

## **Course Information Sheet**

### What is Alcohol Addiction? (1 education hour)

Course Description: This audio presentation provides an overview of problem drinking. Included is a discussion of the disease concept of addiction and the differences between alcohol abuse versus addiction. Students of this course will have an opportunity to examine their own relationship with alcohol. Resources are provided for further exploration of this topic.

Course Objectives:

1. Discuss reasons why people develop problem drinking
2. Define the “disease concept” of addiction
3. Explain the progression of alcoholism as a disease
4. Differentiate between alcohol “abuse” and “addiction”
5. Explore you own relationship with alcohol

**Click here to enroll in this course:**

<http://substanceeducation.com/moodle-subed/course/view.php?id=15>