

# Human Services

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## Introduction to Human Services

### HUMAN 1100 - 4 Credits

Introduction to Human Services systems through tours of facilities, discussions with professionals in the field, and examination of related films, articles and books pertinent to the field of Human Services. Students are familiarized with the roles and functions of Human Services workers through examination of the skills, knowledge, traits and attitudes necessary to enter the Human Services field. The ethical principles that guide the Human Services professional are explored in depth. (3 lecture hours, 2 lab hours)

## Esteem Building

### HUMAN 1105 - 2 Credits

An overview of cognitive behavioral interventions that increase self esteem. The construct of self esteem are explored through research and assessment tests. Specific interventions and appropriate utilization of these interventions for various age groups are discussed. (2 lecture hours)

## Interpersonal Dynamics

### HUMAN 1113 - 4 Credits

Overview of interpersonal skills that enhance therapeutic communication. Skills of empathy, respect, concreteness, genuineness, appropriate self-disclosure and confrontation are addressed. Assessment, interviewing and de-escalation techniques are introduced. (3 lecture hours, 2 lab hours)

## Contemporary Practice Models

### HUMAN 1114 - 3 Credits

An introduction to current treatment approaches. Each approach is viewed in its historical, cultural and philosophical perspectives. Students demonstrate each theoretical model and assess its potential for incorporation into their developing counseling style. (2 lecture hours, 2 lab hours)

## Behavior Modification

### HUMAN 1115 - 3 Credits

Exploration of the practical applications of behavior modification to childrearing, education, maladaptive behavior, interpersonal relationship, and self-control. Class discussions, skills practice, and a behavior change project emphasizing the relationship of material learned to the real-life situations of students are included. (2 lecture hours, 2 lab hours)

## Cross-Cultural Communications

### HUMAN 1121 - 4 Credits

Introductory course exploring a variety of issues related to cultural competency in Human Services practice. The concepts of race, ethnicity, culture, class, religion, gender, sexual orientation, ethnocentrism, oppression, and power will be explored. Practical application of acquired awareness, knowledge, and skills will be stressed. (3 lecture hours, 2 lab hours)

## Introduction to Addictions

### HUMAN 1125 - 4 Credits

An overview of historical, cultural and current attitudes toward alcohol use; the model of alcoholism and other addictions; systems applications of the addictions model; the interaction of physical, psychological, social and spiritual aspects of addiction; the clinical manifestations, methods and models of treatment; and various concepts of early intervention and prevention. (4 lecture hours)

## Psychopharmacology for Addictions Course

### HUMAN 1126 - 3 Credits

An introduction to the pharmacology, physiology, and biochemical principles necessary to understand the effects of the nature, action, and use of psychoactive drugs. Utilization of psychoactive drugs in psychiatry as it applies to dual diagnosis substance abuse counseling is explored. (3 lecture hours)

## Psychedelic Mindview

### HUMAN 1130 - 2 Credits

An exploration of the role of psychedelic substances throughout history. Includes use by indigenous cultures, religious groups, and in psychotherapy. Current research on the use of psychedelics in substance abuse treatment and as a therapeutic adjunct. (2 lecture hours)

## Mental Health First Aid

### HUMAN 1140 - 1 Credits

Students will be introduced to basic concepts and strategies for assisting people experiencing a mental health crisis. (1 lecture hour)

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## Psychiatric Rehabilitation

**HUMAN 1141 - 4 Credits**

Rehabilitative approach to treating individuals with severe mental illness. Emphasis is placed on collaborating treatment methods with the clients. Students are introduced to the mental health team, understanding legal and ethical issues surrounding treatment, psychiatric symptoms, and disability. Psychiatric rehabilitation is introduced through vocational skills training, interview techniques and assessment methods. (3 lecture hours, 2 lab hours)

## Psychiatric Rehabilitation Skills

**HUMAN 1142 - 4 Credits**

Continuation of Psychiatric Rehabilitation Certificate training. Course focuses on interviewing and listening skills, skills training, preventing and managing behaviors, assessment skills, treatment planning and crises intervention. (3 lecture hours, 2 lab hours)

## Health Skills Psychiatric Rehabilitation

**HUMAN 1143 - 4 Credits**

Continuation of Psychiatric Rehabilitation Certificate training program. Course examines three dimensions of wellness: physical, emotional and environmental. Psychoeducational training sessions are introduced, as well as medication management skill training. Prerequisite: Human Services 1141 with a grade of C or better, or equivalent (3 lecture hours, 2 lab hours)

## Vocational and Community Living Skills

**HUMAN 1144 - 4 Credits**

Examines fundamentals of vocational rehabilitation. Job coaching, job analysis, medication management, negotiation skills and networking skills are practiced. Policy standards, both state and federal, are discussed and integrated into coursework. (3 lecture hours, 2 lab hours)

## Residential Child Care

**HUMAN 1160 - 4 Credits**

Introduction to residential child care. Provides an overview of the settings and skills needed to assist children with emotional problems. Students will be introduced to the models of care utilized in outpatient and inpatient settings. (3 lecture hours, 2 lab hours)

## **Dynamics of Child Abuse**

**HUMAN 1165 - 3 Credits**

An in-depth look at child neglect, and child sexual, physical and emotional abuse. Students investigate treatment issues surrounding each area. Victim and perpetrator treatment issues, prevention of abuse, and the long-term impact on the individual are discussed. Clinical issues that arise in children, adolescents and adults as a result of child abuse are covered. (3 lecture hours)

## **Role of Advocacy in Human Services**

**HUMAN 1170 - 2 Credits**

Introduction to advocacy skills in relation to counseling in Human Services. An overview of political and public advocacy issues are discussed. Essential skills and knowledge of legal processes for effective solutions are introduced. (1 lecture hour, 2 lab hours)

## **Crisis Intervention**

**HUMAN 1175 - 2 Credits**

Introduction to clinical interventions utilized in crisis intervention. This course covers crises throughout the life cycle and situations such as medical and psychological traumas, post traumatic stress disorder and professional burnout. (1 lecture hour, 2 lab hours)

## **Domestic/Family Violence**

**HUMAN 1180 - 4 Credits**

This course provides a comprehensive exploration of domestic/family violence. The history, nature, extent, causes and consequences of family/domestic violence are examined. Skill building in direct service is stressed. Upon successful completion of this course, students are eligible to take the State of Illinois 40-hour training certificate in domestic violence training. (3 lecture hours, 2 lab hours)

## **Introduction-Developmental Disabilities**

**HUMAN 1190 - 5 Credits**

Introduction to developmental disabilities. Course covers treatment history and present methods. Behavioral management programs, record maintenance, and facility and/or home maintenance techniques are explored. Students are introduced to working with an interdisciplinary team to provide care to a varied population. (4 lecture hours, 2 lab hours)

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## Special Project

### HUMAN 1800 - 1-3 Credits

Special project course covers topics not otherwise covered by general education courses and other course in the Catalog for the discipline. These courses require direct experience and focused reflection in an in-depth study of a specific discipline topic and/or the critical analysis of contemporary issues in the discipline. They are targeted to self-selected students with an interest in the subject matter and involve active participation. The course delivery incorporates an experiential component of no less than 30 percent but not to excess 70 percent (to be determined by the disciplines). This experiential component may include field studies, interdisciplinary learning, and/or the practical application of discipline-related concepts, theories, principles and methods with a specific focus.

## Selected Topics I

### HUMAN 1820 - 1-3 Credits

Introductory exploration and analysis of selected Human Services topics with a specific theme indicated by course title listed in the college course schedule. This course may be taken four times for credit as long as different topics are selected. (1 to 3 lecture hours)

## Independent Study

### HUMAN 1840 - 1-4 Credits

Exploration and analysis of topics within the discipline to meet individual student-defined course description, goals, objectives, topical outline and methods of evaluation in coordination with and approved by the instructor. This course may be taken four times for credit as long as different topics are selected. Prerequisite: Consent of instructor is required (1 to 4 lecture hours)

## Human Services Corrections Counseling

### HUMAN 2200 - 4 Credits

Provides a human services perspective on working with clients in the criminal justice system. Students will explore the legal issues pertinent to offenders. The functions of rehabilitation settings and clinical interventions provided in these settings are examined. (3 lecture hours, 2 lab hours)

## Group Dynamics

### HUMAN 2212 - 3 Credits

Introduction to leadership functions that affect collective behavior. Exploration of the dynamics of change as it applies to group functions. Analysis of group stages and differing theoretical models

to conduct the group process are addressed. Ethical guidelines that govern the establishment and maintenance of groups are explored. (1 lecture hour, 4 lab hours)

## **Grief Counseling**

**HUMAN 2213 - 3 Credits**

An overview of grief counseling, including history and research, normal and abnormal grief responses, and physiological and psychological implications of grief. Lab emphasizes acquiring skills in assisting others to successfully resolve grief issues. (2 lecture hours, 2 lab hours)

## **Older Adult Care Management**

**HUMAN 2214 - 4 Credits**

Introduction to the basic components of older adult care management. Content covers the physical, emotional, social, psychological and cognitive aspects of aging. Course covers practical applications of interviewing and counseling families, managing client behavior, and assessing individual needs for appropriate treatment. (3 lecture hours, 2 lab hours)

## **Generalist Practice I**

**HUMAN 2223 - 2 Credits**

An applied skills approach to interviewing skills, psychological assessment techniques, and individual and group counseling skills. Development of treatment plans, discharge planning, and documentation skills are addressed. Ethical guidelines governing practice will be reinforced throughout each skill practiced. Students will be prepared for the fieldwork experience. Prerequisite: Consent of instructor is required. (1 lecture hour, 2 lab hours)

## **Addictions Counseling I**

**HUMAN 2225 - 4 Credits**

Focuses on the methods and skills utilized in treating the chemically dependent individual and his/her family. Skill development is accomplished through role play, video review, or audio tape review. Skills development in assessment, diagnosis, treatment planning, relapse prevention, American Society for Addiction Medicine (ASAM) criteria, levels of care, motivational interviewing, legal and ethical issues, and documentation. Prerequisite: Human Services 1113 with a grade of C or better, Human Services 1125 with a grade of C or better, and Human Services 1126 with a grade of C or equivalent or consent of instructor (3 lecture hours, 2 lab hours)

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## Addictions Counseling II

### HUMAN 2226 - 3 Credits

Expands on issues related to addiction. Topics include advanced issues in psychopharmacology, addictions and sexuality, interventions, treatment applications consistent with the needs of special population, employee assistance programs, motivational skills in the treatment of change, counselor self-care, advanced group skills, and effective didactic presentations to client populations. Prerequisite: Human Services 1113, Human Services 1125, Human Services 1126 and Human Services 2225 or equivalent or consent of instructor (2 lecture hours, 2 lab hours)

## Family Education and Treatment Models

### HUMAN 2240 - 3 Credits

Overview of the effects of family interaction on individual growth and change. The impact of crises such as divorce, addictions, death, troubled children, and/or aging parents on the family system is explored. Diverse family systems are also introduced. Clinical approaches as well as preventive interventions with families are explained. (3 lecture hours)

## Introduction to Eating Disorders

### HUMAN 2245 - 3 Credits

An overview of the historical, cultural, biological, social and psychological factors related to eating disorders. This course addresses assessment and methods of treatment, including individual treatment, group treatment, family treatment, and self-help groups. (3 lecture hours)

## Fieldwork I

### HUMAN 2251 - 4 Credits

Practicum experience in the field of Human Services. Students from all certificate/degree options in Human Services are required to fulfill 300 clinical hours in the field. One hour of class lecture time per week is required with this course. Supervision of skill development and an introduction to the network of community services is introduced. Prerequisite: Human Services core coursework for degree or certificate option of choice and consent of instructor is required.

## Fieldwork II

### HUMAN 2252 - 4 Credits

Continuation of HUMAN-2251. This course provides an additional 300 hours of clinical internship along with weekly one-hour clinical supervision classroom consultation time. Students are provided

with advanced training to improve their skills. Prerequisite: Human Services 2251 and consent of instructor is required

## **Legal Issues in Counseling**

**HUMAN 2274 - 1 Credits**

Overview of basic legal concepts as they relate to counseling. Course presents relevant case law and provides a framework for clinical practice. (1 lecture hour)

## **Ethics in Counseling**

**HUMAN 2279 - 2 Credits**

Presents the codes of ethics from several Human Services disciplines. Utilizes a variety of realistic clinical situations to illustrate potential ethical dilemmas and the principles guiding the student's response. (2 lecture hours)

## **Addictions Counseling III**

**HUMAN 2280 - 3 Credits**

Course explores the most current information in addictions treatment and prevention. In addition students are introduced to primary prevention strategies, the clinical needs of special populations, addictions treatment planning according to best practices guidelines, holistic approaches to addictions treatment, psycho-educational principles in treatment and prevention, effective clinical supervision, and administrative practices. This course is a hybrid class involving hours of work outside the classroom. Prerequisite: Human Services 2226 with a grade of C or better, or equivalent or consent of instructor (2 lecture hours, 2 lab hours)

## **CADC Exam Preparation**

**HUMAN 2284 - 1 Credits**

A review of basic concepts and information presented in the Addictions Counselor Training Program that will guide the individual preparation for the Illinois Alcohol and Other Drugs of Abuse Professional Certification Association (IAODAPCA) certification exam. Test taking strategies will be reviewed. This course may be taken four times for credit. (1 lecture hour)

## **Divorce and Family Mediation**

**HUMAN 2285 - 4 Credits**

Conflict resolution framework for use in divorce and family mediation. (4 lecture hours)



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## Assessment of Trauma for Veterans

HUMAN 2286 - 3 Credits

Overview of sources of stress and trauma in active military and veteran populations, and the impact such trauma has on level of functioning. Military experience involving the military family, military service, call-up and mobilization deployment to peacetime and combat assignments, combat duty, demobilization and reunion, experiencing injury and recovery, discharge from active military duty, reserve status, and life as a veteran will be examined. Paradigms for understanding trauma using both schema/belief and neurobiology lenses will be explored using case studies of peacetime and combat military experience and their legacy for the veteran. (3 lecture hours)

## Post Trauma Stress & Co-Morbid Disorders

HUMAN 2287 - 3 Credits

Assessment measures for military personnel, veterans, and their families. Topics include military culture, combat trauma, suicidal risk, blast-related traumatic brain injury (TBI), and post-traumatic stress disorder (PTSD) (3 lecture hours)

## Treatment for Veteran Population & Fam

HUMAN 2288 - 3 Credits

Best practices for the treatment of behavioral health-related problems which affect veteran populations and their families. Discussion and planning of viable strategies for ongoing support for continuing recovery and wellness will also be included. Students will have the opportunity to practice treatment approaches and discharge planning in simulated group and individual settings. (3 lecture hours)

## Counseling Focusing - Veteran Population

HUMAN 2289 - 3 Credits

Individual and group counseling techniques that promote recovery from acute stress reactions and related issues. Diagnosis and treatment of post-traumatic stress disorder (PTSD) and acute stress disorder (ASD) will be explored. Students will learn to recognize and manage their personal response to dealing with veterans with trauma related disorders. (3 lecture hours)

## Appropriate Referral-Veterans' Needs

HUMAN 2290 - 1 Credits

Assessment of the veteran population for services and/or benefits. Topics of discussion will include family adjustment problems, parenting issues, post-traumatic stress disorder (PTSD), and other

debilitating problems. Students will learn standardized assessment criteria and best practices used by the US Department of Veterans Affairs (VA). (1 lecture hour)

## **Internship (Career & Technical Ed)**

### **HUMAN 2860 - 1-4 Credits**

Course requires participation in Career and Technical Education work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 75 clock hours per semester credit hour, up to a maximum of four credits. Prerequisite: 2.0 cumulative grade point average; 12 semester credits earned in a related field of study; students work with Career Services staff to obtain approval of the internship by the Associate Dean from the academic discipline where the student is planning to earn credit.

## **Internship Advanced (Career & Tech Ed)**

### **HUMAN 2865 - 1-4 Credits**

Continuation of Internship (Career and Technical Education). Course requires participation in Career & Technical Education work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 75 clock hours per semester credit hour, up to a maximum of four credits. Prerequisite: 2.0 cumulative grade point average; 12 semester credits earned in a related field of study; students work with Career Services staff to obtain approval of the internship by the Associate Dean from the academic discipline where the student is planning to earn credit.