

## **BHA to APU DEL Guidance**

The Documentation of Experiential Learning (DEL) process at APU allows for students with specialized training or work experience to demonstrate college level competencies. The Behavioral Health Aid (BHA) program trains professionals to work in Alaska. Some students complete the training without taking college coursework. These students might use the DEL process to identify which courses in the Counseling Psychology program are most likely to align with their career experiences.

Students with the BHA I credential might apply for 16 DEL credits. Students with the BHA II credential might apply for an additional 16 DEL credits, bringing the total to 32 credits, or the maximum allowed by the DEL process. This document provides guidance to students in completing a DEL portfolio. BHA Specialized Training Requirements are matched to APU psychology courses.

### **BHA I to 16 APU Credits**

#### **BHA I Specialized Training Requirements**

- CB 8.20.050 General Orientation (28)
- CB 8.20.100 Orientation to Village-based Behavioral Health Services (8)
- CB 8.20.110 Ethics & Consent (6)
- CB 8.20.115 Confidentiality & Privacy (6)
- CB 8.20.125 Intro to Behavioral Health (24)
- CB 8.20.135 Intro to Counseling (12)
- CB 8.20.140 Intro to Documentation (12)
- CB 8.20.145 Survey of Community Resources & Case Management (8)
- CB 8.20.150 Working with Diverse Populations (12)
- CB 8.20.155 Intro to Group Counseling (8)
- CB 8.20.160 Crisis Intervention (16)
- CB 8.20.165 HIV/AIDS & Blood-Borne Pathogens (8)
- CB 8.20.170 Community Approach to Promoting Behavioral Health (8)
- CB 8.20.175 Family Systems I (16)
- CB 8.20.180 Recovery, Health, Wellness, & Balance (8)

#### **Translating to the following APU coursework:**

##### **PY 25000 Behavioral Sciences for Healthcare Professionals (4 credits)**

This course provides healthcare professionals with foundational concepts of the behavioral sciences as applied to individuals and populations. This course explores the history and latest research of key theories, major advances, and contemporary concepts of psychology and sociology. Students will learn the tools and methods behavioral scientists use for investigation of individual and group behaviors. This course will explore the different stages of human life, from prenatal through end-of-life, and the major biological, psychological and social changes occurring in individuals during them. This course examines assumptions about culture, history, psychology through evidence-based reasoning. Through emphasizing reading, writing, and critical thinking skills, this course helps students build the foundation for a deeper understanding of theory and methods in the social sciences. Satisfies SI Social/Behavioral Scientific Inquiry.

- CB 8.20.125 Intro to Behavioral Health (24)
- CB 8.20.100 Orientation to Village-based Behavioral Health Services (8)
- CB 8.20.170 Community Approach to Promoting Behavioral Health (8)
- CB 8.20.150 Working with Diverse Populations (12)
- CB 8.20.180 Recovery, Health, Wellness, & Balance (8)
- Providing village-based community education, prevention & early intervention with appropriate case documentation (35).

##### **PY 31200 Counseling Skills (4 credits)**

Course provides basic knowledge appropriate to entry level helping professionals. Issues related to legal and ethical concerns, diversity, and the use of skills for a variety of purposes will be addressed. In particular, students will be

oriented to Client Centered and Motivational Interviewing theory and practice. Helping Interventions elective for PY Major Studies.

- ❑ CB 8.20.110 Ethics & Consent (6)
- ❑ CB 8.20.115 Confidentiality & Privacy (6)
- ❑ CB 8.20.135 Intro to Counseling (12)
- ❑ CB 8.20.155 Intro to Group Counseling (8)
- ❑ CB 8.20.160 Crisis Intervention (16)
- ❑ CB 8.20.145 Survey of Community Resources & Case Management (8)
- ❑ Providing initial intake or client orientation to services, including screening and initial intake paperwork, with appropriate case documentation (25);

### **PY 38500 Field Experience (8 credits)**

Practical work experience in a given area of concentration under the cooperative guidance of a faculty member and an on-the-job supervisor.

- ❑ CB 8.20.140 Intro to Documentation (12)
- ❑ CB 8.20.050 General Orientation (28)
- ❑ CB 8.20.165 HIV/AIDS & Blood-Borne Pathogens (8)
- ❑ Providing case management & referral with appropriate case documentation (25);
- ❑ 1000 hours under supervision of a licensed behavior health clinician or behavioral health professional.

## **BHA II to an additional 16 APU Psychology Credits**

### **BHA II Specialized Training Requirements**

- ❑ CB 8.20.220 Psycho-physiology & Behavioral Health (16)
- ❑ CB 8.20.225 Intro to Co-Occurring Disorders (8)
- ❑ CB 8.20.228 Tobacco Dependency Treatment (8)
- ❑ CB 8.20.230 DSM Practice Application (12)
- ❑ CB 8.20.235 Advance Interviewing Skills (16)
- ❑ CB 8.20.240 ASAM Practice Application (12)
- ❑ CB 8.20.245 Case Studies & Clinical Case Management (8)
- ❑ CB 8.20.250 Traditional Health Based Practices (8)
- ❑ CB 8.20.255 Intermediate Therapeutic Groups Counseling (16)
- ❑ CB 8.20.260 Applied Crisis Management (8)
- ❑ CB 8.20.270 Community Development Approach to Prevention (12)
- ❑ CB 8.20.275 Family Systems II (16)

### **Translating to the following APU coursework:**

#### **PY 24200 Family Systems (4 credits)**

Course focuses on the understanding of family structures based on systems theory. Issues commonly confronting intimate relationships are addressed including marriage, children, sexuality, gender roles, lifestyle patterns, and impacts of health, trauma, and disease on family systems. Understanding diverse family systems is stressed. Satisfies SI in Social/Behavioral Scientific Inquiry for Foundational Studies. Broader Connections elective for PY Major Studies.

- ❑ CB 8.20.275 Family Systems II (16)
- ❑ CB 8.20.175 Family Systems I (16) From the BHA I Specialized Training
- ❑ CB 8.20.270 Community Development Approach to Prevention (12)
- ❑ Providing community readiness evaluation and prevention plan development with appropriate case documentation (25)

#### **PY 36000 Health Psychology 4 credits**

This course introduces the psychological, physical and environmental factors influencing mental health. Topics include: biology, stress, and behavior; nutrition, chronic and life threatening illnesses, and treatment seeking; management of pain; complementary and alternative medicines; and developmental factors. Perceptions, beliefs, and issues around healthcare will also be explored. Advanced Theory elective for PY Major Studies.

- ❑ CB 8.20.220 Psycho-physiology & Behavioral Health (16)
- ❑ CB 8.20.228 Tobacco Dependency Treatment (8)
- ❑ CB 8.20.250 Traditional Health Based Practices (8)
- ❑ CB 8.20.260 Applied Crisis Management (8)
- ❑ CB 8.20.245 Case Studies & Clinical Case Management (8)
- ❑ Providing rehabilitative services with appropriate case documentation (30);

#### **PY 43000 Diagnoses and Treatment Plans (4 credits)**

Cultural norms, values, and attitudes regarding behavioral health and substance use disorders and the impacts on individuals, families, and communities form the basis of this course. Students learn how to use current DSM and ASAM criteria in a culturally respectful practice that includes advanced interviewing techniques. Treatment Interventions elective for PY Major Studies.

- ❑ CB 8.20.225 Intro to Co-Occurring Disorders (8)
- ❑ CB 8.20.230 DSM Practice Application (12)
- ❑ CB 8.20.235 Advance Interviewing Skills (16)
- ❑ CB 8.20.240 ASAM Practice Application (12)
- ❑ Providing client substance use assessment and treatment planning using DSM & ASAM patient placement criteria with appropriate case documentation (35)

#### **PY 48500 Field Experience (4 credits)**

Practical work experience in a given area of concentration under the cooperative guidance of a faculty member and an on-the-job supervisor.

- ❑ CB 8.20.255 Intermediate Therapeutic Groups Counseling (16)
- ❑ 2000 hours under supervision of a licensed behavior health clinician or behavioral health professional.