

**Name: Rebecca D. White**

**Instructor: Professor Alaniz**

**Date: April 5, 2022**

**RATIONALE ESSAY: PART 2 WITH ARTIFACT TABLE**

**RATIONALE ARTIFACT TABLE**

<b>Program Learning Outcome</b>	<b>Corresponding Assignment</b>	<b>Course Number Ex: AHB340</b>	<b>Session</b>
<b>1. Human Systems &amp; Diversity Learning Outcome</b>			
1.2 (subsection) Understand multiple perspectives on diversity and implement strategies to encourage multicultural environments that support clients, communities, and professional environments.	PowerPoint presentation <i>What Makes A city</i>	AHB 375	Spring 1
1.4 (subsection) Apply the concept of resiliency to support client success when working with diverse populations.	Environment and biological foundations of human behavior: Addiction Competency Essay	AHB 420	Fall 2
<b>2. Practice &amp; Intervention Learning Outcome</b>			
2.1 (subsection) Understand and apply a variety of Psychological, Social Work, Sociological, and Urban Planning theories to promote the optimal functioning of individuals and communities.	Global Citizen Project 504 disability Act	AHB 350	Spring 1
2.2 (subsection) Understand the nature of human systems using the biopsychosocial model including the biological, environmental and social impacts on human behavior.	Group Presentation <i>Behavioral Effects if Artificial Light Exposer</i>	AHB 365	Fall 1
<b>3. Community Engagement &amp; Responsibility learning Outcome</b>			
3.1 (subsection) Identify the impact that socioeconomics, public policy, community	Compare Contrast Film Analysis	AHB 420	Fall 2

Applied Human Behavior Program: AHB495C

development, and global issues have on individuals and communities' ability to resolve psychological or social issues and develop new strategies for success.	Hirschi's social bonding theory and Gottfredson and Hitachi's theory of self-control		
3.2 (subsection) Understand how globalization and internationalism impact citizenship, participation, and social responsibility in mezzo and macro environments and apply this knowledge to resolving issues of social responsibility and citizenship.	Class PowerPoint Presentation global citizenship and national, international, and global Refugee efforts	AHB 350	Spring 1
<b>4. Professional Preparedness Learning Outcome</b>			
4.1 (subsection) Develop professional process skills including documentation, assessment, care planning, administrative documentation and personal communication to apply in a variety of human behavior career settings.	Multi-centered random controlled random study research proposal on (TIC) and effectiveness of narrative exposé therapy and psychological resiliency intervention.	AHB 305	Fall 1-2
4.4 (subsection) Awareness and capacity to apply the most prevalent ethical, legal, and safety guidelines for direct practice and intervention with clients.	Direct Practice HIPPA and PHI Ethical, legal, and safety – confidentially Essay.	AHB 425	Spring 2
<b>5. Personal Values and Development Learning Outcome</b>			
5.1 (subsection) Explore personal and professional values, ethics and career driven dilemmas through participation in self-reflection and professional exploration exercises, self-critique, discussion and group activities.	SWOT Analysis	AHB 390	Spring 1
5.2 (subsection) Develop personal experiences, critical thinking skills and challenge current worldviews through teamwork, self-assessment, course projects, service learning and community internship experience.	Bowenian family systems therapy - utilizing genograms	AHB 450	Spring 2

## **RATIONALE ESSAY: PART 2**

### **Introduction**

Northern Arizona Universities (NAU) Applied Human Behavior (AHB) bachelors program permitted opportunities to understand competency factors in system constructs relevant to current evidence-based “best practices” in the field of social and behavioral science. Learning outcome allowed advancement in professional development through developing a multi-centered randomized control study research proposal on evidence-based practices in trauma-informed care; competency factors throughout the course included observational, reflective, and integration of social philosophy and critical aspects in understanding biological, neurological, and environmental breakdown.

Fundamentals of the NAU bachelor’s programs provided broad concepts of industrial and organizational psychology, critical analysis of the evolution of current events, including global citizenship initiatives and national and international law applicable to social, civil, and political movements. AHB learning outcomes identified “Humanistic approaches” and systems services as essential when working with vulnerable populations impacted or dependent on behavioral health and integrated services. Regarding personal aspirations in working in TIC, it is critical to understand the true “spirit” or motivation behind human behaviors and their influence on human dignity, individual human rights, and resiliency skills needed for resolution on a micro, mezzo, and macro level.

NAU instructors offered flexibility in peer discussion related to individual professional goals working in case management, speech pathology, clinical psychology, human resources, and personally trauma-informed care and crisis intervention TIC peer life coaching. The AHB bachelor’s program identified communication breakdowns and breakthroughs in social behaviors that impact sustainability, inclusion, and community initiatives through learning objectives

related to global citizenship and human and civil rights. The opportunity to identify maladaptive behaviors in “deviance and social control” learning objectives was relevant to working in TIC. NAU’s AHB program offered awareness through the perspective of psychology, criminology, sociology, and biology, including biological and neurological influences that contribute to individual physiological, psychological, and social behaviors.

Through the NAU AHB program, I have seen personal growth in urban development concepts, diversity and inclusion initiatives, community engagement, global citizenship, community engagement analysis, and personal social responsibility. Receiving a bachelor’s degree in Applied Human Behavior has been an incredible opportunity that took nearly fifty years to achieve. I grew up wondering “why people do the thing that they do.”

### **Section 1 : Human systems and diversity**

In AHB 375 A class PowerPoint presentation, *What Makes A City* allowed the understanding of urban planning and a variety of unique perspectives on social and psychological factors that impact individuals and communities (Legates and Stout, 2016, p.359-407). The presentation reviewed the fundamentals of Lewis Mumford, known as "America's last greatest public intellectual," discussing Mumford's contributions to cities and urban planning, including social philosophy, history of technology, American literary and cultural history (Legates and Stout, 2016, p. 110-114). While primary considerations center around the natural environment and "spiritual values of human community," the secondary focus is on the community's physical design and economic functions. Several important figures discussed perspectives in urban planning as a "Theatre of social action" (Legates and Stout, 2016). Further discussion on key figures

such as Donald Appleyard and Richard Florida focuses on what is known as architectural design, education, arts, music, and entertainment (Legates and Stout, 2016). A brief look into housing handicaps and unsung personal heroes Jane Jacobs's "sidewalk safety" are also discussed (Legates and Stout, 2016). Although several coursework studies focused on urban social constructs, this assignment allowed an opportunity to understand micro and mezzo social philosophy concepts.

AHB 420's critical analysis of environmental and biological foundations of human behavior from an addiction and recovery perspective reflects some of the current theoretic and best practices in social media addiction (SMA). This assignment allowed personal growth and a deeper understanding of addiction as a whole body and social being. While there are no current DMS-V diagnostics, several theories compiled and examined the most relevant intervention and stabilization approaches associated with internet addiction disorder (IAD) (2020). The most reoccurring phenomena are the behaviors associated with social media addiction, including tolerance, loss of control, withdrawal, salience, and deception (Alderson, 2020, p.454). Along with maladaptive behaviors linked to "fear of missing out" (FOMO), current studies suggest escapism, a low conscientiousness score, openness to new experiences, and instability are also critical factors in social media addiction (Alderson, 2020, p.545).

Neurobiological findings associated with SMA include the relevance of functional impairments in the "orbital cortex, distolateral prefrontal cortex, anterior cingulate cortex, and posterior cingulate cortex (Friedman & Robbins,

2021). Biological and neurological factors contributing to motivation, memory, and cognition comprehension through course work were fundamentals of therapeutic interventions, including cognitive-behavioral therapy (CBT), emotional regulation, resilience awareness, and understanding of maladaptive cognition. A thorough review of self-regulatory systems and correlation between behaviors and social-interpersonal connections was valuable to future services in TIC.

## **Section 2: Community Engagement & Responsibility learning Outcome**

One profound assignment includes an AHB 350 Inequality, Social Injustice, and Global Citizenship reflecting personal stigmatization and professional growth experience involving the evolution of national and international policy with 504 and civil rights timeline influences on disabled populations (2022). A brief understanding of policy reform enacted into public law and an overview of how they have influenced the progression of equal opportunities. (2022). Inclusion and discrimination frameworks for qualified individuals and federal-funded programs discussed offered a incite to micro, mezzo, and macro initiatives and continued challenges in serving disabled and the impact on communities, including improvements in professional development when serving vulnerable and disabled individuals and families (ADD.gov, *Introduction to the ADA*. n.d.).

This civil rights discussion is the 1990 Comprehensive layout for civil rights for the American Disability Act (ADA) (2022). The ADA gave opportunities and guaranteed human rights and social and community development. A brief overview of psychological and social issues relevant to community engagement and responsibility (ADD.gov;

*Introduction to the ADA*. n.d.). Applied human behavior recognizes and understands contributing factors that impact environmental responsibility on a micro, mezzo, and macro level. This presentation reviews the timeline of section 504 rehabilitation act of 1973 and historical civil rights movements that have resulted in policies and legislative efforts.

AHB 365, in a group presentation on biological and *Behavioral Effects of Artificial Light Exposer*, we examined current findings on light pollution and circadian rhythms, and its influences on cancer offered a deeper understanding of biological, environmental, and social impacts that influence human behavior (Walker & Bumgarner, 2020, p. 2). The group presentation offered a brief analysis of current awareness of physical and biomedical implications of artificial light at night (ALAN), obesity factors, and metabolic disruption comprehensive review of sleep disorder challenges due to circadian rhythm (Dominion. et al. 2016). Going beyond human behavior also discussed Residual light pollution (Falchi & Cinzano, 2011, p. 13) and environmental factors to habit, including wildlife and forestry, that make a further negative impact on pollution that impact human behavior "Chepesiuk," 2009). Throughout the presentation, there was a discussion of current theoretical perspectives, including social factors and the impact of light pollution on the community and development (Walker & Bumgarner, 2020).

### **Section 3: Community Engagement & Responsibility Learning Outcome**

ABH 340 coursebook on *Perspectives on Deliverance and Social Control* Inderbitzin et al. offer current theoretical theories that influence individuals and communities regarding public policy, socioeconomics, and community development and challenges. Compare and contrast film analysis identifies the impact of socioeconomics and public policy on a

micro, mezzo, and macro level. The *Therapeutical Perspective of Deviant behavior* discusses Travis Hirschi's social bonding theory in the American drama/melodrama co-written and produced by Jessi Nelson *I AM SAM*, where actor Sean Penn portrays an intellectually disabled father. The last battles social services and the court system to prove his competency to raise his daughter (Nelson, I am sam, 2001).

The second film identifies Gottfredson and Hitachi's Theory of self-control in the famous Todd Philip film *JOKER*, where Hitachi's original theory on social bonding is also discussed (Inderbitzin et al., 2019, p.149-150). The paper examines the link between crime and low self-control and six essential components with the assessment of Author Fleck, known as Joker p.149-150.). Course work allowed opportunities to conceptualize and create from an observational overview that includes awareness of challenges and continued efforts of social policy that impact the revictimization and escalation of crime opportunism, Both Hitachi and Gottfredson and Hitachi's theory evaluate the deviance, criminal behaviors, and the influences of the lack of positive social support

AHB 350 offered an understanding of global Citizenship and social responsibility on a mezzo and macro level. To demonstrate competency, one PowerPoint presentation on global Citizenship brought awareness of refugee status and utilized the current humanitarian crisis in Ukraine and refugees and global humanitarian refuge challenges. Course work offered an opportunity for a TIC perspective of refugees, including an understanding of individuals and communities forced to flee their homes due to war, violence, and persecution due to religious and political violence (*What is a refugee? definition and meaning: USA for UNHCR n.d.*). Key focuses in this project include terminology and fundamentals of the United States resettlement and its influence as a



global leader, including policies beginning with the resettlement in the 1970s. Social and integration challenges for men, women, and children as refugees and internal displacement, including the historical influence of the 1952 refugee convention ((*The 1951 refugee convention* 2019)). were also discussed.

#### **Section 4: Professional Preparedness Learning Outcome**

AHB 305 Research Methods Applied Human Behavior offered a deeper understanding of research development in social science. Creating a multi-centered random controlled study to examine the effectiveness of narrative exposure therapy (NET) and psychological resiliency training (PRT) in working with post-traumatic stress disorders (PTSD) was most beneficial from a TIC perspective. This paper focused on the most severe DSM-V diagnosis of complex PTSD, and the challenges professionals and individuals face incorporating client-centered therapeutic intervention in current trauma-informed care (TIC) services. Developing the research proposal, including a literature review and reviews of current best practices (APA; n.d.), allows personal and professional development. NET is an evidence-based therapeutic intervention designed to help individuals with traumatic events contextualize a chronological narrative aimed to gain a deeper understanding of one's whole life story (2021). This research proposal focused on cognitive, affective, and sensory memory and personal inventory analysis that helps identify critical patterns and schemes (2021).

The intended goal of this research proposal was to provide a more profound framework that allowed an opportunity to understand key concepts, including how to create an annotated bibliography, research terminology, and proposal development. A

one-year quasi-experimental research proposal was developed using qualitative data and self-assessments, allowing the opportunity to understand client-centered approaches in TIC intervention. The client-centered humanistic approach is key to services relevant to TIC interventions that gain a deeper comprehension of CBT and psychological resiliency in wraparound services (Oprel et al., 2018). Key neurobiological concepts include awareness of the autonomic and somatic nervous system, activation process, and stabilization goals.

AHB-425 Direct Practice Documentation offered competency coursework that reflects key fundamental and critical aspects of awareness in ethical and legal patient health information (PHI) in the Health Insurance Portability Act (HIPAA). The historical first-time protection in the 1996 HIPAA (public law-104-191) and the 2003 HIPAA federal legislation impacting delivery systems regarding rights, privacy, security, and access to private medical records essential to current ethical practice with PHI (Platt 2015). Included is an overview of the fundamentals of mandating reporting, court-ordered mental treatment, and client rights (Platt 2015). Also included were critical concepts of confidentiality in ethical, legal, and safety guidelines when working with best direct practice.

### **Sections 5: Personal Values and Development Learning Outcome**

AHB 390 Diverse Work Environment coursework offered many opportunities for cultural workforce competency. The Strength, Weakness, Opportunity, and Threat (SWOT) analysis on Sysco's wholesale restaurant food distributor. The Sysco SWOT analysis offered organizational concepts that include competency in inclusion, cultural barriers,

equity, and diversity in entry-level positions. This analysis focuses on professional development growth opportunities that leading corporations. When working in behavioral health, particularly in TIC, it is critical for individuals in the workforce and reintegration process to have equal opportunities for a positive experience. Also included in this analysis is an evaluation of organizational leadership and campaigns initiatives targeting diverse groups and community engagement. Efforts include morality, workforce weaknesses, monitoring of hiring methods, and direct community representation. The analysis reviewed Sysco's online profile and, upon evaluation, provides several opportunities for inclusion in target programs for Hispanic, Asian, and LBGQTQ communities. Sysco also invests in compassion campaigns and actively participates in humanistic and empathic approaches to investing in the community. Sysco's website analysis campaign includes the Nourishing Neighbor Campaign, which addresses community investment and sustainability.

Included in weekly course work was competency in media communication using blackboard discussions. One AHB 450 Practice and intervention discussion included Bowenian family systems therapy utilizing genograms, a detailed factual layout that allows assessing expanding three-generational and multigenerational backgrounds. Utilizing Genograms in TIC allows targeting maladaptive family influences relevant to "inherit patterns, psychosocial environment, health-related issues, and psychological factors impacting family dynamics. Particularly with complex PTSD and adverse childhood experiences (ACE), understanding concepts of triangulation and "critical underlying issues that influence human behavior and emotional- memory process that can be helpful in the therapeutic intervention process. The discussion also offered an

opportunity for personal reflection from an experiential perspective and included one TIC understanding of family conflict and challenges regarding ACE and a personal ongoing recovery process with complex PTSD.

## **Conclusion**

This personal reflection on the learning outcomes of coursework in earning my bachelor's degree in Applied Human Behavior from Northern Arizona University was personal. Initially aiming to attend Grand Canyon University, a personal goal I made in 1990 prior to flashback is no longer traumatic, yet the echoes of a speech senior year are still relevant to my memory of course of "Stupidity of Rebecca Hokanson." I remember the purple university folder when they came to talk to our senior classroom. My talent was wanted, but my mind was not qualified to attend. Understanding human behavior is dependent on what an individual eye has been exposed to. If one has never witnessed it, then it is impossible to describe unless from an observational or scientific perspective.

Behavioral science relevant to trauma-informed requires a deeper understanding of breakdown and breakthrough moments that begin with adequate and advanced active listening skills never witnessed. How can one possibly explain the damage or understanding competence without understanding through one's senses and comprehension of one's true story? Walking through my complex -Post Traumatic Stress Disorder (PTSD) and walking into a profession that allows the opportunity to help in peer-to-peer and bottom-up paraprofessional positions in the behavioral health field is my reward for living five decades in silence. Changing my academic plans in spring 2021 and attending Northern Arizona University, I believe, was more about new beginnings, and blue and yellow colors are kind of in right now.

## References

- Amen, D.G. (2016). *Change your brain, change your life*. Piatkus.
- Brain Health Guide to red dye #40. Amen Clinics Brain Health Guide to Red Dye 40 comments, (n.d.) Retrieved October 11, 2021, from <https://www.americanclinics.com/blog/brain-health-guide-health-guide-red-dye-40/>.
- American Psychological Association. (n.d.) *Narrative exposer therapy (net)*. American Psychological Association Retrieved September 28, 2021, from <https://www.apa.org/ptsd-guideline/treatment/narrative-exposer-therapy>.
- Arizona's Foster children. Arizona for Children. (2021, April 12). Retrieved October 9, 2021, from <https://arizonaforchildren.org/our-organization/ariznas-foster-children/>.
- Arizona Trauma Institute in Mesa Az, Phoenix Training and consultation. Arizona Trauma Institute. (2021, September 14). Retrieved October 14, 2021, from <https://aztrauma.org/>.
- Barani, F.(2019). Dynamics of self-dialogue in the aftermath of trauma: A “fictional dissociation://doi.org/10.1177/0959354319842949
- Clifford, G., Meiser-Stedman, R., Johnson, R., Hitchcock, C., & Dalgleish, T. (2018). Developing an emotion-and memory-focused group intervention for PTSD with complex features: A GROUP case series with survivors of Repeated INTERPERSONAL TRUAMA. [Ttps://doi.org/10.31234/osf.io/85bm9](https://doi.org/10.31234/osf.io/85bm9)
- Dominoni, D. M., Borniger, J. C., & Nelson, R. J. (2016). Light at night, clocks and health: from humans to wild organisms. *Biology Letters*, 12(2), 1–4. <https://doi.org/10.1098/rsbl.2016.0015>
- Franco, F. (2021). Understanding and treating c-ptsd *Journal of Health Service Psychology*, 47(2), 85-93. <https://doi.org/10.1007/s42843-021-00038-1>

Free Arts for Abused children of Arizona. Non profit Data (2020). Retrieved October 13, 2021, from <https://nonprofitlight.com/az/phoenix/free-arts-for-abused-children-of-arizona>.

Hebda, T. & Czar, P. (2009) Handbook of informatics for nurse & healthcare professionals.

Immigration History, (N.D.), The 1951 refugee convention. <https://immigrationhistory.org/item/the-1951-refugee-convention/>

Inderbitzin, M.L., Bates, K.A., & Gainey, R.R. (2019). *Perspectives on deviance and social control*. SAGE.

Lange, T.M. (2020). Trans-affirmative narrative exposure therapy (ta-net) :A therapeutic approach for targeting minority stress, internalized stigma, and trauma reactions among gender diverse adults. *Practice Innovations*, 5(3), 230-245. <https://doi.org/10.1037/0000126>

(OCR), O. for C.R. (2022, February 2). *Guidance regarding methods for de-identifications of protected health information in accordance with the Health Insurance Portability and Accountability Act (HIPPA) privacy rule*. HHS.gov. Retrieved March 25, 2022, from <https://www.gov/hippa/for-professionals/privacy/special-topics/de-identification/index.html>

(OCO), O. for C, R. (2021, August 16). *HIPAA for professionals*. HHS.gov. Retrieved March 25, 2022, from <https://www.hhs.gov/hipaa/for-professionals/index.html>

(OCO), for C.R. (2021, July 27). Summary of the HIPPA privacy rule. HHS.gov. Retrieved March 25, 2022, from <https://www.hhs.gov/hipaa/for-professionals/privacy/laws-regulations/index.html>

*NCD: Toward independence*. ADA National Network. (2022, February 15). Retrieved February 13, 2022, from <https://adata.org/ada-timeline/ncd-toward-independence>

*Search ada.gov*. Introduction to the ADA. (n.d.). Retrieved February 14, 2022, from [https://www.ada.gov/ada\\_intro.htm](https://www.ada.gov/ada_intro.htm)

Nelson, J. (Director). (2001) *I am sam* [Film]DVD.

Phillips, T (Director). (2019) *joker* [Film]Amazon prime

Transformative care: A trauma-focused approach to caregiving. Arizona Trauma Institute. (2021, December 9). Retrieved December 9 2021, from [https:// aztrauma.org/product/transformative-care-trauma-focused-approach-to caring](https://aztrauma.org/product/transformative-care-trauma-focused-approach-to-caring).

Walker, W. H., Bumgarner, J. R., Walton, J. C., Liu, J. A., Meléndez-Fernández, O. H., Nelson, R. J., & DeVries, A. C. (2020). Light Pollution and Cancer. *International Journal of Molecular Sciences*, 21(24),9360. <https://doi.org/10.3390/ijms21249360>

*The 1951 refugee convention*. Immigration History. (2019, September 3). Retrieved April 11, 2022, from <https://immigrationhistory.org/item/the-1951-refugee-convention/>

*What is a refugee? definition and meaning: USA for UNHCR*. Definition and Meaning | USA for UNHCR. (n.d.). Retrieved April 11, 2022, from <https://www.unrefugees.org/refugee-facts/what-is-a-refugee/>

USA for UNHCR, The refugee agency, (N.D) What is a refuge .<https://www.unrefugees.org/refugee-facts/what-is-a-refugee/>