

INTEGRATED BEHAVIORAL HEALTH CARE - GRADUATE MINOR

Program of Study

Students will successfully complete 9 credits of work from the courses listed below in order to obtain a Minor in Integrated Behavioral Health Care.

Prefix	Title	Credits
Core Courses		
Choose 9 credits from the following:		9
CEPY 5150	The Art & Science of Mindfulness for Helping Professionals	
CEPY 5280	Primary Care Psychology	
CEPY 5997	Special Research Programs	
or CEPY 6996	Selected Topics	
CEPY 6590	Behavioral Health Practicum	
Total Credits		9

CEPY 5150 The Art & Science of Mindfulness for Helping Professionals (1-3 s.h.) In this course, students learn about contemplative practices by learning about and participating in various mindfulness practices. This course engages students in a practice or experience that leads to reflection and, thus, acquired knowledge about themselves, others, and group functioning. The students learn how to increase well-being through mind-body integration, and they learn how to teach others mindfulness techniques. Students are required to explore the research on mindfulness for some medical condition or for its use with a specific population. This course has been taught in the spring semester, for five years, to CEP, MSW, MPH, and FCS students.

CEPY 5280 Primary Care Psychology (3 s.h.) Didactic and experiential learning in primary care psychology issues. Through this course students will learn about the cultural necessity of the integration of mental and physical health issues and multidisciplinary collaboration. Activities include 1) guest speakers on American Indian Health, the Mexican Healthcare System, and Integrated Care in primary care settings; 2) visits to 2 interdisciplinary, integrative, border community health centers; 3) shadowing residents at the Family Medicine Center and observing the integration of psychological and medical aspects of the cases observed; and 4) exposure to the interventions of Motivational Interviewing and Mindfulness-Based Stress Reduction. CEP, MSW, and MPH trainees have enrolled in this course, taught during the fall semester, over the last 11 years.

CEPY 5997 Special Research Programs (1-6 s.h.)/CEPY 6996 Selected Topics (1-6 s.h.). This course will require students to spend a minimum of 6 hours per week at a primary care site, providing counseling, assessment, supervision, or psychoeducational services. The Minor coordinator must approve all placements. CEP students have enrolled in this course over the last 4 years. This course is available fall, spring and summer. During the summer, a special section of this course is subtitled, "Interprofessional Immersion" as CEP, DNP, and Family Medicine and PharmD residents learn interprofessional competencies related to providing geriatric care. This special section has been offered for two summers.

CEPY 6590 Behavioral Health Practicum (1-6 s.h.). An intensive supervised experience in providing behavioral health services at an on or off campus interdisciplinary health setting. This course will provide students the opportunity to participate in a supervised service-learning experience within community-based, interdisciplinary, primary care settings that serve medically underserved and high-risk groups. Students write and present a case study utilizing the biopsychosocial model of health. MSW and CEP students are placed in community-based organizations with Family Medicine residents or other medical personnel in order to provide integrated care. This course has been offered in the spring semester for the last 11 years.