

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



MASTER SYLLABUS

HUSV 315 – MENTAL HEALTH PRACTICE

Created by: Patrick McManus, LMHC (November, 2018)

Updated by: N/A (new course as of Fall, 2018)

**SCHOOL OF BUSINESS AND LIBERAL ARTS
SOCIAL SCIENCES DEPARTMENT
FALL, 2020**

- A. **TITLE:** Mental Health Practice
- B. **COURSE NUMBER:** HUSV 315
- C. **CREDIT HOURS:** 3 credit hours/3 lecture hours per week for 15 weeks
- D. **WRITING INTENSIVE COURSE:** No.
- E. **GER CATEGORY:** None.
- F. **SEMESTER(S) OFFERED:** Fall
- G. **COURSE DESCRIPTION:** In this course, students will be introduced to mental health care, services, and practice. The course provides an overview of the historical roots of mental health care, the state of modern mental health care, and potential future trends in the field. A thorough examination of therapeutic and clinical skills will be partnered with classroom practice and presentation of these skills. Mental health over the lifecycle will be reviewed. Finally, common mental health disorders will be studied and paired with evidence-based treatment and interventions.
- H. **PRE-REQUISITES/CO-REQUISITES:**
Pre-Requisite: PSYC 101 (Introductory Psychology) and PSYC 275 (Abnormal Psychology) or permission of the instructor.

Co-Requisite: None.
- I. **STUDENT LEARNING OUTCOMES** (see key below):

By the end of this course, the student will be able to:

KEY	<u>Institutional Student Learning Outcomes [ISLO 1 – 5]</u>
ISLO #	ISLO & Subsets
1	Communication Skills Oral [O], Written [W]
2	Critical Thinking <i>Critical Analysis [CA], Inquiry & Analysis [IA], Problem Solving [PS]</i>
3	Foundational Skills <i>Information Management [IM], Quantitative Lit./Reasoning [QTR]</i>
4	Social Responsibility <i>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</i>
5	Industry, Professional, Discipline Specific Knowledge and Skills

<u>Course Student Learning Outcome [SLO]</u>	<u>PSLO</u>	<u>GER</u>	<u>ISLO</u>
a. Explain the history of professions in mental health, including: standards of practice, professional certification, and ethical conduct.	Professional Development		5
b. Describe the nature of work in mental health, including: types of positions and activities, relationships to other professionals and the scope and limitations of practice appropriate for a mental health care professional.	Knowledge base in Psychology, Human Services, or Applied Behavior Analysis		5
c. Identify at a general level the major models used in mental health care, along with the clinical skills used by mental health professionals.	Communication		1 [O,W]
d. Analyze the similarities and differences in approaching different levels of social systems, including the individual, family, group, organizations, and the community.	Scientific Inquiry and Critical Thinking		2 [IA]
e. Describe the nature and diversity of various central client groups seen by mental health professionals.	Ethical and Social Responsibility in a Diverse World		4 [ER]

J. APPLIED LEARNING COMPONENT:

Yes___ No_XX_

K. TEXTS (Suggested):

Morrison-Valfre, M. (2017). *Foundations of mental health care* (6th ed.). St. Louis, MO: Elsevier.

L. REFERENCES:

Morrison, J. (2018). *The mental health clinician's workbook: Locking in your professional skills*. New York, NY: The Guilford Press.

Gladding, S., Newsome, D. (2017) *Clinical Mental Health Counseling in Community and Agency Settings* (5th ed). Upper Saddle River, New Jersey: Pearson.

M. EQUIPMENT: technology enhanced classroom.

N. GRADING METHOD: A-F.

O. SUGGESTED MEASUREMENT CRITERIA/METHODS:

Exams	Quizzes
Video Presentations	Projects
Written Assignments	Discussion Boards

P. DETAILED COURSE OUTLINE:

- I. Mental Health Care: Past and Present
 - A. History of Mental Health Care
 - B. Current Mental Health Care Systems
 - C. Ethics and Legal Issues
 - D. Sociocultural Issues
 - E. Theories and Therapies
 - F. Alternative Therapies
 - G. Psychopharmacology

- II. Clinical Skills
 - A. Foundations
 - B. Assessment
 - C. Therapeutic Communication
 - D. Therapeutic Relationship
 - E. Therapeutic Environment

- III. Mental Health throughout the Lifecycle
 - A. Childhood
 - B. Adolescence
 - C. Adulthood
 - D. Late Adulthood

- IV. Linking Issues/Disorders with Treatment
 - A. Anxiety
 - B. Depression
 - C. Grief
 - D. Anger, Aggression, and Violence
 - E. Bipolar Disorder
 - F. Schizophrenia
 - G. Suicide

- H. Dissociative Disorders
- I. Substance Abuse Disorders and Addiction
- J. Personality Disorders
- K. Eating Disorders
- L. Sleeping Disorders
- M. PTSD
- N. Disasters

- V. Future of Mental Health Practice
 - A. Settings
 - B. Internet and Social Media
 - C. Video Game Addiction
 - D. Policy Changes
 - E. Medication Changes

Q. LABORATORY OUTLINE: None.