

Master Course Syllabus

BEH 1020 – Cultural Competence in Behavioral Health

Purpose of Document

This document contains important information about this course’s objectives. It may be helpful for you to retain a copy for your records, along with the class specific syllabus. This document will be especially helpful if you decide to later change your course of study.

Pikes Peak State College and the Colorado Department of Higher Education have determined that graduates should have a broad range of learning skills as well as discipline related skills. Both types of skills are detailed below.

Course Description

Provides an introduction to culturally responsive and inclusive care for diverse populations. This course explores the intersection of culture, mental health, and social disparities, emphasizing the importance of cultural competence in promoting positive outcomes and reducing disparities in behavioral healthcare.

Credit Hours: 1.5

Contact Hours: 22.5 (Lecture)

Required Course Learning Outcomes

1. Define the concepts of culture and cultural humility in the context of behavioral healthcare.
2. Identify the factors that influence mental health disparities and access to behavioral health services.
3. Recognize personal biases and stereotypes that may impact the therapeutic relationship and delivery of behavioral health services.
4. Demonstrate effective communication skills when working with clients from diverse cultural backgrounds.
5. Apply culturally competent assessment and diagnostic techniques to understand clients' unique cultural contexts and experiences.
6. Analyze case studies to assess and address cultural competence opportunities.
7. Discuss the ethical considerations and legal requirements related to providing culturally competent behavioral healthcare services, including informed consent and confidentiality.

Required Topical Outline

- I. Culture and cultural humility

- A. Competency
 - B. Historical context in healthcare
 - C. Openness towards diverse perspectives
- II. Identity factors
- A. Culture
 - B. Race
 - C. Ethnicity
 - D. Gender identity
 - E. Sexual orientation
 - F. Ability
 - G. Socioeconomic status
- III. Self-awareness and growth
- A. Bias
 - B. Prejudice
 - C. Discrimination
 - D. Strategies to interrupt bias
 - E. Socialization
- IV. Culturally competent communication
- A. Communication styles in different populations
 - B. Code-switching
 - C. Authenticity
- V. Diagnosis and treatment in diverse groups
- A. Cultural evaluations
 - B. Identity
 - C. Seeking treatment
 - D. Individual narratives into treatment plans
 - E. Shared decision-making
 - F. Individual empowerment
- VI. Culturally responsive care approaches
- A. Case studies in diversity

- B. Self-awareness
- C. Self-reflection
- D. Trust building with diverse populations

VII. Cultural competence and ethical principles

- A. Ethical dilemmas
- B. Codes of conduct
- C. Informed consent
- D. Confidentiality

VIII. Social disparities and behavioral health

- A. Social determinants
- B. Disparities in access to mental healthcare services
- C. Structural inequalities