BH 203 : INTRODUCTION TO BEHAVIORAL HEALTH AND EARLY LEARNING

Transcript title

Behavioral Health Early Lear

Credits

4

Grading mode

Standard letter grades

Total contact hours

60

Lecture hours

30

Other hours

30

Recommended preparation

WR 121Z.

Course Description

Provides an interdisciplinary exploration of the interaction between behavioral health and early learning. Explores foundational theories of family dynamics and their impact on individual development and educational outcomes. Focuses on practical skills for applying a trauma informed approach with families and children in early learning contexts.

Course learning outcomes

1. Demonstrate knowledge of the pervasive developmental impact of trauma.
2. Apply trauma-informed principles in selecting effective interventions and making appropriate referrals for individuals at various stages of development.
3. Describe social emotional needs in the early learning settings.
4. Demonstrate self- awareness and self-care skills to address compassion fatigue.

Content outline

1. Creating early learning settings that feel safe and supportive for children and their families
2. Developmental Trauma
3. Intergenerational Trauma
4. Attachment in early learning settings
5. Play and exploration as a language of children's inner world
6. Emotion regulation for adults
7. How our attachment styles impact how we relate to children
8. Self-awareness and self-care skills to address compassion fatigue
9. Addressing (creating a professional wellness plan)
10. Understanding and Creating boundaries
11. Asking for help
12. Learning playful ways to create safe environments
13. Describe social emotional needs in the early learning settings
    a. Exploring Community resources

Required materials

Textbook or other course reading documents.

General education/Related instruction lists

- Social Science