

Behavioral Health Counselor I  
Course Descriptors

**NAADAC Ethics  
Hours**

**6 Contact**

Trainees are provided with foundational\* philosophy and practice\*\* information about the need for professional ethics. They are also introduced to the code of ethics developed for behavioral health providers, with discussion on how to use this code as a guide to providing client services. Applied exercises will help trainees practice identifying potential ethical issues. \*\*\*

\* Foundational refers to broad, general information/concepts needed for level of practice.

\*\* Practice refers to application in practice level.

**Confidentiality**

**6 Contact Hours**

Trainees are provided with foundational and practice information about federal requirements of 42CFR and HIPAA regarding client confidentiality and protection of client confidential information in general behavioral health counseling, as well as specific implications of working with individuals experiencing behavioral health issues. Reporting requirements (child abuse, threats of violence, etc.) that apply will be introduced and discussed. Trainees will be instructed in how to present clients with release of information forms and how the use of this form is documented. \*\*\*

\*\*\* These trainings may also be used for required ethics and confidentiality refresher training for recertifying.

**Psychophysiology**

**12 Contact Hours**

Trainees are provided with foundational information about the brain-body connection, nervous system procedure, neuroanatomy, neurotransmitter and receptor function, and drug class/medication effects. Application exercises will help trainees understand the impact and importance of psychoactive substances (legal and illegal) and discuss psychoactive effects/implications with clients.

**Motivational Interviewing**

**16 Contact Hours**

Trainees are provided with foundational information about philosophical and practical basis of motivational interviewing. Application exercises will help trainees enhance their client screening and intake skills, plan development, and case management using motivational interviewing techniques.

**DSM Practice Application**

**12 Contact Hours**

Trainees are provided with foundational and practice information about evaluating behavioral health disorders using criteria contained within the DSM-IV-TR. Application exercises will provide case examples for practicing comprehensive use of DSM Axis I-V and, with substance abuse disorders, making clinical diagnoses, and with mental health disorders, developing a working impression. Trainees will develop an understanding and appreciation of the need to for clinical supervision and consultation related to clinical evaluation practice.

**ASAM Practice  
Hours**

**12 Contact**

Trainees are provided with foundational and practice information about evaluating behavioral health disorders using criteria contained within the ASAM PPC-2R. Trainees will be given guidance using ASAM criteria for placement to appropriate level of care. Application exercises will provide case examples for practicing the development of client placement recommendations based on available services within the continuum of care, and how changes in client risk/severity associated with ASAM dimensions can be used to document treatment/service progress.

### **Conducting Therapeutic Groups**

**16 Contact Hours**

Trainees are provided with foundational and practice information related to therapeutic group processes. Primary focus includes rationale for group membership screening, time-limited group process, role and function of therapeutic group leadership, and therapeutic group process and its use in community-based practice.

### **Community Development Approach to Prevention**

**12 Contact Hours**

Trainees are provided with foundational philosophy and practice information on community readiness and key issue evaluation for developing effective community-based prevention plans. Prevention plan development will focus on strategies, including environmental strategies, that are appropriate to and compatible with community characteristics. Applied exercises will help trainees practice evaluating and developing various prevention efforts targeting behavioral health issues.

### **Traditional Health Based Practices**

**8 Contact Hours**

Trainees are provided with foundational information on traditional lifestyles and health practices of people living in Alaska prior to western contact. Trainees will be introduced to beliefs, attitudes, and knowledge of health promotion and maintenance that were practiced, and examine major changes leading to the current health status of the Alaska Native community. Special emphasis will be placed on potential strategies for improving health.

### **Case Study and Clinical Case Management**

**16 Contact Hours**

Trainees participate in discussion and case analysis of example cases with different behavioral health issues (abuse, addiction, child abuse, co-occurring disorders, domestic violence, mental illness, etc.). Trainees will evaluate service usefulness and accessibility issues to consider in different communities. Through applied exercises they will practice case presentation for treatment team review.

### **Applied Crisis Management**

**8 Contact Hours**

Trainees are introduced to foundational and practice information on debriefing related to managing community-based crisis events such as natural disasters, homicides and suicides that have impact on families and general community members. Discussion and applied exercises will focus on meaningful ways to access resources that will implement community-based debriefing and support, gathering appropriate client information to screen for referral.

### **Co-Occurring Disorders Hours**

**12 Contact**

Trainees are provided with foundational information and guidance related to services and treatment planning for clients experiencing problems and limitations directly related to the existence of more than one diagnosed behavioral health disorder. Application exercises will provide experience in developing individualized treatment/services plans addressing multiple clinical issues requiring complex evaluation and planning.

**Recovery, Health, and Wellness II**

**8 Contact Hours**

Trainees will review and add to foundational and practice information regarding health, wellness and balance. Focus continues to be on supporting personal recovery, wellness and balanced health using stress management approaches. Applied exercises will help trainees practice their developing skills on how to maintain their own health and wellness, as well as modeling and teaching their clients about personal health, wellness, and balance.

**Family Systems II**

**15 Contact Hours**

Trainees will review and add to foundational and practice information related to family systems work. They will evaluate strategies, including interventions, and whenever appropriate incorporate life stages into working with families seeking to become more healthy. Applied exercises will help trainees practice their developing their skills to facilitate healthy family functioning.