

# PSYCHIATRIC REHABILITATION (PS REHB)

## Psychiatric Rehabilitation (PS REHB) 101

### Survey Of Psychiatric Rehabilitation

This course is the first in the series for the Psychiatric Rehabilitation certificate. Courses in the series focus on a rehabilitative approach to servicing individuals with severe mental illness. This approach is based on the premise that consumers set the goals for the rehabilitation team. The survey course has four major themes: understanding psychiatric disability and current approaches to treatment, the mental health system and surrounding legal issues, psychiatric rehabilitation through vocational and skills training, and family and community support systems. The orientation of the course is more practical than theoretical and there is considerable opportunity to observe and practice relevant skill. Consumers serve as guest speakers to highlight issues of empowerment and stigma and to increase understanding of consumer experiences with the mental health system. Writing assignments, as appropriate to the discipline, are part of the course.

3 Lecture hours. 3 Credit Hours.

**Offered At:** MX

## Psychiatric Rehabilitation (PS REHB) 102

### Psychiatric Rehabilitation Skills

This course is the second in the series for the Psychiatric Rehabilitation Certificate. The orientation of the course is more practical than theoretical, and there is considerable opportunity to observe and practice relevant skills. Students learn basic techniques for conducting interviews for use in assessment, treatment planning, and therapeutic interactions with consumers. Students learn to conduct skills training groups and apply behavioral techniques for implementing programs that promote desired skills. Techniques for intervening in crisis situations and preventing and managing aggression are presented. Writing assignments, as appropriate to the discipline, are part of the course.

Allowed Repeatable Course: Course may be repeated up to three times and may count for a maximum of six credit hours. Consent of Department Chairperson required for repeatability.

*Grade of C or better in PS REHB 101.*

3 Lecture hours. 3 Credit Hours.

**Offered At:** MX

**Repeatable:** Yes, up to 4 times

## Psychiatric Rehabilitation (PS REHB) 103

### Health Skills Psychiatric Rehab

This course examines three-dimensions of wellness: physical, emotional and environmental. Students will learn the fundamentals of physical wellness, including diet, nutrition, exercise, sanitation, disease prevention and control, and special health considerations for persons with severe mental illness. The emotional dimension of wellness includes social support, physical and sensory accommodations, and geriatric and developmental disabilities. Students will learn the essentials of environmental safety, including use of safety equipment and proper body mechanics. Students will develop and practice skills for determining vital signs and documenting their observations. Writing assignments, as appropriate to the discipline, are part of the course.

*PS REHB 101*

3 Lecture hours. 3 Credit Hours.

**Offered At:** MX

## Psychiatric Rehabilitation (PS REHB) 104

### Vocational & Common Living Skills

This course emphasizes the practical applications of vocational and community living skills development for individuals with severe mental illness. Students will observe and practice the fundamentals of vocational rehabilitation, including the duties and tasks commonly required in vocational settings and the development of employment sites. Practical application of current policies affecting employment sites is presented. Networking skills, common state and federal benefit programs and community-based service provision are presented. Writing assignments, as appropriate to the discipline, are part of the course.

*PS REHB 101.*

3 Lecture hours. 3 Credit Hours.

**Offered At:** MX

## Psychiatric Rehabilitation (PS REHB) 105

### PRCP Internship

This internship requires a minimum of 240 clock hours of field experience by the student. Experiences are a combination of observation and participation/interaction with consumers of mental health services. The first half (or a minimum of 38 hours) will include five of the following areas: 1) inpatient milieu and general activities; 2) case management activities; 3) vocational training activities; 4) skills training activities; and 5) consumer led activities. The second half of the internship (a minimum of 38 hours) includes interviewing skills and leading skills training groups, and at least one of the following: behavior definition and task analysis, aggression management, assessment and treatment planning, or crisis intervention. All experiences should focus on a rehabilitative approach to serving individuals with severe mental illness. Group or individual supervision with on-site clinical staff and/or supervision by field placement director is also required. Writing assignments, as appropriate to the discipline, are part of the course.

*Successful completion of (PS REHB 101, PS REHB 102, PS REHB 103, and PS REHB 104).*

15 Laboratory hours. 3 Credit Hours.

**Offered At:** MX