options/programmes/certificates/pgcerthsc/pgcerthsc-advanced-nursing.html	Anthony O'Brien	Email: a.obrien@auckland.ac.nz Phone: +64 (0) 9 923 5693
Auckland University of Technology	Postgraduate Certificate in <i>Health Science in Mental Health and Addictions</i> (AK3484)	http://www.aut.ac.nz/study-at-aut/study-areas/health-sciences/postgraduate-study/mental-health	Jim Phillips	Email: jphillip@aut.ac.nz Phone: +64 (0) 9 921 9999 extn 6252

Which Papers to Take?

Your choice of papers will depend on what other study you are currently involved with or want to do; whether you work with addiction issues alongside many other issues, or in a specialist addiction role; and how you'd like to develop your professional pathway. The contact people above can provide advise about your options. Depending on your circumstances you could choose papers that:

- Can be completed as stand-alone papers to gain specific knowledge and skills.
- Meet requirements for a Post-Graduate Certificate in Health Sciences (60 points) OR
- Contribute to a Post-Graduate Diploma.

Recommended Post-Graduate Addiction Papers

Institution	Qualification	Recommended Papers	Paper Description
University of Auckland	Postgraduate Certificate in Health Sciences in Alcohol and Drug Studies	POPLHLTH 737 - Alcohol, Tobacco and Other Drug Studies (15 Points)	Provides an introduction and overview to studies on alcohol and other drugs. Incorporates theory and research developed within public health, mental health, and specialised treatment frameworks. Topics will include: coverage of historical developments, a review of major theoretical issues and an overview of current trends.
		POPLPRAC 707 - Theory and Skills in Counselling Practice (15 Points)	The theory, research and practice regarding counselling and psycho-therapeutic approaches used in mental health and addiction service contexts. Approaches will be critically examined in terms of history, theory, social context and trends in research. Particular attention will focus on counselling methods currently in use within services.
		POPLPRAC 708 - Assessment and Intervention with Addiction (30 Points)	Develops understanding and competency in assessment and intervention work with clients having co-existing problems, specifically those most affected by alcohol and drug issues. It focuses on comprehensive assessment, effective clinical interventions, drug-specific interventions and culturally-specific approaches working with individuals, whanau, and communities. It will involve regular review of practice using case-based scenarios filmed with feedback from tutors, mentors and peers.
University of Auckland	Postgraduate Certificate in Health Sciences in Advanced Nursing	NURSING 781 - Psychological Interventions in Nursing and Health Care (30 Points)	Focuses on increasing health professionals' skills in the use of psychological interventions for people who have acute or long term mental health or physical health problems. Explores evidence-based psychological models, such as Cognitive and Behaviour Therapy and Motivational Interviewing. Illness beliefs that impact on the person's ability to engage effectively with treatment plans, and self-management of their health problem/s, will also be critiqued.
		Another 30 point course approved by the Head of the School of Nursing, for example, POPLPRAC 708 - Assessment and Intervention with Addiction (30 Points)	Develops understanding and competency in assessment and intervention work with clients having co-existing problems, specifically those most affected by alcohol and drug issues. It focuses on comprehensive assessment, effective clinical interventions, drug-specific interventions and culturally-specific approaches working with individuals, whanau, and communities. It will involve regular review of practice using case-based scenarios filmed with feedback from tutors, mentors and peers.
Auckland University of Technology	Postgraduate Certificate in Health Science in Mental Health and Addictions (AK3484)	MENH804 Assessment for Addictions in Mental Health (30 points)	Develops practitioner knowledge and skills for the screening and management of addictions in a mental health setting.
		MENH805 Intervention for Addictions in Mental Health (30 points)	Develops counselling skills and behaviour change strategies for practitioners working in mental health and addictions services.

Other Post-Graduate Addiction Papers

If you have specific interests in relation to addiction issues, e.g., the biology of addiction, you may want to select papers available to those doing the University of Auckland's *Post Graduate Diploma in Health Sciences in Alcohol and Drug Studies* at this link <https://www.fmhs.auckland.ac.nz/en/faculty/for/future-postgraduates/postgraduate-study-options/programmes/diplomas/pgdiphsc/pgdiphsc-alcohol-and-drug-studies.html>

Mentoring

To support application of learning we would recommend developing a mentoring relationship with an addiction expert. Some of the papers recommended include mentoring or supervision:

- The University of Auckland paper [POPLPRAC 708](#) - *Assessment and Intervention with Addiction*, includes six 1 hour sessions with a mentor.
- The University of Auckland paper [NURSING 781](#)- *Psychological Interventions in Nursing and Health Care*, encourages students to have 3-4 supervision sessions with an experienced therapist.

The AOD Provider Collaborative would like to support successful applicants for the addiction scholarship funds, by ensuring they have access to appropriate mentoring from addiction experts within our services, who include experienced Medical Officers, Nurses and Addiction Practitioners.

Addiction Health Professional Pathways

For people who want to develop their addiction expertise further, you may be interested in the following links and resources:

- **Te Ao Maramatanga- the NZ College of Mental Health Nurses** <http://www.nzcmhn.org.nz/> which developed the *Mental Health and Addiction Credential in Primary Care (Nursing): Monitoring and Evaluation Handbook*, 2013.
- **The Royal Australasian College of Physicians** which provides advanced training through the **Australasian Chapter of Addiction Medicine**, <https://www.racp.edu.au/trainees/advanced-training/advanced-training-programs/addiction-medicine>
- **DANA (Drug and Alcohol Nurses of Australasia)** <http://www.danaonline.org/> which developed the *Addiction Specialty Nursing Competency Framework*, 2012.
- **Dapaanz (Addiction Practitioners' Association Aotearoa New Zealand)** <http://www.dapaanz.org.nz/> which developed the *Addiction Intervention Competency Framework*, 2011.