

Common Course Outline
MNTH 201-202
Introduction to Mental Health
5 Credits

The Community College of Baltimore County

Description

Introduction to Mental Health

Assigns the student to a variety of mental health or human service facilities to gain practical experience with patients under supervision of agency personnel.

Prerequisite: MNTH 101, MNTH 102, and MNTH 103

Two (2) hour seminar, fourteen (14) hours practicum a week: 2 semesters. (Offered Fall and Spring, day and evening.)

Overall Course Objectives

Upon completion of the course the student will be able to:

1. identify and demonstrate core ethical standards and behavior in counseling.
2. identify and demonstrate core attributes of effective helpers.
3. develop awareness of role of culture in counseling and development of therapeutic relationship.
4. conduct and evaluate performance in counseling sessions.
5. develop an awareness of the dynamics of the interpersonal process in helping.
6. implement, assess, evaluate, and present a multi-dimensional problem assessment of client.
7. identify and develop therapeutic counseling goals for clients.
8. identify and implement treatment strategies for clients.
9. broaden scope of clinical interventions utilized with clients.
10. develop advanced counseling skills and clinical interventions.
11. develop an awareness of his/her own limitations in counseling sessions.
12. develop self-awareness and demonstrate a capacity for self-improvement.
13. identify and develop primary prevention program and goals.
14. develop a professional identity as a mental health practitioner.
15. locate and evaluate mental health treatment resources on the Internet.

16. locate, analyze, evaluate, and prepare abstracts of peer review journal articles in mental health.

Major Topics

Ethical & legal issues in counseling
Role of cultural factors (race, ethnicity, gender, class) in counseling
Problem assessment and definition
Goal setting in counseling
Treatment Planning
Assessment of clinical outcomes
Multi-Modal Therapy & assessment techniques.
Reality Therapy techniques
Cognitive –Behavior Therapy techniques
Behavior Therapy techniques
Primary Prevention in mental health: Principles & practice

Course Requirements

Grading/exams: Grading procedures will be determined by the individual faculty member but will include the following:

Exams
Evaluation of audio-tape of counseling sessions
Written & oral case presentations of assessments of client problems
Internet resource evaluation report
Abstract of mental health treatment journal articles
Self-awareness & self-improvement exercises
Written & oral presentation of student's primary prevention project

Other Course Information

This course is a core course in the Mental Health Program but is open only to students admitted to the Mental Health Program.

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