

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. CMHW

COURSE NUMBER:1100

NUMBER OF CREDITS: 3

Lecture: 3 Lab: 0 OJT 0

Course Title:

Health Communication, Teaching, and Capacity Building

Catalog Description:

Health Communication, Teaching & Capacity Building will introduce concepts of communication required for effective culturally appropriate interactions. Application of active listening and motivational interviewing techniques will be practiced. Materials will emphasize empowering clients to become self-sufficient in achieving personal health goals within the role of a CHW. Trauma approach in the CHW field including physiological effects, factors, resilience, self-care and mindfulness practice.

Prerequisites or Necessary Entry Skills/Knowledge:

Co -requisite CMHW1000

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

Goal 1: Communication: ____ by meeting the following competencies:

Goal 2: Critical Thinking: ____ by meeting the following competencies:

Goal 3: Natural Sciences: ____ by meeting the following competencies:

Goal 4: Mathematics/Logical Reasoning: ____ by meeting the following competencies:

Goal 5: History and the Social and Behavioral Sciences: ____ by meeting the following competencies:

Goal 6: The Humanities and Fine Arts: ____ by meeting the following competencies:

Goal 7: Human Diversity: ____ by meeting the following competencies:

Goal 8: Global Perspective: ____ by meeting the following competencies:

Goal 9: Ethical and Civic Responsibility: ____ by meeting the following competencies:

Goal 10: People and the Environment: ____ by meeting the following competencies:

Topics to be Covered (General) --

Action Plan/Care Management

Client Data Collection

Communication and Teaching Techniques

Conflict Resolution

Critical Thinking

Effects of Trauma, Resiliency and Mindfulness Responses

Health Literacy/ Evidence Based Programs

Motivational Interviewing/ Behavior Change

Student Learning Outcomes

Construct an action plan with clients that uses goals to promote health.

Demonstrate a variety of teaching and interviewing techniques with clients to foster healthy behavior changes.

Identify effective and culturally appropriate communication skills when collaborating with clients and team members.

Apply appropriate conflict resolution strategies with clients and/or team members.

Recognize client health needs related to cultural beliefs, traditions, and values when creating and client action plan to improve health equity and client outcomes.

Document appropriate client data and care management.

Define Evidence-Based programming for improving health outcomes.

Identify common responses to trauma.

Identify strategies to support groups and communities in responding to trauma.

Demonstrate understanding of applying critical thinking skills.

Is this course part of a transfer pathway: Yes No

***If yes, please list the competencies below**

Revised Date: 7/2023