



Course Information

Course Title, Number, Section Number: Integrative Health Care COUN582-001

- Term & Year:
- Number of Credits: 3 credits
- Course Location: MC 348

Dates & Times:

- Friday, September 10th 5PM-10PM
- Saturday, September 11th Asynchronous
- Friday, September 24th 5PM-10PM
- Saturday, September 25th Asynchronous
- Friday, October 8th 5PM-10PM
- Saturday, October 9th Asynchronous

Instructor Information

Name of Instructor:

Instructor Contact Information:

- Email:
- Phone:
- Zoom:

Instructor Preferred Method/ Times for Student Contact: Please feel free to reach us by phone or email. We will return messages within 48 hours. Appointments (virtual or in person) can be scheduled as needed.

Course Description

Presents the knowledge and skills necessary to interact with health care providers regarding the implications of common and chronic medical illnesses and research on stress and health within a mind-body perspective. Behavioral health models of care and evidence-based interventions will be discussed, as well as health promotion, lifestyle, and career decision making across a broad and multicultural adult population. Prerequisites: COUN 580

Required Course Materials

- Burg, M. A., & Oyama, O. (2016). *The behavioral health specialist in primary care: Skills for integrated practice*. Springer Publishing Company, LLC. ISBN: 9780826129871

Suggested References from WI DHS:

Highlighting prevalence of health problems and role of behavior and mental health in physical health

- <https://www.dhs.wisconsin.gov/publications/p45336-14.pdf>
- <https://www.dhs.wisconsin.gov/publications/p0/p00066.pdf>
- <https://www.dhs.wisconsin.gov/publications/p00929.pdf>
- www.attcnetwork.org
- https://attcnetwork.org/sites/default/files/15-ATTC_WhitePaper5_10_16Final.pdf

Program Mission

The mission of the Viterbo University counselor education graduate programs is to prepare professional counselors who can build professional helping relationships, provide empirically supported techniques in a variety of settings and integrate the values of contemplation, integrity, hospitality, stewardship, and service into their personal and professional lives.

Course Student Learning Outcomes

Course Objectives (CACREP) As a result of successfully completing this course, the student will develop an enhanced understanding of integrative behavioral health care.

Course Student Learning Outcomes

1. Examine the historical origins of behavioral integrative medicine.
2. Identify the physiological and neurological basis of the stress response and relaxation response, and the effect of stress on physical and mental health
3. Explain alternative therapies relative to stress reduction and relaxation techniques for different healthcare situations
4. Develop a plan for integrating Mental Health Counseling and Behavioral Medicine in professional development
5. Describe the counselor's role in Integrative Health models
6. Discuss strategies for working effectively with interdisciplinary models
7. Apply interdisciplinary process relative to assessments, treatment plans, consultations and referrals

COUN 582 Standards/Assignment Alignment Chart

The curriculum is also designed to enhance a student's professional identity and counseling knowledge and skills. The Student Learning Outcomes for this course are aligned with CACREP standards and the WI School Counseling Program Guidelines as explicated through specific assignments as noted below.

Course Learning Outcomes	2016 CACREP Standards	Course Assignments
1. Examine the historical origins of behavioral integrative medicine and the potential counselor's role for integrated behavioral health settings.	<i>5.C.3.d. Strategies for interfacing with integrated behavioral health care professionals</i>	Discussion Posts/Responses Chapter Presentation Behavioral Health Specialist & Advocacy Brochure Cover Letter Chapter Quizzes
2. Identify the physiological and neurological basis of the stress response and relaxation response, and the effect of stress on physical and mental health	<i>5.C.2.g. Impact of biological and neurological mechanisms on mental health)</i>	Chapter Presentation Stress Management and Relaxation Recording Discussion Posts/Responses Chapter Quizzes

3. Explain alternative therapies relative to stress reduction and relaxation techniques for different healthcare situations	5.C.3.b. <i>Techniques and interventions for prevention and treatment of a broad range of mental health issues)</i>	Stress Management and Relaxation Recording Discussion Posts/Responses Chapter Presentation Cover Letter Chapter Quizzes
4. Describe the counselor's role in Integrative Health models	5.C.3.d. <i>Strategies for interfacing with integrated behavioral health care professionals)</i>	Stress Management and Relaxation Recording Discussion Posts/Responses Chapter Presentation Cover Letter Chapter Quizzes
5. Develop a plan for integrating Mental Health Counseling and Behavioral Medicine in professional development	5.c.2.c <i>Mental health service delivery modalities within the continuum of care, such as inpatient, outpatient, partial treatment and aftercare, and the mental health counseling services networks</i>	Stress Management and Relaxation Recording Behavioral Health Specialist & Advocacy Brochure SBIRT Training Cover Letter
6. Discuss strategies for working effectively with interdisciplinary models	5.c.3.d. <i>Strategies for interfacing with integrated behavioral health care professionals</i>	Stress Management and Relaxation Recording Behavioral Health Specialist & Advocacy Brochure SBIRT Training Cover Letter
7. Apply interdisciplinary process relative to assessments, treatment plans, consultations and referrals	5.C.3.a. <i>Intake interview, mental status evaluation, biopsychosocial history, mental health history, and psychological assessment for treatment planning and caseload management</i>	Behavioral Health Specialist & Advocacy Brochure Discussion Posts/Responses SBIRT Training Cover Letter SBAR Note/Case Conceptualization

Methods of Instruction & Teaching Philosophy

This course will contain lectures, large and small group discussions, practitioner and student-led demonstrations, recorded sessions, and experiential activities. Instructors in this course believe that learning occurs through interactions and dialogues. Learning is a co-constructed process which is best fostered through the creation of a safe and supportive environment where students are able to take risks as a means to encourage ongoing growth. Both instructors and students play a key and active role in creating such an environment.

Equity & Inclusion Statement

Viterbo is committed to social justice and equity. Instructors support Viterbo's statement that "social justice and equity must first be present for diversity and inclusion to exist and flourish."

Instructors also believe we grow by leaning into discomfort and engaging in both intellectual and emotional risk taking in the classroom. As mentioned above, instructors will work hard to create an environment that facilitates this risk taking, and each student plays a key role in constructing an inclusive and supportive climate.

To read more about Viterbo University's commitment to social justice and equity follow this link: [Viterbo University Social Justice and Equity](#)

Evaluation Method

SBIRT	Discussion Post/Responses	Chapter Presentation	Cover Letter	Stress Mngmt & Relaxation Recording	Behavioral Health Advocacy	Chapter Quizzes	Asynchronous Learning/Work
30 Points 15%	40 Points 20%	30 Points 15%	20 Points 10%	20 Points 10%	20 points 10%	20 points 10%	20 points 10%

Grading Scale:

A	95-100%
A/B	90-94%
B	84-89%
B/C	79-83%
C	73-78%
C/D	68-72%
D	61-67%
F	<61%

Policies & Resources

Academic Integrity Policy

Maintaining a standard of academic honesty is a responsibility shared by the students, faculty and administration at Viterbo University. The faculty has the responsibility to create an atmosphere in which students may display their knowledge. This atmosphere includes sufficient safeguards to control dishonesty including an orderly testing room, restrictions on text messages, etc. Students have the responsibility to understand academic misconduct and to refrain from it.

Attendance Policy

Viterbo University challenges students to be learners who assume responsibility for being part of a community of scholars. Moreover, students are expected to attend all classes, as noted in the graduate catalog.

Excused Absence: Absences are considered excused only in the cases below, and only if appropriate documentation is provided.

- A medical condition or emergency with documentation from an appropriate person.
- Students with a medical condition or emergency are responsible for talking to the instructor about missed/late work and arranging for any extensions (as deemed warranted by the instructor).
- Attendance at a required extracurricular activity such as a field trip, or when a student is officially representing Viterbo University at a scheduled activity, such as a fine arts production, a conference, or an intercollegiate athletic event.

If you have an excused absence, you are still responsible for completing any missed activities or assignments by the due date.

Conduct

I expect that we will treat each other respectfully. Thus, disruptive behaviors will not be tolerated. In addition, unsolicited use of course content is not allowed without the instructor's consent. Be courteous and we will have an environment conducive to learning.

Where to Get Help: Additional Policies and Resources for Students

- [Viterbo Speaks Up](#): Report crimes, worrisome behaviors, harassment, sexual violence or assault, hate/bias discrimination, or violations of the Viterbo University Code of Student Conduct
- [Chosen First Name Policy](#)
- [Concerns or Complaints Regarding Instruction](#)
- [Moodle & Technology Guides](#)
- [Sex Discrimination, Sexual Harassment, and Sexual Misconduct Policy](#)
- [Student Disability Policies and Procedures](#)
- [Student Resources](#)
- [Technology Requirements](#) and [Technical Support](#)

Please review additional items noted in the Policies and Resources block in the Moodle course site.

Counseling Services

It is common for college students to struggle with stress or other emotional challenges, and you may feel a need or desire to seek professional help. If you would like to talk to someone, you are encouraged to contact Viterbo University's Counseling Services: <https://www.viterbo.edu/counseling-services>; 608-796-3825. For assistance after normal business hours, you can call the Great Rivers 24-hour helpline: dial 211 from a campus phone or 800-362-8255. For emergencies, dial 911 or campus security (3911 from campus phone or 608-796-3911). The National Alliance on Mental Illness (NAMI) is another great resource for more information regarding mental health (www.nami.org). In addition, NAMI has a national toll-free call line for crisis counseling (1-800-950-6264).

Course Support Services

Learning assistance is available from the Academic Resource Center. Content tutoring is available for all students. Writing specialists are also available to assist students in any course. Students may schedule writing appointments by going to the ARC web page and clicking on the book now icon.

Course Website

You are responsible for checking Moodle and your Viterbo email for important class information. Course documents, slides, and announcements will be posted on Moodle.

COVID-19

Student Health: Students are expected to monitor daily their temperature and enter it in the Viterbo Involvio app (<https://appadvice.com/game/app/viterbo-university/1315582792>). A green status will be required for entry into all courses. For additional information and resources in regard to preventing the transmission of COVID-19 and what to do in the case of positive COVID-19 symptoms see the Viterbo Moving Forward Plan resource page at: <https://www.viterbo.edu/moving-forward-viterbo/covid-19-coronavirus-information>

Instructor Health: In the event the instructor needs to quarantine or isolate due to COVID-19 contact or illness, students will be notified of a course format change, and the instructor's course(s) will be taught online until cleared

to return to campus (by HR, in consultation with the county health department and/or medical provider), at which point in-person instruction will resume. If the instructor is unable to continue teaching, the department chair or program director will reassign instruction until the faculty member is able to return.

Face Coverings: Under Viterbo University's Fall 2020 Moving Forward Plan, all campus community members are required to wear a face mask when in close proximity to others. This includes all instructional spaces (classrooms, labs, studios, etc.), as well as non-instructional ones, such as: Public areas of residence halls, dining halls, hallways, stairwells, bathrooms and while conducting business on campus. Students are asked to bring their own personnel masks with them to campus. For those without masks, contact Sue Danielson in Health Services who has a limited supply of extra masks.

The strength of our community rests on trust and care for one another. During this public health emergency, we expect all university community members to abide by the required public health guidelines of our community by appropriately wearing a mask/face covering (i.e., covering both your mouth and nose). Students not wearing a mask in instructional spaces (classrooms, labs, studios, etc.) will be asked to leave. Students who have specific concerns or questions about the masking requirement should contact Rick Trietley, Interim Provost. For the health and safety of our community, those who do not wear face masks/coverings may face disciplinary action.

Attendance (for face-to-face courses): Realizing that this academic year will be different both in how we gather and the effect of COVID-19 on course attendance, Viterbo University is adopting an attendance policy addendum for the 2020-2021 academic year. The goal of this policy is to accommodate students who are ill or are required to quarantine during the semester. This temporary university-wide policy relies on the honor, good faith and mutual trust of all university community members. According to the new policy, when students are unable to attend class due to physical or mental health concerns related to COVID-19, they are asked to report the reason for their absence truthfully to their instructor. Instructors are asked to track students' attendance in their classes and to trust their students when they say they are ill or in self-quarantine. For specifics on what to do if you are experiencing symptoms related to COVID-19 please see the full policy in the academic catalog:

- Undergraduate Catalog: <https://www.viterbo.edu/node/23866#Attendance%20Policy>
- Graduate Catalog: <https://www.viterbo.edu/node/28556#Attendance>

Zoom Engagement: Whether we meet in person, on Zoom, or in other digital formats, we are in a professional community. As professionals, we are expected to show up on time, be prepared for our collective work, and try to limit distractions in our individual workplaces.

As members of a community, please consider the effects of your actions on your colleagues, just as you would in a physical classroom. Keep your video on, mute yourself when not speaking and focus your attention on the speaker. Please let me know if you are having difficulties interacting in class via Zoom, and if there are reasons you cannot follow the above guidelines.

Zoom Technology: This class may use Zoom, which is a web and video conferencing tool. Please be sure you have Zoom installed and are familiar with using the tool. Here are tips for participating in a Zoom session:

- Join the meeting early and test speaker, microphone, and camera settings
- Keep speakers away from microphones to avoid feedback
- Use a headset with microphone if possible
- Do not join a meeting from multiple devices.

Instructions on joining or hosting a Zoom call can be found at: <https://www.viterbo.edu/sites/default/files/2020-05/Zoom%20Instructions.pdf>

Credit Hour Course Expectations

Regardless of format, all courses are required to meet the required credit hour standards by a combination of seat time and outside work. Outside work could include additional outside reading, group work, service projects, field

work, clinical rotations, among other learning activities. Viterbo defines one credit hour as 750 minutes over 15 weeks. In addition, each credit of a course requires that students spend two hours of work outside of class per week. Minimum class and outside work time are calculated according to this formula:

$$(750 + 1800) * \text{the \# of credits of a course} = \text{the minimum number of minutes of seat time and outside work required}$$

For example, a three-credit course requires a minimum of 7,650 total minutes.

Disability Statement

The Academic Resource Center provides services to students who have indicated that they have a disability. Students who have a diagnosed disability and require legitimate accommodations must complete an Application for Accommodations Based on Disability-Related Need and should contact the Academic Resource Center. Located at 332 Murphy Center, or you can call: 608-796-3190.

Electronic Submissions Policy

Assignments are to be submitted via the assignment tab on Moodle. A failure to turn in submissions because of “technology issues” is not acceptable unless clearly documented or an area wide outage.

Grade Appeals

- Should you have a strong and solid objection to a grade you receive, you have one week after it is assigned to appeal it. For appeals to be considered, they must be submitted to your instructor by email.
- The instructor will meet with you individually to discuss the grade and your appeal before any (if any) action is taken.
- After this one-week period you still have the option to appeal formally through the University’s grade appeal process.

Late Work Policy

Work turned in late will receive a 5% late penalty for being late and 5% for each day it is late (up to 50%). If you have a valid reason (personal emergency) that is supported with the appropriate documentation, contact your instructor. The instructor will determine exceptions to the late work policy on a case-by-case basis (given that documentation is provided).

Syllabus Statement on Sex Discrimination, Sexual Harassment, and Sexual Misconduct

Viterbo University seeks to ensure that campus community members learn and work in a hospitable and inclusive environment. To this end, Viterbo policy and Title IX prohibit sex discrimination, sexual harassment, and sexual misconduct including, but not limited to sexual assault, sexual exploitation, dating violence, domestic violence, and stalking.

As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX Coordinator with relevant details such as the names of those involved in the incident. Viterbo is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Although I have to report the situation, you will still have options about how your case will be handled, including whether or not you wish to pursue a formal complaint. Viterbo’s goal is to make sure you are aware of the range of options available to you and that you have access to the resources you need.

- Viterbo encourages anyone who has experienced sexual misconduct or relationship violence to get support and assistance from one of the confidential or non-confidential resources listed at this link:
<http://www.viterbo.edu/sexual-misconduct/make-report-or-file-complaint>
- Please visit [this website](#) for the complete Viterbo University Sex Discrimination, Sexual Harassment, and Sexual Misconduct Policy with resources, procedures, and flowchart.

Turnitin/Electronic Submission

This is a source-matching tool that checks students' work for plagiarism against a database of stored papers, internet sites, and publications. Any assignments that you submit via Turnitin will be added to the global Turnitin database, which is a repository of assignments submitted via Turnitin. The instructor also reserves the right to submit your work to Turnitin. If you have any questions or concerns about electronic assignment submissions or Turnitin please let me know.