

# PTEC-99: MENTAL DISABILITIES

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**Effective Term**

Fall 2026

**CC Approval**

12/05/2025

**AS Approval**

12/11/2025

**BOT Approval**

12/18/2025

**SECTION A - Course Data Elements**

**Send Workflow to Initiator**

No

**CB04 Credit Status**

Credit - Degree Applicable

**Discipline**

Minimum Qualifications	And/Or
Psychiatric Technician (Any Degree and Professional Experience)	

**Subject Code**

PTEC - Psychiatric Technician

**Course Number**

99

**Department**

Psychiatric Technician

**Division**

Health Occupations (HEOC)

**Full Course Title**

Mental Disabilities

**Short Title**

Mental Disabilities

**CB03 TOP Code**

1239.00 - \*Psychiatric Technician

**CIP Code**

51.1502

**CB08 Basic Skills Status**

NBS - Not Basic Skills

**CB09 SAM Code**

A - Apprenticeship

**Rationale**

Compliance, updated hours, and DEI statement.

## SECTION B - Course Description

### Catalog Course Description

The last of three trimesters designed to prepare the student for licensure as a Psychiatric Technician in the State of California. This course will introduce psychological and mental health concepts as they relate to the psychiatric technician profession. The causes, prevention, and treatment of mental, emotional and behavioral disorders will be examined by providing practice in interpersonal skills, self-understanding, problem-solving, communication, and the use of rehabilitative methods in providing patient care.

## SECTION C - Conditions on Enrollment

### Open Entry/Open Exit

No

### Repeatability

Not Repeatable

### Grading Options

Letter Grade Only

### Allow Audit

Yes

## Requisites

### Prerequisite(s)

Completion of PTEC-98 with a minimum grade of C.

## Requisite Justification

### Requisite Description

Course in a Sequence

### Subject

PTEC

### Course #

98

### Level of Scrutiny

Content Review

### Upon entering this course, students should be able to:

- Identify problems and provide daily care skills including vital signs to assigned patient
- Demonstrate skill competencies related to specific physical illnesses
- Administer medications to assigned patients with 100% accuracy
- Accurately document care of the patient in the patient's record which is a legal document
- Discuss the pathophysiology and apply nursing interventions for a variety of physical illnesses

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## SECTION D - Course Standards

### Is this course variable unit?

No

### Units

17.00

### Lecture Hours

198

### Lab Hours

297

**Activity Hours**

18

**Outside of Class Hours**

405

**Total Contact Hours**

513

**Total Student Hours**

918

**Distance Education Approval****Is this course offered through Distance Education?**

No

**SECTION E - Course Content****Student Learning Outcomes****Upon satisfactory completion of the course, students will be able to:**

1. Accurately perform and document basic nursing skills, basic physical and mental assessments and interventions while prioritizing patient care.
2. Ethically advocate for patients with developmental/physical disabilities, children, adolescents, adults, and older adults, in all settings, assuring patient's rights, privacy, dignity and confidentiality.
3. Develop leadership and supervision skills by applying leadership theories in the clinical site.
4. Communicate effectively and clearly (written and verbally) with the populations served, community members, classmates, instructors, and the interdisciplinary team.

**Course Objectives****Upon satisfactory completion of the course, students will be able to:**

1. Discuss the role of the psychiatric technician in mental health nursing.
2. Identify the role and responsibilities of the psychiatric technician in the care and treatment of the psychiatric disorders.
3. Describe the past and current trends in the care and treatment of patients with mental disorders.
4. Describe the interrelationships of the biological, psychological, physiological, cultural, and spiritual factors in the causes and treatment of mental illness.
5. Demonstrate effective therapeutic communication techniques when interacting with patients with mental disorders.
6. Apply the nursing process, using holism as a basis in the care of the mentally ill individual.
7. Utilize the nursing process to assess client needs and to develop and implement individualized plans of care for clients with anxiety disorders, suicidal ideation, and thought, mood, or dissociative disorders.
8. Collaborate effectively with the mental health team in planning, implementing, and evaluating care for clients with anxiety disorders, suicidal ideation, and thought, mood, or dissociative disorders.
9. Describe the impact of grief and loss on the mental health of the individual.
10. Demonstrate cultural competence in the interactions with clients and staff.
11. Describe the impact of culture on treatment of psychiatric patients.
12. Demonstrate the principles of therapeutic communication when interacting with clients and staff.
13. Apply the concepts of biological, psychological, sociological, cultural, and spiritual factors that affect the client and family affected by mental disorders, violence, and/or addictive disorders to the care of the mentally disordered client.
14. Identify the growth & development needs of the client with disorders usually diagnosed in infancy, childhood, or adolescence.
15. Discuss the nutritional needs of the client with mental disorders.
16. Demonstrate appropriate methods of drug administration.
17. Maintain safe environment for those with mental disorders.

18. Identify therapeutic modalities and their implications in the care of patients with mental disorders.
19. Discuss the pharmacological agents used in the treatment of mental disorders.

### Course Content

1. Mental Health: Legislation & History
2. Nursing Process
3. Clinical Documentation – Process & Methodology
4. Interpersonal Relationships
5. Communications: Verbal & Non-Verbal
6. Assertive Training
7. Interviewing, videotaping
8. One on One Therapy
9. Group Dynamics
10. Community Mental Health
11. Patient's Rights
12. Theory of Personality Development
13. Cultural Diversity
14. Adaptive Mechanisms/Defense Mechanisms
15. Current DSM Classifications
16. Vocabulary
17. Institutionalization
18. Therapeutic Modalities
19. Affective Disorders
20. Anxiety Disorders
21. Personality Disorders
22. Addictive Behaviors & Eating Disorders
23. Psychosexual Disorders
24. Human Sexuality
25. Forensic Nursing
26. Criminal Personality
27. Burnout
28. Pharmacology

### Methods of Instruction

#### Methods of Instruction

Types	Examples of learning activities
Activity	Digital/simulation activities to practice therapeutic communication skills through digital scenarios before bedside care.
Discussion	Case study discussion, scenarios, etc.
Field Experience	Clinical experience at an off-campus setting.
Lecture	Instructor relays information on a given subject.
Observation and Demonstration	Instructor demonstrates a nursing skill practice - instructors assist students to practice nursing skill return demonstration - students demonstrate skill for instructor.
Other	Virtual clinical experience via EVOLVE learning platform. Dynamic scenario-based learning for critical thinking and interactive skill building.

### Methods of Evaluation

#### Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Objective Testing: Identify the stages of the Nursing Process; Differentiate between Psychosis and Neurosis.
Skills Demonstration	Observation of Clinical Practice: Develop a one-to-one relationship with assigned patient; Complete a Mental Health Assessment on the Assigned Patient.

Simulation	Individual Interviews and Counseling: Process recording of one-to-one sessions; Documentation Intake Interview with a new patient.
Work Assessments	Consultation with Agency Personnel: Staff will give feedback to students in therapeutic modalities; Student will give report to agency personnel.

## Assignments

### Reading Assignments

Preparing for Class Discussion and Application to Patient Care.  
 Completing assignments related to various age groups requiring psychiatric care.  
 Journal Articles.

### Writing Assignments

Filling out modular objectives to prepare for class discussion and application to patient care.  
 Document Patient Care in Patient's Record.  
 Process recordings in daily log.

### Outside-of-Class Assignments

Nursing Care Plans.

## SECTION F - Textbooks and Instructional Materials

### Material Type

Textbook

### Author

Halter, M.

### Title

Varcarolis' Foundations of Psychiatric-Mental Health Nursing

### Edition/Version

9th

### Publisher

Elsevier

### Year

2022

### Material Type

Other required materials/supplies

### Description

Mental Disabilities Syllabus - Staff

## SECTION G - Diversity, Equity and Inclusivity

**How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?**

This course prepares future healthcare workers to provide culturally competent, equitable care. Through understanding diverse health beliefs, social determinants, and disparities, students develop the skills and empathy needed to serve all patients with respect and fairness.

### Course Codes (Admin Only)

CB00 State ID

CCC000185340

**CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

**CB11 Course Classification Status**

Y - Credit Course

**CB13 Special Class Status**

N - The Course is Not an Approved Special Class

**CB23 Funding Agency Category**

Y - Not Applicable (Funding Not Used)

**CB24 Program Course Status**

Program Applicable

**Allow Pass/No Pass**

No

**Only Pass/No Pass**

No