

Mental Health Integration for Chaplain Services (MHICS) Certificate

Description and Course/Practicum Overviews 2020-2021

The Mental Health Integration for Chaplain Services (MHICS) Certificate program is an intensive sub-specialty, standalone training that aims to better equip chaplains in the provision of care to Veterans and Service members with mental health-related concerns. This innovative training tailored to the contexts of DoD and VA chaplains uses applied, formational, and interactive approaches to cultivate knowledge and skills in evidence-based psychosocial and collaborative approaches to spiritual and pastoral care. Our aim is to further develop professional chaplaincy through the application of new and relevant knowledge, skills, and abilities within the context they serve, whether clinical, training or operational. Faculty and presenters include top experts from the Department of Veterans Affairs, the Department of Defense, and academic settings.

The MHICS Certificate spans three academic semesters, each consisting of a course and a practicum. Each course requires completing distance modules, a written paper, and attending one 2.5-day face-to-face training intensive. Each distance module is comprised of three 50-60-minute video didactics, readings, and interactive online assignments, requiring an estimated time of 8-12 hours each to complete. There is substantial flexibility in choosing when to complete the distance modules within guidelines provided to maximize small-group engagement in the practicum.

Practica focus on application of material through case examples and are marked by regularly scheduled 90-minute small-group consultation calls using video conferencing, which occur during the second week of each distance module. All participants present actual (de-identified) cases during their practicum calls as part of learning how to incorporate different evidence-based modalities into their chaplain care – in particular, Acceptance and Commitment Training (ACT), Problem-Solving Training (PST), and Motivational Interviewing (MI) – and to enhance collaboration with interdisciplinary colleagues.

An overview of the MHICS Certificate program is provided below (course content is subject to recurring change and improvement).

In response to consistent feedback from participants desiring a credential more commensurate with the substantial work entailed in MHICS, there is the *option to use the MHICS Certificate as credit toward a Doctor of Ministry (DMin) in Integrative Chaplaincy offered through Vanderbilt Divinity School*. See divinity.vanderbilt.edu/dmin for more information, as well as the final page of this overview for a comparison of the Certificate and DMin options. Chaplains wishing to complete the MHICS Certificate without pursuing the DMin will continue to have the option to do so.

Please e-mail any questions to the Mental Health and Chaplaincy program office at: MH-C@va.gov

For more information, visit: <https://www.mirecc.va.gov/mentalhealthandchaplaincy/MHICS.asp>



Course/Practicum #1
Innovations in Care: Mental Health and Chaplaincy
August 26 – December 18, 2020

This first course involves a face-to-face kickoff that introduces chaplains to the MHICS Certificate program, followed by six distance modules that examine historical and contemporary possibilities for integrating spiritual and psychotherapeutic approaches to care, lay the groundwork for integrating these approaches, and introduce three evidence-based modalities that can synergize with spiritual care: Acceptance and Commitment Training (ACT); Motivational Interviewing (MI); and Problem-Solving Training (PST). Consultation calls in this practicum focus on integrating course materials and collaboration with interdisciplinary colleagues.

- ❖ **Face-to-face training intensive (2.5 days): September 1-3, 2020**
 - ❖ *Day 1: Developing the framework*
 - ❖ *Day 2: Integrating chaplaincy and mental health care*
 - ❖ *Day 3: Emerging possibilities for pastoral and psychological care (half day)*

- ❖ **Module 1: Pastoral care and approaches to psychotherapy (2 weeks)**
 - ❖ *Unit 1.1: History of psychotherapy and pastoral care*
 - ❖ *Unit 1.2: Defining "evidence-based" in psychotherapy*
 - ❖ *Unit 1.3: Overview of contemporary psychotherapies*
 - ❖ *Practicum call*

- ❖ **Module 2: Chaplaincy standards of practice (2 weeks)**
 - ❖ *Unit 2.1: Spiritual assessment*
 - ❖ *Unit 2.2: Screening, referral, and informed consent*
 - ❖ *Unit 2.3: Documentation of chaplaincy care*
 - ❖ *Practicum call*

- ❖ **Module 3: Spiritual care and innovations (2 weeks)**
 - ❖ *Unit 3.1: Spiritual practices and contemporary psychotherapy*
 - ❖ *Unit 3.2: Mindfulness*
 - ❖ *Unit 3.3: Possibilities for spiritual care in Acceptance and Commitment Therapy (ACT)*
 - ❖ *Practicum call*

- ❖ **Module 4: Acceptance and Commitment Training (ACT; 2 weeks)**
 - ❖ *Unit 4.1: Introduction to ACT: The perils of language*
 - ❖ *Unit 4.2: The practice of ACT: Facilitating the process of change*
 - ❖ *Unit 4.3: Applications of ACT within chaplaincy*
 - ❖ *Practicum call*

- ❖ **Module 5: Motivational Interviewing Training (MI; 2 weeks)**
 - ❖ *Unit 5.1: Motivational Interviewing: An introduction*
 - ❖ *Unit 5.2: Motivational Interviewing: Fundamental skills*
 - ❖ *Unit 5.3: Motivational Interviewing: Considerations and techniques*
 - ❖ *Practicum call*

- ❖ **Module 6: Problem-Solving Training (PST; 2 weeks)**
 - ❖ *Unit 6.1: Problem Solving Training: An introduction*
 - ❖ *Unit 6.2: Problem Solving Training: Treatment components and tools*
 - ❖ *Unit 6.3: Problem Solving Training: Applications for chaplaincy*
 - ❖ *Practicum call*

Course/Practicum #2

Signs and Symptoms in Mental Health and Chaplaincy

January 11 – May 6, 2021

The second MHICS Certificate program course provides six distance modules of intensive training on mental health problems that are prevalent and/or are of particular importance within Veteran and Service member populations. Following a broad overview of approaches to and contexts for mental health care is information on the etiology and treatment of mood disorders, substance abuse, serious mental illness, suicide, posttraumatic stress disorder (PTSD), and moral injury. Consultation calls in this practicum focus on the application of ACT in chaplaincy care.

- ❖ **Face-to-face training intensive (2.5 days): January 12-14, 2021**
 - ❖ *Day 1: Applied ACT/PST/MI training*
 - ❖ *Day 2: Applied ACT/PST/MI training*
 - ❖ *Day 3: Applied ACT/PST/MI training (half day)*

- ❖ **Module 1: Mental health essentials (2 weeks)**
 - ❖ *Unit 1.1: Mental health providers and settings*
 - ❖ *Unit 1.2: Mental health diagnoses*
 - ❖ *Unit 1.3: Pharmacotherapy*
 - ❖ *Practicum call*

- ❖ **Module 2: Mood disorders, substance abuse, and serious mental illness (2 weeks)**
 - ❖ *Unit 2.1: Depression and mood disorders*
 - ❖ *Unit 2.2: Substance use disorders*
 - ❖ *Unit 2.3: Serious Mental Illness (SMI)*
 - ❖ *Practicum call*

- ❖ **Module 3: Suicide (2 weeks)**
 - ❖ *Unit 3.1: Suicide in military and veteran populations*
 - ❖ *Unit 3.2: Suicide prevention*
 - ❖ *Unit 3.3: Religion, spirituality, and suicide*
 - ❖ *Practicum call*

- ❖ **Module 4: Upstream Suicide Prevention (2 weeks)**
 - ❖ *Unit 4.1: Human flourishing*
 - ❖ *Unit 4.2: Stress and resilience*
 - ❖ *Unit 4.3: Demographic considerations*
 - ❖ *Practicum call*

- ❖ **Module 5: Posttraumatic stress disorder (PTSD; 2 weeks)**
 - ❖ *Unit 5.1: Overview and evolution of PTSD*
 - ❖ *Unit 5.2: Evidence-based psychotherapy for PTSD*
 - ❖ *Unit 5.3: Military Sexual Trauma (MST)*
 - ❖ *Practicum call*

- ❖ **Module 6: Moral injury (2 weeks)**
 - ❖ *Unit 6.1: Moral injury Part I*
 - ❖ *Unit 6.2: Moral injury Part II*
 - ❖ *Unit 6.3: Providing care for moral injury*
 - ❖ *Practicum call*

Course #3
Contemporary Conversations in Mental Health and Chaplaincy
August 25 – December 17, 2021 (TBA)

The third MHICS Certificate program course contains six distance modules that focus on topics of relevance at the intersection of chaplaincy, spirituality, and mental health care. The course overviews linkages between spirituality and mental health, examines the complexities and necessity of care for the care provider and command, and looks at areas of current pastoral concerns in the care of Veterans and Service members. Finally, the course concludes by considering the topics of spirituality, suffering, and resilience. Consultation calls in this practicum focus on the application of PST and MI in chaplaincy care.

- ❖ **Module 1: Spirituality and linkages to mental health (2 weeks)**
 - ❖ *PST/MI training refresher*
 - ❖ *Unit 1.1: Examining the relationship between spirituality and health: Promises and pitfalls*
 - ❖ *Unit 1.2: Research growth and trends in spirituality and health*
 - ❖ *Unit 1.3: Spiritual care in a time of therapeutic technique*
 - ❖ *Practicum call*

- ❖ **Module 2: Research methods for chaplaincy (2 weeks)**
 - ❖ *Unit 2.1: Approaches to research within chaplaincy*
 - ❖ *Unit 2.2: Toward a research informed chaplaincy*
 - ❖ *Unit 2.3: Mixed methods for systematic inquiry and evaluating the impact of care*
 - ❖ *Practicum Call*

- ❖ **Module 3: Care for the care provider (2 weeks)**
 - ❖ *Unit 3.1: Stress response and self-care*
 - ❖ *Unit 3.2: Care for the care providers and command*
 - ❖ *Unit 3.3: ACT for the care provider*
 - ❖ *Practicum call*

- ❖ **Module 4: Special pastoral concerns (2 weeks)**
 - ❖ *Unit 4.1: Post-deployment adjustment and spirituality among recent Veterans*
 - ❖ *Unit 4.2: Marriage and family issues for Veterans and Service members*
 - ❖ *Unit 4.3: Advanced topics in selected populations*
 - ❖ *Practicum call*

- ❖ **Module 5: Culturally responsive care (2 weeks)**
 - ❖ *Unit 5.1: Culturally responsive care*
 - ❖ *Unit 5.2: Contextualizing mental health care*
 - ❖ *Unit 5.3: Culturally responsive spiritual care*
 - ❖ *Practicum call*

- ❖ **Module 6: Spirituality, suffering, and resilience (2 weeks)**
 - ❖ *Unit 6.1: A theological rethinking of trauma and suffering*
 - ❖ *Unit 6.2: Resilience*
 - ❖ *Unit 6.3: Human flourishing*
 - ❖ *Practicum call*

- ❖ **Face-to-face training intensive (2.5 days): December 2021 (TBA)**
 - ❖ *Day 1: MHICS application*
 - ❖ *Day 2: Sustainability*
 - ❖ *Day 3: Course evaluation and graduation (half day)*

Comparison of MHICS Certificate and Doctor of Ministry in Integrative Chaplaincy

The MHICS Certificate training program occurs over the course of three academic semesters. Chaplains admitted to the MHICS Certificate program may apply to Vanderbilt Divinity School to pursue a Doctor of Ministry (D.Min.) in Integrative Chaplaincy, with their work as part of the MHICS Certificate going toward academic credit for the D.Min. The D.Min. entails a total of 36 credit hours, 24 of which can be earned as part of the MHICS Certificate. In addition to completing all of the same work as the students only pursuing the MHICS Certificate, D.Min. students complete extra readings, assignments (e.g., quizzes, exams), and practicum work (e.g., case write-ups, peer calls) – with all work contributing to letter grades (as opposed to the pass/fail work for the MHICS Certificate only) submitted to the VDS Office of the Registrar at the end of each semester and contributing to a cumulative GPA. D.Min. students also attend one extra day as part of each of the three MHICS training intensives (i.e., 3.5-days instead of 2.5-days) and attend an additional 2.5-day on-campus training intensive after MHICS as part of the Research for Ministry course. Both D.Min. and MHICS Certificate students receive a MHICS Certificate upon satisfactory completion of the three semesters of coursework. Students who begin only pursuing the MHICS Certificate cannot later decide to pursue the D.Min. in Integrative Chaplaincy – they must apply and be accepted to the D.Min. through Vanderbilt Divinity School before the training begins. The table below compares the Certificate and D.Min. options.

Year	Term	Coursework	MHICS Certificate	D.Min. (credit hrs)
1 st Year	Fall	Innovations in Care: Mental Health and Chaplaincy Practicum	✓ ✓	✓ ⁺ (4) ✓ ⁺ (4)
	Spring	Signs and Symptoms in MH and Chaplaincy Practicum	✓ ✓	✓ ⁺ (4) ✓ ⁺ (4)
2 nd Year	Fall	Contemporary Conversations in MH and Chaplaincy Practicum	✓ ✓	✓ ⁺ (4) ✓ ⁺ (4)
	Spring	Research for Ministry D.Min. Final Project		✓ (3) ✓ (3)
3 rd Year	Fall	D.Min. Final Project		✓ (3)
	Spring	D.Min. Final Project		✓ (3)

⁺ Extra readings, assignments, and practica work required for D.Min. Only D.Min. students earn credit hours.