



Course Name: Change Theory and Strategies in Behavioral Health Care

Course Number: HSE* E147

Credits: 3

Catalog description:

An overview of the theories of human behavior, addiction, mental health and change in all these areas of practice. Emphasis on the cycle of change and Motivational Enhancement Theory (MET) as used in the Behavioral Healthcare Model. The course will also examine the application of these concepts, theories, and skills to individuals with multiple behavioral difficulties.

Prerequisite, Corequisite, or Parallel: PSY* and ENG* E101 or permission of the instructor

General Education Competencies Satisfied:

HCC General Education Requirement Designated Competency Attribute Code(s):

None

Additional CSU General Education Requirements for CSU Transfer Degree Programs:

None

Embedded Competency(ies):

None

Discipline-Specific Attribute Code(s):

None

Course objectives:

General Education Goals and Outcomes:

None

Course Specific Objectives:



1. Understand how the concepts, theories and skills can be utilized in the context of practice with individuals with multiple difficulties with behaviors.
2. Understand how Motivational Enhancement Therapy (MET) assists individuals who are dually diagnosed to change addictive behaviors.

Course Content:

1. Theories of Human Behavior
2. Change Theories in Behavioral Health Care
3. Cycle of Change
4. Motivational Interviewing
5. Solution Focused Practice
6. Maintaining Changed Human Behavior



Date Course Created:

Date of Last Revision: 03/03/2017