

Mental Health Direct Care Certificate



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About your instructor

Dr. Nathan A. Munn earned a Bachelor's degree in Psychology at Seattle Pacific University and his Medical Doctorate at the University of Washington. He had his psychiatric residency at the University of Colorado in Denver, where he served as Chief Resident of Consultation/Liaison Psychiatry during his fourth year. He practiced psychiatry in Helena, Montana for 10 years. He currently is an Instructor of Psychology and Consciousness Studies at the University of Montana – Helena. In addition he is the Chair of the General Education Department. He has published several papers in medical science, widely lectured on mental health and public mental health topics, and has given poster presentations at international conferences on consciousness studies. Currently involved in undergraduate psychology education and developing research opportunities.

The Mental Health Direct Care Certificate is a unique, intensive, and comprehensive online program of training. It is designed to enhance the provision of care for the mental health consumer by educating case managers, cottage staff, psychiatric technicians, day treatment staff, and other mental health direct care providers.

For each topic there is a written lecture, power point and audio lecture. After the direct care provider finishes each lecture, there is a multiple choice test on the covered material. The number of questions on each test range between 10 and 20 questions.

After completing every lesson with an 80% correct answer score, the direct care provider will receive the Certificate in Mental Health Direct Care.

The program is ongoing and there are no scheduled class times, so any direct care worker may sign up for instruction on any date and participate in lectures and tests at any time. Each student has up to 8 weeks to complete the course.

Online instruction requires access to the Internet. High speed connections are desirable but not necessary.

Class tuition is \$150 and is non-refundable once the student accesses course materials.

Course material

The certificate requires 25 hours of online education. There are three sections: History and Systems, Developmental Psychology, and Abnormal Psychology. In each section, basic knowledge is presented and related to mental health care. The topics covered in each section are:

History and Systems

- History of mental health care
- Diagnosing mental illnesses
- History of biological treatments
- History of psychotherapy and psychosocial rehabilitation
- History of the Recovery Movement
- Systems of care in Montana

Developmental Psychology

- Conception to birth
- Birth to age 5
- Age 5 to age 12
- Adolescence
- Adulthood
- Old age and death & dying

Mental Illness/Mental Health Psychology

- Biology of neurons and neurotransmitters
- Brain anatomy and physiology
- Common psychotropic medications
- Psychotherapy
- Recovery model
- Anxiety disorders
- Disorders usually first diagnosed in infancy, childhood, or adolescence
- Mood disorders
- Psychotic disorders
- Personality disorders
- Substance related disorders
- Dementias