

**Note:**

**Course content may be changed, term to term, without notice. The information below is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials.**

## ***COURSE SYLLABUS***

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### **MILT 475**

#### **MILITARY MENTAL HEALTH AND BEHAVIORAL HEALTH**

#### **COURSE DESCRIPTION**

This course will present an introduction to the assessment and treatment of military mental and behavioral health issues, including Post-traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), and related stressors. Topics to be covered include “best practices” for treating depression, suicidal ideation, addictions, and other prevalent mental and behavioral disorders.

#### **RATIONALE**

This class is an undergraduate level presentation of the prominent mental health issues faced by military personnel, including TBI, PTSD and other stress-related problems, together with “best practices” in assessment and treatment. MILT 475, Military Mental & Behavioral Health, covers the primary issues that trouble so many of our returning veterans and provides information on types of intervention.

#### **I. PREREQUISITE**

For information regarding prerequisites for this course, please refer to the [Academic Course Catalog](#).

#### **II. REQUIRED RESOURCE PURCHASE**

Click on the following link to view the required resource(s) for the term in which you are registered: <http://bookstore.mbsdirect.net/liberty.htm>

#### **III. RECOMMENDED RESOURCES**

Cash, A. (2006). *Wiley concise guides to mental health: Posttraumatic stress disorder*. Hoboken, N. J.: John Wiley & Sons. ISBN: 9780471705130.

Courtois, C. A. & Ford, J. D. (2009). *Treating complex traumatic stress disorders*. New York: NY: The Guilford Press. ISBN: 9781606230398.

Friedman, M. (15th ed.) (2015). *Post-traumatic and acute stress disorders: The latest assessment and treatment strategies*. Kansas City, MO: Compact Clinicals. ISBN: 9783319150659.

Friedman, M. J., Keane, T. M. & Resick, P. A. (2nd ed.). (2014). *Handbook of PTSD: Science and practice*. New York, NY: Guilford Press. ISBN: 9781462516179.

Reyes, G., Elhai, J. D. & Ford, J. D. (2008). *The encyclopedia of psychological trauma*. New York: Wiley. ISBN: 0470110066.

Scott, M. J. & Stradling, S. G. (2006). *Counseling for post-traumatic stress disorder*. Thousand Oaks, CA: Sage Publications. ISBN: 9781412921008.

Van der Kolk, B. A., McFarlane, A. C. & Weisaeth. (2007). *Traumatic stress: The effects of overwhelming experience on mind, body, and society*. New York, NY: Guilford Press. ISBN: 9781572304574.

**IV. ADDITIONAL MATERIALS FOR LEARNING**

- A. Computer with basic audio/video output equipment
- B. Internet access (broadband recommended)
- C. Microsoft Office

**V. MEASURABLE LEARNING OUTCOMES**

Upon successful completion of this course, the student will be able to:

- A. Explain the nature of Posttraumatic Stress Disorder (PTSD) and the effects on the body, mind, emotions, and spiritual dimension of military personnel.
- B. Explain the nature of Combat-related Posttraumatic Stress Disorder and TBI as well as the effects on the body, mind, emotions, and spiritual dimension of the individual.
- C. Contrast various types of treatment for PTSD/Combat-related PTSD, and TBI.
- D. Examine all issues, theories, assumptions, materials, etc., presented in the course in accord with current scholarly standards and practices.
- E. Examine all issues, theories, assumptions, materials, etc., presented in the course through the lens of Scripture.
- F. Analyze the components of comprehensive trauma assessment, considering the differential impact trauma has on individuals, families, groups, and communities.

**VI. COURSE REQUIREMENTS AND ASSIGNMENTS**

- A. Textbook readings and presentations
- B. Course Requirements Checklist

After reading the Course Syllabus and [Student Expectations](#), the student will complete the related checklist found in Module/Week 1.

- C. Discussion Board Forums (4)

The student will complete 4 Discussion Board Forums in this course, which are the online equivalent of a classroom discussion among students. An initial thread of at least 300 words is due by 11:59 p.m. (ET) on Thursday, and a minimum of 2 replies of at least 150 words each are due by 11:59 p.m. (ET) on Monday. Threads should address the topic in a clear and concise fashion, using outside sources (quotes from our texts, other books and/or journal articles) as needed to support one's point.

- D. Research Paper

This assignment will be completed in two parts:

1. Reference List

The student will compile a list of at least 12 references in APA format to be used for his/her research paper. This reference list should be 2–3 pages in length, not including the title page.

2. Paper

The student will write a 10–12 page research paper in this course. Content,

grammar and APA style will be evaluated. A title page and abstract are required and are in addition to the 10–12 pages of body.

E. Quizzes (4)

The student will complete four quizzes in this course. Each quiz is a combination of multiple-choice and true/false questions based on the assigned reading and study. All quizzes are open-book/open-notes.

**VII. COURSE GRADING AND POLICIES**

A. Points

Course Requirements Checklist	10
Discussion Board forums (4 at 50 pts ea)	200
Reference List	100
Research Paper	200
Quizzes (4 at 125 pts ea)	500
<b>Total</b>	<b>1010</b>

B. Scale

A = 900–1010 B = 800–899 C = 700–799 D = 600–699 F = 0–599

C. Dual Relationship

The faculty is responsible to interact with counseling students in a supervisory capacity/role. As such, faculty may provide students professional principles, guidance, and recommendations as it relates to the context of the student-client setting. The faculty is responsible to avoid dual relationships with students such as entering a student-counselor or student-pastor relationship. Thus, the faculty does not provide personal counseling addressing student personal problems. If a faculty member perceives that a student is in need of personal or professional counseling, then that faculty member will recommend that the student pursue either pastoral or professional assistance from a counselor in their community.

D. Limits of Confidentiality

In the event of a student’s disclosure, either verbally or in writing, of threat of serious or foreseeable harm to self or others, abuse or neglect of a minor, elderly or disabled person, or current involvement in criminal activity, the faculty, staff, administrator, or supervisor will take immediate action. This action may include, but is not limited to, immediate notification of appropriate state law enforcement or social services personnel, emergency contacts, and notification of the appropriate program chair or online dean. The incident and action taken will become part of the student’s permanent record.

E. Disability Assistance

Students with a documented disability may contact Liberty University Online’s Office of Disability Academic Support (ODAS) at [LUOODAS@liberty.edu](mailto:LUOODAS@liberty.edu) to make arrangements for academic accommodations. Further information can be found at [www.liberty.edu/disabilitysupport](http://www.liberty.edu/disabilitysupport).

***COURSE SCHEDULE***

**MILT 475**

Textbooks: Adsit, *The Combat Trauma Healing Manual* (2008).  
Lawhorne & Philpott, *Combat-Related Traumatic Brain Injury and PTSD: A Resource and Recovery Guide* (2011).

<b>MODULE/ WEEK</b>	<b>READING &amp; STUDY</b>	<b>ASSIGNMENTS</b>	<b>POINTS</b>
<b>1</b>	Adsit: ch. 1 Lawhorne & Philpott: ch. 1 2 presentations	Course Requirements Checklist Class Introductions Discussion Board Forum 1	10 0 50
<b>2</b>	Adsit: ch. 2 Lawhorne & Philpott: chs. 2-3 3 presentations	Quiz 1	125
<b>3</b>	Adsit: ch. 3 Lawhorne & Philpott: ch. 4 3 presentations	Discussion Board Forum 2	50
<b>4</b>	Adsit: chs. 4-5 Lawhorne & Philpott: chs. 5-6 3 presentations	Reference List Quiz 2	100 125
<b>5</b>	Adsit: ch. 6 Lawhorne & Philpott: ch. 7 4 presentations	Discussion Board Forum 3	50
<b>6</b>	Adsit: ch. 7 Lawhorne & Philpott: ch. 8 4 presentations	Quiz 3	125
<b>7</b>	Adsit: chs. 8-9 Lawhorne & Philpott: ch. 9 2 presentations	Discussion Board Forum 4 Research Paper	50 200
<b>8</b>	Adsit: ch. 10 Lawhorne & Philpott: ch. 10 2 presentations	Quiz 4	125
<b>TOTAL</b>			<b>1010</b>

**NOTE:** Each course week (except Module/Week 1) begins on Tuesday morning at 12:00 a.m. (ET) and ends on Monday night at 11:59 p.m. (ET). The final week ends at 11:59 p.m. (ET) on **Friday**.