INTEGRATED BEHAVIORAL HEALTH CARE - GRADUATE MINOR

The Minor in Integrated Behavioral Health Care, offered through the Counseling and Educational Psychology (CEP) department, is open to graduate students enrolled in CEP programs Clinical Mental Health Counseling, School Psychology, Counseling Psychology and to graduate students who are enrolled in Social Work, Public Health, Nursing and Marriage and Family Therapy programs.

It was established in the interest of meeting the needs of graduate students in the health professions who are receiving, or seeking training in, interdisciplinary or interprofessional collaborations with other healthcare disciplines. The provision of integrated behavioral health services fits within the university’s broader goal of meeting the needs of the citizens of New Mexico and the department’s commitment to graduating competent service providers who can be effective members of a health care team.

Students will successfully complete 9 credits of coursework specific to this program of study in order to obtain a Minor in Integrated Behavioral Health Care. For application and coursework details, please contact the CEP department office or visit the departmental website at https://cep.nmsu.edu.

Through the courses in this minor students develop knowledge and skills in the following areas:

1. Apply the biopsychosocial model of health and illness with primary care patients,
2. Apply knowledge regarding the mind-body connection to address such issues as stress management, emotion regulation and sleep medicine,
3. Apply culturally responsive behavioral assessment/interventions,
4. Demonstrate behavioral health consultation skills with other health care providers, and
5. Develop interprofessional collaboration skills that include understanding the roles of all healthcare professionals and learning how to communicate effectively in order to engage in service delivery as a team.