



College of Education
Counseling and Behavioral Health Services
education.uiowa.edu/CBHS

CBHS: School Mental Health Informal Concentration Area

The School Mental Health informal concentration area (ICA) equips students with the knowledge and skills needed to support the mental health and well-being of students in educational settings. Courses will provide a comprehensive understanding of the mental health challenges faced by students in school environments. Also, students will learn about the developmental, social, and emotional factors that affect student mental health.

Course Suggestions (9 SH)

PSQF:1075 Educational Psychology and Measurement

Principles and classroom applications of cognitive development, social development, learning, cognition, individual differences, motivation, testing, and assessment.

PSQF:2116 Applied Child and Adolescent Psychology

Overview of child and adolescent development, psychopathology, and basic-level intervention; foundation for working in applied child and adolescent mental health settings; typical areas of psychological difficulty, including developmental disorders, ADHD, depression, anxiety, substance use; contextual and environmental factors, including abuse, poverty, neglect.

PSQF:2700 Introduction to Understanding Trauma and Resilience

Introduction to understanding key concepts of trauma-informed systems of care in multiple settings; identification of various types of trauma along with behaviors and responses seen in survivors of trauma; students trace effects of historical trauma of marginalized communities and multiple trauma survivor groups to understand the consequences of trauma and its impact in the culture; resilience and strategies to offset consequences of trauma.

PSQF:4133 The Adolescent and Young Adult

Psychological and social aspects of adolescence and young adulthood; emphasis on theory, research, and practical applications.



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Potential Careers

- School-Based BHIS Caseworker
- Student and Family Advocate
- Student Support Advocate
- Mental Health Behavior Aide
- Educational Consultant
- Crisis Counselor

Continuing Education

- [School Counseling](#)
- [School Psychology](#)
- [School Social Work](#)