

ELEVATE YOUR PRACTICE WITH OUR PREMIUM TRAINING PROGRAMS



Coming 2024

50 Hours | 50 CEs

IBHC Certification

Integrative behavioral health is a type of whole-person care focusing on the interconnections between the body, mind, and physical actions. As such, integrated behavioral health can include a diverse variety of topics, including mental health, life stressors and crises, nutrition, sleep, stress-related physical symptoms, substance misuse, and other additive and problematic behaviors. Because clients with mental health problems often suffer from co-occurring physical health issues that can negatively impact neurological, biological, psychological, environmental, intrapersonal, and social health, providing services through an integrated behavioral health lens may result in improved outcomes. This certificate aims to enhance the understanding of the interconnectedness between behavioral health issues and physical health problems and is geared toward behavioral health providers.

Enroll in the necessary training to develop the theoretical, empirical, and practical knowledge and skills to reliably deliver Dialectical Behavior Therapy according to the model developed by Dr. Marsha Linehan and colleagues.

Learning Objectives

- Define integrated behavioral health and other related terms
- Describe why collaborative care between behavioral health and medical care providers is essential to improved client outcomes
- Describe the factors that can positively impact behavioral health and well-being
- Describe the common disparities impacting clients diagnosed with co-occurring behavioral health and physical health conditions
- Describe the prenatal and neurobiopsychosocial factors that can contribute to poor behavioral health outcomes
- Describe the benefits associated with implementing an integrated behavioral health approach
- Describe the Adverse Childhood Experiences (ACEs) research, complex and developmental trauma, and toxic stress and their impact on behavioral health and wellness throughout the lifespan
- Describe behavioral health interviewing, screening, and intervention options available for clients diagnosed with co-occurring mental health and physical health disorders
- Describe empirical research findings pertaining to the topic of integrated behavioral health