INTEGRATIVE BEHAVIORAL HEALTH CERTIFICATIONS FOR REHAB PROVIDERS

People struggling with depression, anxiety, trauma, and other conditions routinely come to healthcare providers with pain, fatigue, brain fog, and a host of neurological, cardiovascular, and musculoskeletal issues. This course provides learners with an understanding of the integrated biopsychosocial model for overall health and wellbeing. It examines the problem of behavioral health conditions in America, and it begins to explore how those conditions impact the progress of patients who seek help for physical health-related conditions.

PLAN OF STUDY

**Special Topics 1 - Diagnosis**
This course provides an overview of common behavioral health diagnoses seen across disciplines in healthcare services. These include depression, anxiety, post-traumatic stress disorder, obsessive-compulsive disorder, and personality and adjustment disorders. Special consideration is given to suicide and trauma, with preparedness planning guidelines and resources incorporated to equip learners for complex and emergency situations.

**Special Topics 2 - Treatment Paradigms and Take-Aways for Non-behavioral Health Providers**
While the majority of physical therapists, physicians, nurses, and other healthcare providers may not offer mental health or behavioral health services, it is important that all providers understand techniques for the care of patients seeking counseling or other services for behavioral health conditions. In this self-study course, learners get a glimpse of common models and strategies used to promote behavior change. The class explores the evolution of cognitive behavioral therapy, dialectical behavior therapy, acceptance and commitment therapy, trauma based-therapies, motivational interviewing, and the therapeutic use of self to enhance interaction between practitioner and patient. Other topics include therapeutic boundaries, scope of practice limits, and making referrals to behavioral health professionals.

**Special Topics 3 – Big Picture Considerations: The Psycho-Social Landscape**
In this self-study class, learners explore the impact of culture and roles on behavioral health, as well as the influence of generational diversity, social determinants of health, and our own implicit and cognitive biases as we interact with patients. The course culminates in a live, synchronous session featuring real-time interaction with faculty to discuss the nuances inherent in this kind of “big picture” thinking.
Therapeutic Neuroscience Education
This class discusses the evolution of therapeutic neuroscience education, the importance of neuroscience education in patient care and, more importantly, the clinical application and implementation of therapeutic neuroscience education for patients with acute, sub-acute and chronic pain. Current best evidence shows that neuroscience educational strategies utilizing neurobiology and neurophysiology can reduce pain, increase function, improve movement, reduce fear and worst-case-scenario thinking, and actually change brain activity during pain experiences.

Maladaptive Coping Strategies
Promoting positive health behaviors and coping strategies are important elements of lifestyle medicine. Some options are risky and can be detrimental to health. This introductory course focuses on assisting clients in both understanding and overcoming the use of risky substances. Topics include tobacco, opioids, vaping, CBD (cannabidiol), medical marijuana, and alcohol, as well as alternatives to the use of risky substances, including exercise and behavior therapy.

Called to Care
This class explores what it means to truly humanize healthcare and to develop practical applications for learners’ personal practices through the lens of behavioral health. Learners formulate a personal philosophy of how behavioral health concepts, empathy, and positive psychology integrate into their clinical practices.

Integrative Behavioral Health Virtual Lab
This course focuses on the principles and foundations of building secure network systems and on security and privacy challenges in existing and emerging networks. The course compares and analyzes network architectures and network protocols from the physical layer to the access control, network, transport and application layer from an adversarial standpoint to understand how to build more secure protocols that can withstand attacks.

Capstone Project
In this final course, learners integrate their new understanding of behavioral health, pain, quality of life, behavior change, and overall wellbeing. They’re expected to demonstrate how these elements impact clinical participation, treatment planning, and outcomes in rehab or medical settings. With guidance from expert faculty, students choose between two options to create immediately actionable tools for utilization in their sphere of influence. They have three weeks to produce their end product. They then receive feedback on how to take it to the next level for real-world implementation.