



**Kingdom of Morocco
Mohammed V University of Rabat
Faculty of Medicine and Pharmacy**

**UNIVERSITY DIPLOMA IN ADDICTOLOGY
OF RABAT**

**UD program
2020-2022**

Information sheet of the UD of Addictology of Rabat

Objectives:

- Complete training in the field of Addictology
- Contribute to the training of workers within the framework of the national plan to fight against drug use

Population concerned: Physicians, psychiatrists, other specialists, residents and clinical psychologists.

Registration fees:

12,000 DH per year excluding taxes

Duration of training: 2 years

Teaching modalities:

- Theoretical teaching of about 300 hours (18 modules spread over 2 years)

History of drugs and drug use, classification description of drugs, classification of drug use, epidemiology of drug use, general bases of applied drug use research, etiopathogenesis and co-morbidity of drug dependence, motivational interviewing, screening and brief intervention, morbidity of drug dependence and abuse, medical treatment of drug dependence: different schools and different stages, medical treatment of drug dependence: different programs, management of nicotine addiction, prevention of abuse and dependence, risk reduction, behavioral addictions, food addictions, forensic aspects etc.

Practical training of 40 hours (minimum 2 weeks spread over 2 years) in an addictology center

Number of candidates registered: 20 Candidates

Selection: on folder

Location of the training:

Arrazi University Psychiatric Hospital of Salé / Addictology Department
Faculty of Medicine and Pharmacy of Rabat.

Diploma Pedagogical Committee:

Pr Fatima El Omari (fatima_elomari@hotmail.com)

Prof. Maria Sabir

Prof. Jallal Toufiq

Brief description of the University Diploma course of Addictology

1. Classification and description of drugs
2. History of drugs and drug use
3. History of drug trafficking and consumption patterns
4. Classification of drug use: international classification, nosographic problems
5. Epidemiology of drug use: agencies responsible for epidemiology, national and international epidemiological situation, trends, trend monitoring
6. General foundations of applied drug use research: epidemiological and biostatistical problems inherent in the epidemiological assessment of drug use
7. Etiopathogenesis of drug dependence: risk factors, neurobiological and genetic vulnerability, neurophysiology, neurobiology and neuroanatomy of dependence, psychopathological factors, environmental factors ...
8. Interviewing techniques in addiction treatment: motivational interviewing
9. Screening and Brief Intervention
10. Drug use morbidity and psychopathology: dual diagnosis, comorbid drug use-mental disorders, pathological personality and drug use ...
11. Medical treatment of drug addiction: different schools and different steps
12. Specific medical treatment of 'dual diagnosis'.
13. Detoxification and Post-detoxification or aftercare
14. Opioid Substitution Treatments
15. Psychosocial care programs: rehabilitation, therapeutic apartments, half-way houses, foster families, community rehabilitation centers ...
16. Relapse prevention programs
17. Relapse management
18. Specific programs: cognitive-behavioral psychotherapy for substance abusers, systemic therapy, confrontational therapy, coping skills, anger and crisis management, group therapy, support groups, family therapy, relaxation therapies.
19. Special programs: drug addicts in the workplace, in prison, pregnant mother, mother-child, drug addiction-AIDS-hepatitis, hard-to-reach groups (street children, prostitutes...)
20. Evaluation of treatment programs
21. Risk Reduction
22. Tobacco
23. Behavioral addictions
24. Forensic aspects: legislation, placement of addictions

Module 1: History of Drugs and Drug Use

Speakers: **Pr Mehdi Paes** (Rabat, Morocco)

Hours: 08 hours

Chapters:

- History of the culture of drug use in the world
- Cultural and Societal Aspects of Drug Use
- Opium Use in Asia
- Coca use in Latin America
- The use of Indian hemp in the world
- The history of alcohol use in the world
- The history of tobacco use
- History of other drugs and their use
- The emergence of new synthetic drugs
- The history of heroin and other opiate products
- The History of Cocaine
- The history of the appearance of other synthetic drugs: amphetamines, LSD, ecstasy ...
- The major consumer movements in the world in the twentieth century
- Milestones in anti-drug legislation around the world
- Decriminalization currents
- Major international drug abuse prevention organizations
- International legislation

Module 2: General Basics of Research and Epidemiology of Drug Use

Speakers: **Prof. Jallal Toufiq and Prof. Fatima El Omari**

Hours: **08 hours**

Chapters:

- General Basics of Applied Drug Use Research: Epidemiological and Biostatistical Issues in the Epidemiological Evaluation of Drug Use
- Specificities of epidemiology and biostatistics applied to drug use
- International organizations responsible for the epidemiology of drug
- International epidemiological situation:
 1. current prevalence;
 2. new trends;
 3. trend monitoring.
- National epidemiological situation

Module 3: Classification-Description of Drugs and Use

Speakers: **Prof. Fatima El Omari and Prof. Maria Sabir**

Hours: 24 hours

Chapters:

Drug classifications

Tobacco

- classification
- pharmacology
- neurobiology
- addictive features
- Epidemiology of tobacco use worldwide
- Epidemiology of tobacco use in Morocco
- tobacco use morbidity

Alcohol

- classification
- pharmacology
- neurobiology
- addictive features
- epidemiology of alcohol use worldwide
- epidemiology of alcohol use in Morocco
- alcohol use morbidity

Cannabis

- classification
- pharmacology
- neurobiology
- addictive features
- Epidemiology of cannabis use worldwide
- Epidemiology of cannabis use in Morocco
- morbidity of cannabis use

Heroin and other opiates

- classification
- pharmacology
- neurobiology
- addictive features
- epidemiology of heroin use worldwide
- epidemiology of heroin use in Morocco
- morbidity of opiate use

Cocaine

- classification
- pharmacology
- neurobiology
- addictive features
- epidemiology of cocaine use worldwide
- epidemiology of cocaine use in Morocco
- morbidity of cocaine use

Solvents

- classification
- pharmacology
- neurobiology
- addictive features
- epidemiology of solvent use worldwide
- Epidemiology of solvent use in Morocco
- morbidity of solvent use

Ecstasy, LSD, other designer drugs

- classification
- pharmacology
- neurobiology
- addictive features
- epidemiology of use in the world
- epidemiology of use in Morocco
- morbidity from the use of these drugs

New synthetic drugs

Classification of use

- Concepts: use, misuse, abuse, addiction
- Recent International Classifications, DSM5
- Definitions of abuse
- Definitions of dependency
- International classifications of use:
 1. Different international classifications: nosographies
 2. Diagnostic instruments
 3. Locating instruments
 4. Severity instruments
 5. Nosographic problems
 6. Concepts of typologies and taxonomies ...

Module 4: Drug use testing and early intervention

Speakers: **Prof. Fatima El Omari and Prof. Maria Sabir** (Rabat-Salé, Morocco)

Hours: 20 hours

Chapters

- Different screening tools for drug use
- Why screen?
- Screening tools: CAGE, AUDIT, TWEAK, CRAFT, ...
- Using ASSIST
- Diagnostics tools
- Severity tools; Addiction Severity Index (ASI).
- Rapid intervention: Principles, techniques, spirit
- Using ASSIST to make a brief intervention
- Role-playing games with the different screening tools
- Using the UPS: role play
- Brief intervention;
- Role games

Module 5: Etiopathogenesis of drug dependence

Speaker: **Prof. Daniel Bailly** (Marseille)

Hours: 24 hours

Chapters:

- Concept of causality in addictology
- Determinism of drug use: first use, repeat use
- Risk factors and protective factors for drug use
- Predictors and vulnerability
- Neurobiological and genetic vulnerability
- Psychopathological vulnerability
- Environmental risk factors
- Drug use and psychopathology: dual diagnosis, co-morbidity of drug use and mental disorders, drug use and pathological personalities

Module 6: Interview techniques in Addictology

Speakers: **Sophie Nicole** (Switzerland)

Hours: 16 hours

Chapters

- Specificity of addictology
- Stages of change
- Collaborative Report
- Spirit of motivational interviewing
- Motivational interviewing techniques
- Pitfalls to avoid
- Role games

Module 7: Medical treatment of drug dependence: different schools and different stages

Speaker: **Dr Valérie Picard** (Geneva)

Hours: 16 hours

Chapters:

- Concept of drug dependence treatment
- Different types of treatments
- Detoxification: notion of contract, notion of reference, notion of motivation, manager, team ...
- Opioid detoxification protocols and other drug detoxification protocols: alcohol, tranquilizers, cannabis, cocaine, etc.
- Post-detoxification or after-treatment
- Psychotherapeutic techniques
- Specific medical treatment of "double diagnoses": dependence and mental disorder
- Psychosocial care.

Module 8: Managing Nicotine Addiction

Speaker: **Prof. Maria Sabir and Prof. Jamal Eddine Bourkadi**

Hours: 16 hours

Chapters

- Epidemiology of tobacco use
- Assessment of nicotine dependence
- Smoke
- Nicotine pharmacology
- Trajectory of a smoker
- Women and tobacco
- The hookah
- Smoking and comorbidity
- Therapeutic strategies for nicotine dependence
- Pharmacological treatments
- Cognitive and behavioral therapies
- New therapies: Nicotine vaccine, ...
- Tabaco clinical case

Module 9: Psychotherapies for addictions

Speaker: **Dr Charly Cungi (Switzerland)**

Hours: 16 hours

Chapters

- Generalities of CBT
- Neurobiology of addictions
- Stages of change
- The concept of motivation in addictions
- Relapse prevention programs
- Relaxation
- Coping strategies in addictology
- Managing emotions
- Management of craving
- Individual CBT

Module 10: Opiates and Opioid Substitution Therapy

Speakers: **Dr Pierre Polomeni (Paris)**

Prof. Fatima El Omari and Prof. Maria Sabir

Hours: 16 hours

Chapters

- Central place of analgesia and understanding of their actions
- Opioids and pain treatment
- Heroin and morphine
- Clinical assessment of opioid dependence
- Basics of opioid addiction treatment
- Weaning
- History of the development of methadone
- Opioid Substitution Treatment
- Psychiatric comorbidity and addiction to opiates
- OST Program and Harm Reduction in Opioid Users

Module 11: Behavioural Addictions

Speaker: **Dr. Olivier Simon** (Lausanne, Switzerland)

Hours: 16 hours

Chapters:

- Determinants of behavioral addictions
- Definitions and conceptual issues
- Specificity of the main behavioral addictions
- Request for Assistance and Engagement Strategies
- Anamnesis, 1st interview and orientation
- Pathological gambling, epidemiology and mechanisms
- Pathological gambling, levels of prevention
- Therapeutic plan
 - Ambivalence
 - Cognitive therapies
 - Relapse prevention
 - Psychoeducation
 - Medication
- Clinical cases, video
 - Role-playing games

Module 12: Relapse Prevention

Speakers: **Sophie Nicole** (Switzerland)

Hours: 16 hours

Chapters

- Specificity of Addictions
- Stages of change and stages of motivational interviewing
- Relapses and commitments with relapse
- Psychoeducation
- Relapse Prevention Strategies
- Pitfalls to avoid

Module 13: Relaxation psychotherapies, specific addictions

Speaker: **Philippe Nubukpo** (Limoges)

Hours: 16 hours

Chapters

Principle of relaxation

Respiratory relaxation

Autogenic Training, TAT, Schulz

Addiction of Children and Adolescents

Addictions of Women

Addictions of the elderly

Addictions and prison

Module 14: Drug Use and Addiction Prevention

Speaker: **Prof. Daniel Bailly** (Marseille)

Hours: 24 hours

Chapters:

- The notion of prevention in addictology
- The concept of risk reduction
- The different programs for preventing drug abuse
- The concept of decriminalization
- Preventive programs in specific environments: workplace, street children, prisons, prostitutes, schools, high schools ...
- Clinical cases

Module 15: Medico-legal Aspects of Abuse and Dependence

Speaker: **Prof. Abdallah Ounnir** (Tangier, Morocco)

Hours: 08 hours

Chapters:

- Medico-legal problems related to drug abuse
- Drug abuse legislation
- Placement of drug users

Module 16: Psychosocial Management in Addictions

Speaker: **Prof. F El Omari and Prof. Maria Sabir**

Hours: 16 hours

Chapters:

- Concept of Reinsertion and Rehabilitation
- Various rehabilitation programs
- AA, NA, 12 steps, community programs
- Different rehabilitation structures
- Specific programs
- Programs for specific populations: adolescents, prisons, mothers, pregnant women, mother-children, hard-to-reach groups (street children, prostitutes...), addiction-HIV/AIDS-hepatitis.
- Rehabilitation programs: therapeutic apartments, half-way houses, foster families, community rehabilitation centers...

Module 17: Harm Reduction Program and Drug Use Policies

Speaker: **Dr. Reychad Abdool** (UNODC Nairobi)

Hours: 24 hours

Chapters:

- Presentation of the Risk Reduction movement /History
 - Role and objectives of R.D.R /Epidemiology
 - The concept of R.D.R.
 - Physiognomy of drug users
 - Role of Substitution
 - Militant associations
 - The needs of the users:
- a) I.V.H.H. and/or V.H.C. treatment
 - b) Precariousness
 - c) Work integration
 - d) Aging
 - Legal Framework for DDR
 - Current and future projects
- a) Accommodation
 - b) Prison Program
 - c) Festive Environment
 - d) E.R.L.I. (Education to Risks Related to Injection)
 - e) Low-risk consumption room
 - f) The different reception and care structures
- Drug use policies and evaluation of addiction programs,

Module 18: Morbidity and Comorbidity of Addictions

Speaker: **Prof. Alain DERVAUX** (Amiens, France)

Hours: 16 hours

Chapters:

- Evaluations in addictology
- Somatic morbidity
- Addiction and psychosis
- Addiction and anxiety disorders
- Addiction and personality disorder
- Addiction and mood disorder

Module 19: Food Addictions

Speaker: **Dr Alain Perroud** (Geneva, Switzerland)

Hours: 16 hours

Chapters:

Evaluations

Classifications

Mental Anorexia

Bulimia

Bulimic Hyperphagia

Other CAW

Motivational Therapies

Cognitive and behavioral therapies

Emotion management

Practical trainings

Minimum of 16 hours (or two weeks)

The internship covers practical aspects of substance abuse management:

- The concept of demand
- The notion of reference
- The contract
- Crisis management
- Detoxification techniques
- Methadone substitution
- Aftercare
- Motivational interviewing techniques
- Relapse prevention techniques
- Consultations
- Working with families
- Therapeutic groups
- AA, NA
- Family-based rehabilitation
- Breach of contract
- Outpatient follow-up
- The exit.