

Course number	U-LAS70 10002 SE50				
Course title (and course title in English)	ILAS Seminar-E2 :Psychology of Addiction (依存症の心理学) ILAS Seminar-E2 :Psychology of Addiction		Instructor's name, job title, and department of affiliation	Graduate School of Medicine Senior Lecturer,SAHKER, ETHAN KYLE	
Group	Seminars in Liberal Arts and Sciences		Number of credits	2	Number of weekly time blocks 1
Class style	seminar (Face-to-face course)	Year/semesters	2025 ・ First semester		Quota (Freshman) 8 (8)
Target year	Mainly 1st year students	Eligible students	For all majors		Days and periods Wed.5
Classroom	12, Yoshida-South Campus Academic Center Bldg. West Wing			Language of instruction	English
Keyword	drugs / alcohol / gaming / internet / behavior				
[Overview and purpose of the course]					
Addictive disorders like drug and alcohol dependence, internet addiction, and gambling disorders are a widespread problem affecting millions of people in Japan and across all cultures. Nearly everyone knows someone affected by addiction, from "kitchen drinkers" and methamphetamine use disorders, to video game and shopping addiction. This course is designed to help students understand why people become addicted, problems associated with addiction, and how people can recover from addiction. This course will provide students with an understanding of how addictions develop and how they are maintained. Students will gain knowledge in the biological, psychological, and social factors of addiction. Then, they will learn about distinct types of addictive disorders. Further, students will gain knowledge in the methods of identification and behavioral concepts in addiction recovery. At the end of the course, students will understand how addictions are conceptualized and the processes involved with behavior change.					
[Course objectives]					
To gain basic knowledge of problems associated with addiction To learn about the biological, psychological, and social factors of addiction To understand the ethics considered in addiction To understand the psychological concepts of addiction recovery					
[Course schedule and contents)]					
1. Addiction Background and Prevalence 2. Neurobiology of Addiction 3. Psychology of Addiction 4. Social Influences of Addiction 5. Substance Use Disorders (Alcohol and Drugs) 6. Behavioral Addictions (Technology and Gambling) 7. Assessment and Diagnosis 8. Laws and Ethics 9. Punishment and Rehabilitation 10. Clinical Access and Referral 11. Cognitive Behavioral Concepts 12. Motivational Interviewing, Support Groups, and Relapse Prevention					
Continue to ILAS Seminar-E2 :Psychology of Addiction (依存症の心理学) (2)					

ILAS Seminar-E2 :Psychology of Addiction (依存症の心理学) (2)

13. Presentations I
14. Presentations II
- Feedback

[Course requirements]

None

[Evaluation methods and policy]

40% - Group Presentation
30% - Short Personal Reflection Paper
15% - Quizzes
15% - Class Participation

[Textbooks]

Not used
No Textbook will be used. Materials will be provided in class.

[References, etc.]

(**References, etc.**)
Introduced during class
Reference materials will be provided in class.

[Study outside of class (preparation and review)]

Students are expected to complete assigned readings and assignments before class.

[Other information (office hours, etc.)]

Students may contact the instructor if they have questions and they may schedule an in-person appointment by email.

[Essential courses]