

# INTEGRATIVE BEHAVIORAL HEALTH, B.S.

## Juneau, e-Learning

The Bachelor of Science in Integrative Behavioral Health prepares future healthcare professionals to approach healthcare 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 prepares graduates to pursue careers and/or advanced degrees in integrated behavioral health, medicine, occupational therapy, physician assistant studies, and other allied health fields.

## Admission Requirements

Applicants will be considered for full admission to the B.S. in Integrative Behavioral Health, and be assigned a faculty advisor, after completion of the following:

Code	Title	Credits
BIOL S111	*Human Anatomy and Physiology I	4
or BIOL S115	*Fundamentals of Biology I	
MATH S151	*College Algebra for Calculus <sup>1</sup>	4
WRTG S111	*Writing Across Contexts	3
High school chemistry, a C (2.0) or higher in either CHEM S103 or CHEM S105.		

<sup>1</sup> May be met by placement examination.

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
<b>Minimum Credit Hours</b>	120
General Education Requirements	34
Alaska Native Knowledge Graduation Requirement	3
Major Requirements	41
Behavioral Health & Psychology Electives	1-3
Social Science & Humanities Electives	1-3
Natural Science Electives	8
General Electives	31-35

Code	Title	Credits
<b>General Education Requirements</b>		
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	

<b>Major Requirements</b>		
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 S499	Integrative Behavioral Health Capstone	3
BIOL S365	Molecular Cell Biology	3
CHEM S105	*General Chemistry I	3
CHEM S105L	General Chemistry I Laboratory	1
CHEM S106	*General Chemistry II	3
CHEM S106L	General Chemistry II Laboratory	1
HS S135	Medical Terminology	3
PSY S335	Biological Psychology	3
STAT S200	*Elementary Statistics	3

<b>Behavioral Health and Psychology Electives</b>		
Select one of the following:		1-3
BHS S375	Current Issues in Behavioral Health: Selected Topics	

BHS S494	Integrative Behavioral Health Practicum (Behavioral Health Practicum)
PSY S302	Social Psychology
PSY S304	Environmental Psychology
PSY S314	Ecopsychology
PSY S340	Abnormal Psychology
PSY S375	Current Issues in Psychology: Selected Topics
PSY S400	Transpersonal Psychology
PSY S431	Mental Health Interventions for Alaska Natives and Rural Alaskans
PSY S430	Clinical and Counseling Psychology
PSY S440	Learning and Cognition

**Social Science & Humanities Electives**

Select one of the following: 1-3

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 (Indigenous Health and Healing)
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

**Natural Science Electives**<sup>1</sup>

Select from the following for a minimum of 8 credits: 8

BIOL S240	Introductory Microbiology
BIOL S498	Research in Biology
or CHEM S498	Research:
CHEM S321	Organic Chemistry I
CHEM S325	Organic Chemistry II
CHEM S342	Biochemistry
CHEM S474	Neurochemistry

<sup>1</sup> Pre-med and pre-professional students should consider completing the following courses and sequences as prerequisites for medical school or other allied health programs. Programs may differ and students are encouraged to familiarize themselves with specific admission requirements.

- Biochemistry: CHEM S342
- Biology: BIOL S111 & BIOL S112 or BIOL S115 & BIOL S116

- General Chemistry: CHEM S105 with lab & CHEM S106 with lab
- Math: STAT S200 & MATH S251
- Organic Chemistry: CHEM S321 & CHEM S325
- Physics: PHYS S123 & PHYS S124 or PHYS S211 & PHY S212
- Writing: WTRG S111 & WRTG S211 or WRTG S212

**Chemical Dependency Emphasis**<sup>1,2,3</sup>

Code	Title	Credits
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

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

<sup>2</sup> 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) 976 6410 for more information.

<sup>3</sup> HUMS F120, HUMS F220, HUMS F275, and HUMS F285 offered through UAF via distance.

**Optional Children's Behavioral Health Occupational Endorsement**

Code	Title	Credits
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.