

INTEGRATIVE BEHAVIORAL HEALTH, B.A.

Juneau, e-Learning

The Bachelor of Arts Integrative Behavioral Health prepares students to approach health through a holistic, trauma-informed, and culturally responsive lens. Through the infusion of empirical practices and theories from multiple disciplines, students will learn holistic approaches to prevent disease as well as restore and promote overall health and well-being. The program equips graduates to work in the behavioral health field, in community and social service organizations, and/or to pursue advanced clinical or research degrees.

Candidates must complete all UAS General Education Requirements (GERs) (<http://catalog.uas.alaska.edu/general-education-requirements/>), the Alaska Native Knowledge Graduation Requirement (<http://catalog.uas.alaska.edu/certificate-degree-programs/bachelors-degrees/#alaskanativeknowledgegraduationrequirementtext>), and the specific program requirements listed below for a minimum of 120 credit hours. Courses used to fulfill major requirements can also be used to fulfill GERs as long as minimum credit requirements have been met. 42 of the 120 credit hours must be at the upper-division level (300 or above), of which 24 must be completed at UAS.

Students may elect to pursue the Chemical Dependency Emphasis as part of their required electives. Courses completed in the emphasis area may count toward Chemical Dependency Counselor certification in Alaska. To receive certification, students must complete all courses in the emphasis area, submit an application to the Alaska Commission on Behavioral Health Certification, and fulfill required supervision hours.

Students may elect to pursue the Children's Behavioral Health Occupational Endorsement offered via distance through UAA as part of their required electives. To graduate with the endorsement, students apply through UAA.

Students may be eligible to earn up to 12 credits for prior learning or work experience, which can be applied toward program electives. For more information, please reach out to the UAS Arts & Sciences academic advisor.

Requirement	Hours
Minimum Credit Hours	120
General Education Requirements	34
Alaska Native Knowledge Graduation Requirement	3
Major Requirements	42
Behavioral Health & Psychology Electives	2-6
Social Sciences & Humanities Electives	4-6

Health Sciences & Natural Sciences Electives	1-4
General Electives	28-37

Code	Title	Credits
General Education Requirements		
Complete all General Education Requirements, which must include the following:		34
ANTH S205	*Biological Anthropology	
BHS S101	*Introduction to Behavioral Health Practices	
BIOL S111	*Human Anatomy and Physiology I	
or BIOL S115	*Fundamentals of Biology I	
PSY S111	*Introduction to Psychology	
SOC S101	*Introduction to Sociology	
Major Requirements		
BHS S135	Beginning Therapeutic Interventions	3
BHS S140	The Science of a Good Life	3
BHS S180	Introduction to Addiction, Trauma, and Crises	3
BHS S201	Introduction to Integrative Health	3
BHS S333	Mindful Nutrition	3
BHS S385	Lifestyle Medicine	3
BHS S480	Ethics for Behavioral Health and Addictions	3
BHS S499	Integrative Behavioral Health Capstone	3
PSY S245	Child Development	3
or PSY S250	*Lifespan Development	
PSY S335	Biological Psychology	3
PSY S340	Abnormal Psychology	3
PSY S430	Clinical and Counseling Psychology	3
PSY S473	Psychological Testing and Assessment	3
SSCI S300	Research Methods in Social Science	3
Behavioral Health and Psychology Electives		
Select two from the following:		2-6
BHS S375	Current Issues in Behavioral Health: Selected Topics	
BHS S494	Integrative Behavioral Health Practicum	
PSY S302	Social Psychology	
PSY S304	Environmental Psychology	
PSY S313	Psychology of Gender	
PSY S314	Ecopsychology	
PSY S375	Current Issues in Psychology: Selected Topics	
PSY S400	Transpersonal Psychology	

PSY S431	Mental Health Interventions for Alaska Natives and Rural Alaskans
PSY S440	Learning and Cognition
Social Sciences & Humanities Electives	
Select two from the following:	
ANS S320	Indigenous Sciences and Ways of Knowing: Selected Topics
ANTH S303	Anthropology of Food
ANTH S312	Humans and the Environment
ANTH S324	Psychological Anthropology
ANTH S455	Medical Anthropology: Cross-cultural Health and Wellness (Medical Anthropology)
PHIL S314	Existentialism: The Search for Meaning
SOC S302	Social Psychology
SOC S333	Human Sexuality
SOC S343	Sociology of Deviant Behavior
SOC S347	Death and Dying
SOC S370	Medical Sociology
SOC S375	Current Issues in Sociology: Selected Topics
SOC S377	Sociology of Gender
Health Sciences and Natural Sciences Electives	
Select one of the following:	
Course selection must be different from GER.	
BIOL S111	*Human Anatomy and Physiology I
BIOL S112	*Human Anatomy and Physiology II
BIOL S115	*Fundamentals of Biology I
BIOL S365	Molecular Cell Biology
HS S102	Fundamentals of CPR and First Aid
HS S106	Human Behavior in Healthcare
HS S135	Medical Terminology
HS S203	Science of Nutrition
HIM S272	Pathophysiology and Pharmacology

Code	Title	Credits
Chemical Dependency Emphasis ^{1,2,3}		
BHS S180	Introduction to Addiction, Trauma, and Crises	3
BHS S385	Lifestyle Medicine	3
HUMS F120	(Cultural Diversity in Human Services)	3
HUMS F220	(Counseling Strategies for Individuals)	3
HUMS F275	(Contemporary Practices in Addiction Studies)	3
HUMS F285	(Case Management and Community Development)	3

¹ The Alaska Commission for Behavioral Health Certification has approved the following courses for up to 45 training hours each towards the didactic requirements for certification or recertification for chemical dependency counselors in the state of Alaska.

² Chemical dependency counselors currently certified by the Alaska Commission for Behavioral Health Certification are eligible for transfer credit toward the integrative behavioral health degree. Contact the UAS Arts & Sciences academic advisor at (907) 796 6410 for more information.

³ HUMS F120, HUMS F220, HUMS F275, and HUMS F285 offered through UAF via distance.

Code	Title	Credits
Optional Children's Behavioral Health Occupational Endorsement		
HUMS A200	(Introduction to Children's Behavioral Health)	3
HUMS A205	(Teaching Behavioral Support and Social Skills to Youth)	3
HUMS A206	(Understanding Mental Health Diagnosis, Treatment, and Interventions in Children's Behavioral Health)	3
HUMS A207	(Trauma Informed Work with Children)	3

Upon completion, students will be able to:

1. Demonstrate a broad understanding of integrated health theories, practices, and approaches.
2. Integrate interdisciplinary knowledge to develop comprehensive and culturally responsive strategies for addressing health.
3. Employ critical thinking and problem-solving skills to develop strategies that emphasize prevention, early intervention, and health promotion.
4. Critically evaluate research to inform practice and integrate diverse approaches to enhance health.
5. Display ethical and cultural competence in behavioral health practice.