

Psychosocial Rehabilitation & Treatment Program

A Joint Admission Program with the University of Medicine and Dentistry of New Jersey (UMDNJ)

Division of Social Sciences - Curriculum Code: 2124

Will Earn Upon Program Completion: Associate in Applied Science (A.A.S.) Degree

Why major in Psychosocial Rehabilitation & Treatment?

This program prepares you for entry level jobs in New Jersey's public mental health system. Psychosocial Rehabilitation practitioners work specifically with individuals diagnosed with severe mental illnesses such as schizophrenia, major depressive disorder, and bi-polar disorder. Students acquire the knowledge and skills needed to provide supportive counseling, facilitate skills training groups, access community resources, and help individuals live independently and re-enter the workforce. The curriculum includes a two semester clinical practicum sequence that allows students to gain practical experience in the field

If I major in Psychosocial Rehabilitation & Treatment can I transfer to an upper-division college or university?

Graduates of the A. A.S. Program in Psychosocial Rehabilitation and Treatment (which is a Joint degree program offered by Essex County College and the UMDNJ School of Health Related Profession) may apply to the UMDNJ / Kean University Bachelor of Science Program in Psychiatric Rehabilitation and Psychology. Students accepted to this 124 credit BS Degree Program can transfer all of their A.A.S program credits.

Are there any requirements I must satisfy before I start taking courses in my major?

Students must complete all required developmental courses in reading, writing, and mathematics. They must also complete 18 credits of their General Education requirements at ECC before beginning their major courses at UMDNJ.

How long will it take me to complete this degree?

Full time students who follow the recommended course sequence can complete the program in two years. Part time study options are also available.

Where should I direct specific questions about this program?

Contact: Velile Notshulwana (973) 877 3554

Students who have specific questions about the field of psych rehab can contact UMDNJ ASPSRT Program Director: Nora Barrett (908) 889-2431

Upon completion of this program, graduates will be able to:

- ◆ Describe and apply the goals, values, and principles of psychosocial rehabilitation ;
- ◆ Demonstrate an understanding of ethical and culturally competent mental health practice;
- ◆ Demonstrate knowledge of the etiology, symptoms, and treatment of major mental illnesses;
- ◆ Describe the various models of psychosocial rehabilitation - with an emphasis on evidence-based practices;
- ◆ Utilize counseling techniques such as physical attending and active listening to develop supportive relationships with service recipients;
- ◆ Demonstrate the ability to facilitate a structured group activity;
- ◆ Contribute to the provision of psychiatric rehabilitation interventions such as skills training and resource development at the clinical practicum site;
- ◆ Demonstrate the ability to collaborate with members of a multi-disciplinary treatment team;
- ◆ Demonstrate the ability to participate in the assessment and recovery planning process and to document progress toward rehabilitation goals;
- ◆ Recognize the importance of the process of self-awareness and self-evaluation in the practice of psychosocial rehabilitation.

Psychosocial Rehabilitation & Treatment A.A.S. Degree Program

<p>GENERAL EDUCATION REQUIREMENTS: (22 credits)</p> <p>Communications (6 credits) ENG 101 College Composition I 3 ENG 102 College Composition II 3</p> <p>Social Science (9 credits) PSY 101 General Psychology I 3 Select two of the following courses: ANT 101, 105; ECO 101, 102; POL 101, 104; PSY 102, 219; SOC 101, 108, or 219 6</p> <p>Lab Science/Math (4 credits) Any lab science or math course (if math, MTH 100 or higher) (Recommended: BIO 102 or MATH 101) 4</p> <p>Humanities (3 credits) Select a History course from: HST 101, 102, 111, 112, 121, 123, 131, 132, 134, 136, 137, 161 3</p> <p>MAJOR COURSE REQUIREMENTS: (33 credits)</p> <p>PSRT 1101 Intro to Principles of Psych Rehab 3 PSRT 1102 Communication Techniques 3 PSRT 1103 Introduction to Group Dynamics 3 PSRT 1204 Clinical Principles in Psych Rehab 3 PSRT 1019 Clinical Practicum in PSR I 6 PSRT 2121 Community Resource Management 3 PSRT 2019 Clinical Practicum in PSR II 6 PSRT 2231 Emerging Topics in Psych Rehab 3</p> <p>ADDITIONAL COURSE REQUIREMENTS: (12 credits) Select three courses from: CJJ 211, PSY 210, 219, 232, SOC 108, 153, 201, 252, REL 101, 104, 105 9</p> <p>*Free elective (recommended: CIS 107 or SPN 100 or MTH 101 or HLT 101) 3</p> <p>Total Credits Required for Degree 64</p>	<p>RECOMMENDED SEQUENCE OF COURSES**</p> <p><u>First Semester</u></p> <p>ENG 101 College Composition I 3 PSY 101 General Psychology I 3 SOC 101 Intro to Sociology 3 Free elective 3</p> <p><u>Second Semester</u></p> <p>ENG 102 College Composition II 3 SOC 121 Social Services Policies & Procedures 3 PSY 209 Abnormal Psychology or PSY 225 Child and Adolescent Abnormal Psychology 3 Math 100 or Higher 4 Humanities requirement 3</p> <p><u>Third Semester</u></p> <p>PSRT 1101 Intro to Principles of Psych Rehab 3 PSRT 1102 Communication Techniques 3 PSRT 1103 Introduction to Group Dynamics 3 PSRT 1204 Clinical Principles in Psych Rehab 3</p> <p><u>Fourth Semester</u></p> <p>PSRT 1019 Clinical Practicum in PSR I 6 PSRT 2121 Community Resource Management 3 PSY 251 Counseling & Treatment of Addictions 3 SOC 252 Case Management 3</p> <p><u>Fifth Semester</u></p> <p>PSRT 2019 Clinical Practicum in PSR II 6 PSRT 2231 Emerging Topics in Psych Rehab 3 SOC 252 Case Management 3</p>
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***NOTE:** This plan assumes the completion of all required developmental courses in reading, writing, and mathematics as well as other pre- and co-requisites for some of the courses, as listed in the Course Descriptions section.