

# INTEGRATED BEHAVIORAL HEALTH CARE - GRADUATE MINOR

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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 healthcare team.

Students will 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 get in touch with the CEP department office or visit the departmental website: <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.

## Prerequisites

In order to begin the Minor courses, students **must currently be enrolled in a Behavioral Health program**. There are no other prerequisites.

## How to Apply

If you are interested in pursuing a minor in Integrated Behavioral Healthcare, you should complete the attached application and return it to the IBH Minor coordinator, Eve Adams ([eadams@nmsu.edu](mailto:eadams@nmsu.edu)). It is best to meet with the program coordinator before enrolling in relevant coursework, but it is possible to obtain the minor after taking one of the courses in the program of study. The application form allows the CEP department to keep track of potential minors in order to determine what courses need to be offered at any given time. To declare the Minor with the Graduate School, the student should list all relevant completed coursework on the Program of Study form that is submitted to the Graduate School prior to graduating. This form must be signed

by Dr. Adams. A IBH Minor faculty member is also required to sit on the student's graduate committees, including the comprehensive exam and the dissertation proposal and defense exams.

**Application:** Integrated Behavioral Healthcare Minor Form and Description (<https://cep.nmsu.edu/academic-programs/Integrated-Behavioral-Healthcare-Minor-form-description.docx>)