

Understanding Human Behavior

Course Syllabus

Course Description

Understanding Human Behavior is designed to assist students in health occupations and education programs in learning basic principles of human behavior, as well as provide a basis for increased self-understanding and improved interpersonal relationships.

Learning Outcomes

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

- Explain how cultural bias can affect the quality of patient care.
- Summarize the developmental process and how environment influences behavioral development.
- Describe cultural stressors that can occur in each of the life stages of childhood, adolescence, and adulthood.
- List guidelines for providing effective care for a hospitalized child.
- State the purpose of the living will, medical durable power of attorney, and advance medical directive.
- Provide examples of alternative or complementary therapies and how they relate to current health care practices.

Course Outline

Chapter 1: Challenges and Responsibilities of Health Care Professionals

1. Satisfactions
2. Challenges
3. Responsibilities
4. Planning for Success
5. Empowerment
6. Making a Decision

Chapter 2: The Philosophy of Individual Worth

1. The Meaning of Individual Worth
2. The Health Care Professional and Cultural Bias
3. Implications for Health Care Professionals
4. Practicing a Philosophy of Individual Worth

Chapter 3: Self-Understanding

1. Your Role as a Student
2. Taking a New Look at Yourself
3. Your Life Roles

Chapter 4: Influences on Behavior

1. The Basis of Human Behavior
2. How People are Alike and Different

3. Heredity
4. The Developmental Process
5. Environment
6. Influences During Childhood
7. Changing Influences During Life
8. Assuming Responsibility for Behavior
9. The Health Care Professional and the Patient

Chapter 5: Physical Needs

1. Maslow's Hierarchy of Needs
2. Essential Physical Needs
3. The Sleep Cycle
4. Satisfaction of Physical Needs
5. Comfort and Safety Needs
6. Physical Needs and Behavior
7. Understanding Behavior in Terms of Physical Needs

Chapter 6: Self-Esteem and Social Needs

1. Social/Emotional Needs
2. The Self-Concept
3. Self-Esteem
4. Influence of Others on One's Sense of Self
5. Effects of Success and Failure
6. Success
7. Finding Self-Approval
8. The Importance of Acceptance
9. The Importance of Approval from Others
10. Conformity
11. The Need to Believe that Others Care
12. The Need for Appreciation
13. Social/Emotional Needs and Behavior
14. Behavior and the Health Care Professional

Chapter 7: Emotions and Behavior

1. Meaning of Emotions
2. Importance of Emotions
3. Physiological Effects of Emotions
4. Stress
5. Positive Emotions
6. Negative Emotions
7. Formation of Emotional Patterns
8. Individual Differences in Emotional Patterns
9. Gender Differences in Emotions
10. Using Emotions Constructively
11. Emotions and Behavior

Chapter 8: Adjustment and Patterns of Behavior

1. Good Adjustment
2. Poor Adjustment
3. Effective Behavior Versus Ineffective Behavior

4. Emotions and Adjustment
5. Daily Hassles
6. Improving Adjustment

Chapter 9: Common Threats to Adjustment

1. Change as a Threat to Adjustment
2. Life Stages and Change
3. Social and Cultural Stressors
4. Major Changes
5. Chronic Stressors
6. Coping Skills and Resilience

Chapter 10: Effects of Trauma

1. What is Trauma?
2. Traumatic Experiences
3. Domestic Violence
4. Reactions to Trauma
5. The Survivor Role
6. Trauma-Informed Care

Chapter 11: Defense Mechanisms

1. The Purpose of Defense Mechanisms
2. Rationalization
3. Projection
4. Displacement
5. Escape into Illness
6. Repression
7. Withdrawal
8. Substance Abuse and Dependency
9. Codependency
10. Defense Mechanisms and Adjustment

Chapter 12: Frustration and Inner Conflict

1. Degrees of Frustration
2. Cumulative Effects of Frustration
3. Sources of Frustration
4. Effects of Frustration
5. Frustration and Behavior Patterns
6. Perfectionism and Frustration
7. Coping with Frustration
8. Inner Conflict
9. Types of Inner Conflict
10. How to Deal with Inner Conflict
11. Inner Conflict and Adjustment
12. Inner Conflict and the Health Care Professional
13. Inner Conflict and Patient
14. Using Knowledge about Inner Conflict

Chapter 13: Effects of Illness on Behavior

1. Physical Effects of Illness
2. Emotional Effects of Illness
3. General Effects of Serious Illness
4. Influences on Patient Reactions to Illness
5. The Challenge for Health Care Professionals

Chapter 14: Human Relations and Coping with Patient Behavior

1. Practicing Effective Patient Relations
2. Helping Patients Adjust to Illness
3. General Guidelines
4. Common Behavior Patterns of Patients

Chapter 15: Practicing Effective Communication

1. Observing and Interpreting Nonverbal Behavior
2. Verbal Communication
3. Ambiguity
4. Discrepancies in a Message
5. Paraverbal Communication
6. Effective Listening
7. Assumptions and Expectations
8. Improving Communication Skills
9. Communication and the Health Care Professional

Chapter 16: Grief and Loss Throughout Life

1. Learning to Cope with Change and Loss
2. Significance of Loss
3. Losses Due to Death
4. Suicide
5. Death of a Parent
6. Losses in Specific Periods of the Life Span
7. Guidelines for Using Loss and Grief as a Growth Experience
8. Understanding Grief
9. Effects of Grief
10. Importance of the Grief Process
11. Influences on the Grief Process
12. Roles of Health Care Professionals
13. Guidelines for Assisting the Family of a Dying Patient

Chapter 17: Death: Attitudes and Practices

1. Past Attitudes and Practices
2. Changing Attitudes and Practices
3. Current Attitudes and Practices
4. The Emergence of Thanatology
5. The Meaning of Death
6. Death with Dignity

7. Euthanasia
8. Evolution of the Right-to-Die Movement
9. Societal Issues Related to Care of the Dying
10. Legal Aspects of the Right to Die
11. A Dilemma for Health Care Professionals

Chapter 18: Caring for the Dying Person

1. Reactions to Diagnosis of a Terminal Illness
2. Stages of Dying
3. Dying as a Growth Process
4. Personal and Family Issues Related to Care of the Dying
5. Home Care
6. Hospice Care
7. Palliative Care
8. Medical Issues Related to Care of the Dying
9. Rights of the Dying Person
10. Roles of Health Care Professionals
11. Guidelines for Care of a Dying Person

Chapter 19: Health Care Through the Ages

1. Healing in Early Civilizations
2. Evolution of Modern Health Care
3. Allopathic, Alternative, and Complementary Medicine
4. Holistic Medicine
5. Innovators and Modern Medicine
6. Issues in Health Care
7. Staying Informed
8. The Health Care System - Today and Tomorrow

Chapter 20: What is Healing? Who Is the Healer?

1. The Immune System - Protector and Defender of the Body
2. The Placebo Effect
3. The Mind/Body Healing System
4. Who Gets Sick? Who Gets Well?
5. The Therapeutic Environment
6. Intention
7. Who Survives?
8. The Holistic Approach to Health Care

Chapter 21: Alternative, Complementary, and Integrative Medicine

1. What is Legitimate Therapy?
2. Holistic Medicine
3. Psychoneuroimmunology
4. Osteopathy
5. Chiropractic
6. Naturopathy
7. Psychotherapy/Counseling
8. Homeopathy
9. Ayurvedic Medicine
10. Traditional Chinese Medicine

11. Acupuncture
12. Acupressure and Shiatsu
13. Reflexology
14. Therapeutic Massage
15. Healing Touch
16. The Self-Help Trend
17. Integrative Medicine
18. Role of the Health Care Professional

Chapter 22: Managing Stress

1. Effects of Stress
2. Managing Stress
3. Relaxation
4. Exercise
5. Mindfulness
6. Using Positive Affirmations

Completion and Accreditation

Students who pass the chapter tests with an overall average of 70% or higher will receive a certificate of completion and 6.6 Continuing Education Units (CEUs). One CEU is equivalent to 10 hours of class time.

Corexcel is accredited by the International Association for Continuing Education and Training (IACET) and is authorized to issue the IACET CEU. In obtaining this accreditation, Corexcel has demonstrated that it complies with the ANSI/IACET Standard which is recognized internationally as a standard of good practice. As a result of their Authorized Provider membership status, Corexcel is authorized to offer IACET CEUs for its programs that qualify under the ANSI/IACET Standard.