

Master Syllabus

MHT 2105 - Psychosocial Methods

Division: Health Sciences

Department: Human Services and Behavioral Health

Credit Hour Total: 3.0

Lecture Hrs: 3.0

Other Prerequisite(s): Restricted to Majors

Date Revised: March 2016

Course Description:

Applying advanced clinical interventions and treatment modalities for various client populations. Cognitive behavioral therapy and motivational interviewing are emphasized. Examining the nature of selected mental disorders from the current Diagnostic and Statistical Manual (DSM).

General Education Outcomes:

- ▣ Written Communication Competency
- ▣ Critical Thinking/Problem Solving Competency

Course Outcomes:

Transtheoretical stages of change and motivational interviewing

Apply motivational interviewing responses within the transtheoretical stages of change model.

Assessment Method: Locally developed exams

Performance Criteria:

70% or better on written exams

Assessment Method: Written surveys and/or questionnaires

Performance Criteria:

70% or better on written paper

Reality therapy

Apply reality therapy and its eight steps to children's mental health issues.

Assessment Method: Locally developed exams

Performance Criteria:

70% or better on written exams

Community support services

Identify features and areas of focus of community support and the mental health recovery model applied to the needs of clientele with schizophrenia.

Assessment Method: Locally developed exams

Performance Criteria:

70% or better on written exams

Crisis intervention, including suicide risk

Identify goals and methods of crisis intervention and apply suicidal risk assessment and intervention strategies.

Assessment Method: Locally developed exams

Performance Criteria:

70% or better on written exams

Cognitive behavioral therapy

Explain the theoretical basis for cognitive therapy and apply cognitive intervention strategies to mood and other mental disorders.

Assessment Method: Locally developed exams

Performance Criteria:

70% or better on written exams.

Assessment Method: Written surveys and/or questionnaires

Performance Criteria:

70% or better on paper.

Outline:

Cognitive behavioral therapy

Motivational interviewing applied to transtheoretical stages of change

Reality therapy applied to children's issues

Case management/community support

Crisis intervention, including suicide risk

Depression, bipolar disorder, attention-deficit hyperactivity disorder, post-traumatic stress disorder and schizophrenia