



Office of Professional & Continuing Education
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Auburn University is an equal opportunity educational institution/employer.

No refunds can be issued after the start date published in your Financial Award document.

Education & Training Plan

Student Name: _____

Start & End Dates: ___/___/___ to ___/___/___

Mental Health Technician Specialist Certificate Program

Mentor Supported

MyCAA Information

Course Code: AU - MHT2

Program Duration: 9 Months

Course Contact Hours: 405

Student Tuition: \$3,950

This training program combines a two course training track:

- **Abnormal Psychology**
- **Mental Health Technician**

Under the direction and supervision of a psychiatric nurse, psychologist or psychiatrist, as a mental health technician you provide care to mentally ill and emotionally disturbed patients. Your specific care duties might include monitoring patient behaviors, emotions and physical conditions; recording patient statistics, such as temperature and blood pressure; administering medications; providing direct personal interaction with patients; encouraging patients to take part in social activities; helping patients maintain personal hygiene and leading therapy sessions. You also confer with superiors about patients and assist with the implementation of treatment plans.

The Job Outlook

According to a 2011 report issued by the US Bureau of Labor Statistics, potential employers include psychiatric hospitals, mental health facilities, residential mental retardation centers and substance. State agencies, general medical hospitals and family services providers are also potential employers. About 62,500 people worked as mental health technicians in 2008. By 2018 employment was projected to rise six percent to 66,100 workers total. Job growth was expected to be driven by an increasing population of elderly patients and their need for mental health services. Opportunities at residential facilities are expected to be strong due to an ongoing trend in favor of residential care over hospital care.



Certification:

Upon successful completion of our Mental Health Technician course, students will be prepared for an entry-level position in a mental health setting and will be prepared to sit for the NCCB national certification exam to become a **Certified Mental Health Technician (CMHT)**.

Abnormal Psychology

Overview

The Abnormal Psychology course is the study of abnormal behavior in order to describe, predict, explain and change abnormal patterns of functioning. Designed for anyone interested in the way we perceive and respond to our experiences, and especially for people considering careers in psychology, this course covers the dynamics and prevention of abnormal behavior, including neuroses, psychoses, character disorders, psychosomatic reactions, schizophrenia, and other abnormal personality patterns.

After completing this course, you should be able to:

- Define abnormality and current trends in treatment
- Identify common conditions of stress and anxiety
- Identify common mood disorders
- Identify eating disorders and the effects drugs have on the body
- Define disorders that span the lifetime

Outline

Abnormal Psychology Module

1 The Field of Abnormal Psychology

- The Diagnostic and Statistical Manual (DMS)
- Abnormal Human Behavior
- History of Abnormal Behavior
- Behavioral Characteristics
- Personality Characteristics
- Associative Risk Factors
- Research in Abnormal Psychology
- Psychodynamic Theory
- Free Association
- Dream Theory
- Research Design



Abnormal Psychology Module 2 Perspectives, Assessment & Classification

- Psychodynamic Perspective
- Humanistic Perspective
- Existential Perspective
- Behavioral Perspective
- Cognitive Perspective
- Biogenic Perspective
- Sociocultural Perspective
- Assessment
- Clinical Observation
- Classification
- Observational Learning
- Operant Conditioning

Abnormal Psychology Module 3 Therapies & Anxiety Disorders

- Psychodynamic Forms of Psychotherapy
- Behavioral Therapy
- Cognitive Therapy
- Biogenic Therapy
- Electro-Convulsive Therapy
- Psychosurgery
- Anxiety Disorders
- Panic Disorder
- Obsessive-Compulsive Disorder
- Post-Traumatic Stress Disorder
- Gestalt Therapy
- Analysis of Resistance

Abnormal Psychology Module 4 Dissociative Disorders, Physical Conditions & Personality Disorders

- Somatoform Disorders
- Dissociative Disorders
- Psychological Factors Affecting Physical Conditions
- Cancer
- AIDS
- Coronary Heart Disease
- Hypochondria
- Pain Disorder
- Relaxation Training
- Biofeedback
- Personality Disorders
- Paranoid Personality Disorder
- Narcissistic Personality Disorder

Abnormal Psychology Module 5 Mood, Psychotic & Substance-Use Disorders

- Mood Disorders



- Schizophrenia
- Psychotic Disorders
- Bipolar Disorders
- Dysthymia
- Depression
- Mania
- Suicide
- Substance-Use Disorders
- Drugs of Abuse
- Aversion Therapy
- DSM-IV-TR

Abnormal Psychology Module 6 Sexual Disorders, Organic Disorders & Mental Retardation

- Sexual Disorders
- Fetishism
- Sexual Dysfunction
- Gender Disorders
- Gender Identity Disorder
- Organic Disorders
- Mental Retardation
- Down Syndrome
- Fetal Alcohol Syndrome
- Alzheimer's Disease
- Parkinson's Disease
- Huntington's Chorea
- Korsakoff's Syndrome

Abnormal Psychology Module 7 Children and Adolescents, Eating and Sleeping Disorders & Legal Issues

- Abnormal Behavior of Children
- Abnormal Behavior of Adolescents
- Autism
- Oppositional Defiant Disorder
- Eating Disorders
- Anorexia Nervosa
- Bulimia Nervosa
- Sleeping Disorders
- Narcolepsy
- Sleep Terror Disorder
- Legal Issues
- Social Policy



Mental Health Technician

Overview

This Mental Health Technician course provides a solid background in mental health so you can work comfortably with clients who exhibit both effective and maladaptive behaviors. Nurses, case managers, psychiatric technicians, direct care providers, and other health care professionals will increase their awareness and understanding of a holistic view of mental health care with this comprehensive online training program. A variety of therapies and treatments are explored to assist in dealing with psychological or psychosocial problems, such as substance use conditions, medical illnesses, developmental delays and disabilities, and social stressors such as poverty, domestic violence, and homelessness.

After completing this course, you should be able to:

- Comprehend the history and current trends of mental healthcare
- Identify the characteristics of common psychiatric disorders
- Comprehend legalities related to the mental health office
- Define human behavior and different elements affecting it
- Identify methods for assisting those suffering from loss of life

Outline

Mental Health Technician Module 1

Mental Health Care: Past and Present

- History of Mental Healthcare
- Defining Mental Health
- Community Mental Health Care
- Current Mental Health Care
- Inpatient vs. Outpatient Care
- High-risk Populations
- Ethical and Legal Issues
- Values, Rights, and Ethics
- Legal Liability
- Sociocultural Issues
- Culture, Ethnicity, and Religion
- Cultural Assessment
- Theories and Therapies
- Psychoanalytic Therapies
- Cognitive Theory
- Psychobiology

Mental Health Technician Module 2

Therapeutic Skills

- Complementary and Alternative Therapies
- Whole Medical Systems
- Integrative Medicine
- Psychotherapeutic Drug Therapy
- Antianxiety Agents
- Medication Education
- Skills and Principles of Mental Health Care
- Components of Behavior
- Setting Limits



- Mental Health Assessment Skills
- Mental Health Treatment Plan
- Holistic Nursing Assessment
- Therapeutic Communication
- Theories and Types of Communication
- Verbal and Nonverbal Communication
- Therapeutic Relationship
- Therapeutic Use of Self
- Therapeutic Environment

Mental Health Technician Module 3 Problems Through the Life Cycle

- Problems of Childhood
- ADHD
- Conduct Disorders
- Problems of Adolescence
- Behavioral Disorders
- Chemical Dependency
- Problems of Adulthood
- Personal Identity
- Developing Coping Skills
- Problems of Late Adulthood
- Finances
- Drug Abuse
- Geriatric Nursing Care
- Cognitive Impairment
- Alzheimer's Disease
- Confusion
- Delirium
- Dementia

Mental Health Technician Module 4 Anxiety and Depression

- Managing Anxiety
- Normal Anxiety
- Phobic Behaviors
- Obsessive-compulsivity
- Posttraumatic Stress Disorder
- Illness
- Hospitalization
- Denial During Illness
- Discharge Planning
- Loss and Grief
- Good Death
- Unresolved Grief
- Stages of Grieving Process
- Depression
- Depressive Episode vs. Disorder
- Seasonal Affective Disorder
- Therapeutic Interventions



- Mood Disorders

Mental Health Technician Module 5 Eating, Sleeping and Aggression Disorders

- Physical Problems, Psychological Sources
- Physiological Stress Response
- Conversion Disorders vs. Somatization Disorders
- Hypochondria
- Eating Disorders
- Sleeping Disorders
- Anorexia Nervosa
- Bulimia
- Functions of Sleep
- Dissociative Disorders
- Self-concept
- Multiple Personality Disorder
- Anger
- Aggression
- Stages of the Assault Cycle
- Coping with Anger
- Aggression Theories

Mental Health Technician Module 6 Outward and Inward-Focused Emotions

- Outward-focused Emotions
- Dysfunctional Family
- Abuse During Pregnancy
- Rape-trauma Syndrome
- Special Assessments for Suspected Victims
- Developing Self-awareness
- Violence
- Inward-focused Emotions
- Suicidal Behaviors
- Self-protective Behavioral Response
- Suicide Through Each Life Cycle
- Substance-related Disorders
- Chemical Dependency in Different Age Groups
- Abused Substances
- Consequences of Abuse
- Addiction
- Relapse
- Inhalants
- Sexual Disorders
- Psychosexual Problems
- Modes of Sexual Expression
- Sexual Addiction
- HIV/AIDS



Mental Health Technician Module 7 Personality Disorders and Schizophrenia

- Personality Disorders
- Continuum of Social Responses
- Dual Diagnosis
- Schizophrenia
- Subtypes of Schizophrenia
- Continuum of Neurobiological Responses
- Antipsychotic Medications
- Psychoses
- Chronic Mental Health Disorders
- Effect of Deinstitutionalization
- Basic Interventions for Disorders
- HIV/AIDS and Mental Illness
- Challenges for the Future
- Old vs. New Homeless Person
- Right of Self-Determination
- Coping with Information Overload
- Americans with Disabilities Act

Required Materials:

- *Abnormal Psychology (Collins College Outlines)* by Dr. Sarah Sifers
- *Foundations of Mental Health Care* by Michelle Morrison-Valfre

System Requirements:

Internet Access

- Broadband or high-speed internet access is strongly recommended. Broadband includes DSL, cable, and wireless connections.
- Dial-Up internet connections will result in a diminished online experience. Moodle pages may load slowly and viewing large audio and video files may not be possible.

Hardware

- Virtually all Windows-Mac hardware configurations and processors are acceptable.
- 1 GB RAM recommended
- Software
- Operating Systems
 - Windows XP or Vista and Mac OS X 10 and higher
- Web Browsers
 - Mozilla Firefox 2 and 3 (previous versions will work also)
 - Internet Explorer 6, 7 and 8
 - Safari is not currently recommended as it cannot display certain Moodle editing menus for both students and instructors
- Media Plug-ins (These may be required depending on your course media-click on the links below to download the latest versions)
- Adobe Flash Player
- Adobe Acrobat Reader
- Apple Quicktime



- Windows Media Player
- Real Player
- PowerPoint Viewer (use this if you don't have PowerPoint)

****Outlines are subject to change, as courses are always under improvement for your benefit****