



Master Course Syllabus

PTE 1010 - Introduction to Behavioral Health Care and Wellness

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

Explores basic principles of behavioral health and wellness care in behavioral health settings. This course develops interpersonal and technical skills while working with clients in psychiatric care settings

Credit Hours: 3

Contact Hours: 45 (Lecture)

Required Course Learning Outcomes

1. Describe the settings used in the delivery of behavioral health care, to include staff roles.
2. Apply legal, professional, and ethical considerations important to the delivery of safe and effective behavioral health care.
3. Identify various communication techniques, including therapeutic communication and motivational interviewing, to assist in developing the skills needed to build therapeutic relationships with clients and improve patient outcomes in behavioral health settings.
4. Discuss the essential components of clinical documentation of client behaviors and assessment findings in the behavioral health settings.
5. Define common behavioral and mental health disorders and spectra.
6. Explore educational and professional behavioral health career pathways.

Topical Outline

- I. Self-assessment
 - A. Emotions
 - B. Values
 - C. Attitudes
 - D. Beliefs
 - E. Impact of behavior on others
- II. Qualities of behavioral health
 - A. Behavioral health
 - B. Wellness
 - C. Mental health
 - D. Mental illness
 - E. Mental health continuum

- F. Historical attitudes and stigma
- G. Language and beliefs impact on recovery
- H. Models of mental healthcare
 - 1. Disease-model
 - 2. Recovery to practice model
- III. The behavioral health care team
 - A. Behavioral health technician
 - B. Licensed psychiatric technician
 - C. Behavioral health nurse
 - D. Social workers
 - E. Recreational therapists
 - F. Occupational therapists
 - G. Physical therapists
 - H. Vocational therapists
 - I. Music therapists
 - J. Art therapists
 - K. Psychologists
 - L. Advanced practice registered nurses
 - M. Psychiatrists
 - N. Physicians
- IV. Behavioral health levels and settings
 - A. Outpatient
 - B. Residential
 - C. In-patient
- V. Ethical and legal issues specific to behavioral-mental health care settings
 - A. HIPAA Public Law
 - B. Patient rights
 - C. Five ethical principles
 - D. Professional behaviors
 - E. Voluntary and involuntary commitment
 - F. Medication refusal
 - G. Emergency medications
 - H. Use of seclusion and restraints
 - I. False imprisonment
 - J. Privileged communication and the duty to warn
 - K. Negligence and malpractice
- VI. Communication techniques
 - A. Self-awareness in the behavioral health setting
 - 1. Personal issues
 - 2. Meaning of “pushing my buttons” or “broken record”
 - B. Therapeutic relationship
 - 1. Phases of the therapeutic relationship
 - 2. Social relationships
 - 3. Appropriate boundaries with behavioral health clients
 - 4. Pre-existing conditions
 - 5. Therapeutic environment
 - C. Therapeutic communication
 - 1. Non-verbal therapeutic communication techniques
 - 2. Non-verbal non-therapeutic communication techniques
 - 3. Verbal therapeutic communication techniques
 - 4. Verbal non-therapeutic communication techniques
 - D. Motivational interviewing

1. OARS techniques (Open Questions, Affirmations, Reflective Listening, Summarizing)
 2. Stages of change
- VII. Assessment and documentation
- A. Maslow's Hierarchy of Needs
 - B. Nursing process
 - C. Types of data collection
 1. Patient
 2. Observations
 3. Chart
 4. Report
 - D. Mental status examination
 - E. Interviewing techniques
 1. Open-ended
 2. Closed-ended
 - F. Documentation
 1. Methods of charting
 2. Guidelines for accurate documentation
- VIII. Understanding human behavior
- A. Five major areas of human development
 1. Physical
 2. Personality
 3. Social
 4. Cognitive
 5. Spiritual
 - B. Theories of personality development
 1. Freud
 2. Erikson
 - C. Erikson's eight stages of psychosocial and personality development
 - D. Piaget's theory of cognitive development
 - E. Kohlberg's theory of moral development
 - F. Self-concept and the development of self-esteem.
 - G. Define Kubler-Ross' stages of grief
 - H. Family and cultural dynamics in human behavior
 1. Identify major cultural variances and diversity
 2. Discuss guidelines for cultural assessment of families and clients
 3. Discuss characteristics of adaptive family functioning
 4. Describe behaviors that interfere with adaptive family functioning
- IX. Stress, anxiety, and psychobiology impact on human behavior
- A. Stress
 - B. Selye's General Adaptation Syndrome
 - C. Adaptive and maladaptive responses to stress (coping behaviors)
 1. Individual's perception of an event
 2. Environmental supports
 3. Coping strategies impact the response to stress
 4. Role of neurotransmitters in human behavior
 5. Development of psychiatric disorders
 6. Alterations in endocrine functioning
 7. Role of genetics
 8. Influence of psychobiological factors on the immune system
- X. Behavioral health and mental health disorders and their spectrums
- A. DSM multiaxial evaluation system
 - B. DSM axes I and II major categories of behavioral and mental health disorders

- C. Common anxious disorders and behaviors patterns
 - 1. Definition of anxiety
 - 2. Symptoms associated with each of the four levels of anxiety
 - 3. Relationship between anxiety and the use of ego defense mechanisms
 - 4. Further discuss examples of each defense/coping mechanisms
 - 5. Identify conditions under which defense mechanisms become maladaptive
 - 6. Describe interventions for persons experiencing severe panic and anxiety
 - 7. Describe interventions for persons experiencing severe panic and anxiety
 - D. Describe common psychotic disorders and behaviors patterns
 - E. Describe common mood disorders and behavior patterns
 - F. Describe substance use dual diagnosis behaviors and patterns
 - G. Describe common personality disorders and behavior patterns
- XI. Behavioral health technician's role
- A. Resiliency
 - 1. Coping skills
 - 2. Resilience
 - 3. Resolve
 - 4. Sustaining
 - 5. Communication
 - 6. Group facilitation
 - 7. Milieu & behavioral management
 - 8. Crisis intervention
 - 9. Trauma-informed care

Certification Information or similar information

This course is included in the following micro-credentials offered at Pikes Peak State College:

[Qualified Behavioral Health Assistant Certificate](#)

[Behavioral Health Assistant II Certificate](#)

[Behavioral Health Plus Certificate](#)