

# HUMAN SERVICES

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## B.A. in Human Services

The human services major is an interdisciplinary program that prepares students to understand and serve individuals and families in an increasingly diverse world. Courses explore individual and family development, intercultural awareness and practice, systems theory, communication, sexuality, and social policy. Students will think critically about varied dimensions of individual and relational functioning including couple relationships, marriage, family life cycle, parent-child interaction, and professional helping relationships. Attention is given to Christian perspectives and practical application to work with individuals and families.

A degree in human services prepares students for entry-level employment in family social services, community mental health, public or private agencies, and congregational settings serving children, adolescents, adults, couples, and/or families. The program also prepares students for graduate study in:

- Marriage and family therapy
- Counseling psychology
- Mental health counseling
- Pastoral care and counseling
- Related disciplines

## Certificate in Addiction Studies and Certificate in Alcohol and Drug Counseling

The Addiction Studies Certificate and Alcohol and Drug Counseling Certificate programs offer students a path that prepares them to meet MN state Board of Behavioral Health and Therapy (BBHT) education requirements for licensure as an alcohol and drug counselor (LADC).

The Addiction Studies Certificate outcomes represent an extension of the program outcomes for the B.A. degree program in Human Services, with specific application to the professional practice of alcohol and drug counseling. The Alcohol and Drug Counseling Certificate includes the practicum experience hours required of applicants for the LADC license. To prepare for graduate study and entry-level social service careers in a variety of addictions treatment settings students will:

- Demonstrate evidence-based approaches to addictions counseling through the application of addictions research and theories to practice.

- Articulate ethical approaches to addictions counseling, informed by intercultural competency, Christian perspectives, and state and federal laws and regulations.
- Synthesize the twelve core functions of an addictions counselor with personal, interpersonal, and professional skills.
- Utilize knowledge about diversity in addictions counseling with individuals and families.
- Integrate personal faith and/or spirituality with personal and professional development and practice in addictions counseling.

## Major in Human Services

- B.A. in Human Services (<http://catalog.bethel.edu/adult-professional-studies/academic-programs-disciplines/human-services/human-services-ba>)

## Minor in Human Services

- Human Services (<http://catalog.bethel.edu/adult-professional-studies/academic-programs-disciplines/human-services/human-services-minor>)

## Certificates

- Certificate in Addiction Studies (<http://catalog.bethel.edu/adult-professional-studies/academic-programs-disciplines/human-services/addiction-studies-certificate-alcohol-drug-counselor-license>)
- Certificate in Alcohol and Drug Counseling (<http://catalog.bethel.edu/adult-professional-studies/academic-programs-disciplines/human-services/certificate-alcohol-drug-counseling>)

### HUSE300W • Family Perspectives. 3 Credits.

An analysis of sociological and theological perspectives on family relationships, with special attention given to understanding families as systems. Learners will be encouraged to identify and challenge their assumptions about families and to examine their own family-of-origin experiences in light of course concepts.

*Fulfills: CAPS Goal Area 5. Special Notes: Enrollment is open to students with sophomore class standing and above.*

**HUSE305 • Individual and Family Development Over the Life Cycle.** 3 Credits.

An examination of how individuals, couples, and families change over time. Cognitive, spiritual, physical, and relational trends and challenges in infancy, childhood, adolescence, and adulthood are studied, with special attention to the influence of culture and religion on developmental processes. Learners are encouraged to analyze their own developmental experiences.

*Fulfills: CAPS Goal Area 5. Special Notes: Concurrent registration in PSYC335M recommended. Enrollment is open to students with sophomore class standing and above.*

**HUSE311 • Personality Theories.** 3 Credits.

Study of various theoretical approaches to personality. Emphasis is given to the assumptions and research associated with each approach. Major contributors to each view are discussed.

*Fulfills: CAPS Goal Area 5. Special Notes: Enrollment is open to students with sophomore class standing and above.*

**HUSE350 • Individual and Family Psychopathology.** 3 Credits.

Focus on understanding individual, relational, and contextual factors that contribute to diagnostic categories and psychopathology. Addresses objective and helpful ways to describe and assess abnormal behavior and will identify treatment options psychologists may use to help a person move into a more "normal" position in life.

*Fulfills: CAPS Goal Area 5. Special Notes: Enrollment is open to students with sophomore class standing and above.*

**HUSE386 • Social Inequality.** 3 Credits.

Focus is on social inequality in human societies, with particular reference to the United States. Exploration of the origins, evolution, legitimation, and consequences of social inequality. Main emphasis is on inequalities that are rooted in the socioeconomic order. Examination of the relationship between social class, race, and gender as different but related forms of social inequality.

*Fulfills: CAPS Goal Area 5. Special Notes: Enrollment is open to students with sophomore class standing and above.*

**HUSE400 • Research Methods.** 3 Credits.

Introduction to quantitative and qualitative research designs. Designed as a project-based course, with particular attention to program evaluation and action research, learners will construct an applied research proposal.

*Prerequisites: PSYC335M. Fulfills: CAPS Goal Area 5. Special Notes: Concurrent registration with HUSE405 recommended.*

**HUSE405 • Family Social Policy.** 3 Credits.

An examination of the linkages of family with societal systems and the consequences of policy for family life. An exploration of community resources and strategies for serving families.

*Fulfills: CAPS Goal Area 5. Special Notes: Concurrent registration with HUSE400 recommended.*

**HUSE410 • Dynamics of Interpersonal Relationships.** 3 Credits.

An analysis of interpersonal dynamics, including love and intimacy; communication; shame; power and control; stress and coping; grief; compassion; and spirituality. Attention will be given to a broad variety of relational states, including friendship, singleness, romantic partnerships, parent/child relationships, social networks, and faith communities.

*Fulfills: CAPS Goal Area 5.*

**HUSE420 • Advanced Family Topics: Gender and Sexuality.** 3 Credits.

An examination of the ways couples, families, and other systems interact around issues of sexuality. Love, intimacy, healthy sexuality, gender roles, sexual abuse, infidelity, and implications of gender and sexuality for personal wholeness and effective service to others will be addressed, along with moral, ethical, and spiritual aspects of sexuality.

*Fulfills: CAPS Goal Area 5.*

**HUSE435E • Families in Cross-Cultural Perspective.** 3 Credits.

Contemporary, historical, and cross-cultural, predominantly non-Western perspective on a variety of family systems and the people living in them. Values and assumptions underlying these systems, roles, intergenerational relationships, identity formation, and developmental tasks. Multicultural aspects of chemical dependency.

*Fulfills: CAPS Goal Area 5.*

**HUSE445 • Counseling Microskills.** 3 Credits.

An examination of effective counseling skills that combines theoretical understanding and hands-on practice of essential microskills. In this experiential class, students are expected to engage in development of "self of the therapist" through reflective practice and observation of self and others. Aspects of the 12 core functions of an LADC as defined in MN Statute section 148F.01, subdivision 10.

*Fulfills: CAPS Goal Area 5.*

**HUSE450 • Introduction to Addictions Counseling.** 3 Credits.

Examination of addiction from a variety of perspectives and evaluation of the twelve core functions of an addictions counselor. Description of the process of change in the context of the continuum of care. Cultivation of a personal philosophy around spirituality and addiction.

**HUSE455 • Pharmacology of Addictions.** 3 Credits.  
Examination of the action and biophysical effects of addictive substances. Evaluation of evidence-based medical treatment options for both addictions and co-occurring disorders. Integration of spirituality with medical approaches to treating addiction in an interculturally sensitive manner.

*Fulfills: CAPS Goal Area 5.*

**HUSE460 • Assessment and Treatment of Co-Occurring Disorders.** 3 Credits.

Examination of the assessment and treatment, including identification of the appropriate level of care, for co-occurring disorders of substance use and various psychological disorders. Attention is given to evidence-based practices in treatment planning and intervention.

**HUSE481 • Internship in Addictions Counseling I.** 4 Credits.

Application of theory, interpersonal skills, and professional development skills in a supervised professional addiction counseling setting. Demonstration of the twelve core functions of LADC (MN Statute 148F.01, subdivision 10). Evaluation of progress toward appropriate development goals. Integration of knowledge, experience, ethics, and faith into a worldview relevant in the addiction counseling setting. 400-hour experience.

*Prerequisites: HUSE435E, HUSE445, HUSE450, HUSE455, HUSE460, HUSE485H. Corequisites: HUSE491. Grade exceptions: Graded on an S/U basis. Special Notes: Program Director permission required for enrollment.*

**HUSE482 • Internship in Addictions Counseling III.** 1-3 Credits.

Direct practice experience in which the student applies previously acquired knowledge and skills in a structured professional setting focused on the 12 core functions of a licensed alcohol and drug counselor as defined in Minnesota Statute section 148F.01, subdivision 10. Students will accrue remaining hours of the Minnesota state Board of Behavioral Health and Therapy requirement of 880 clock hours of practical experience that were not completed in HUSE491.

*Prerequisites: HUSE491. Grade exceptions: Graded on an S/U basis.*

**HUSE485H • Professional Practice Issues and Ethics.** 3 Credits.

An examination of legal and ethical situations arising in the practice of helping professions. Issues of professional practice and development are also discussed, and students are expected to identify goals and strategies for continuing professional, personal, and spiritual growth. Aspects of the 12 core functions of an LADC as defined in MN Statute section 148F.01, subdivision 10.

*Fulfills: CAPS Goal Areas 5 & 6; General Education Category H.*

**HUSE490 • Integrative Internship Seminar.** 3 Credits.

Learning/practice experience in which the student applies previously acquired human service knowledge and skills in a structured professional setting, including but not limited to government agencies, social service agencies, schools, mental health agencies, businesses, and churches. Students will accrue a minimum of 100 hours of practical experience.

*Prerequisites: HUSE400, HUSE440/445, HUSE480H/485H. Grade exceptions: Graded on an S/U basis.*

**HUSE491 • Internship in Addictions Counseling II.** 4 Credits.

Application of theory and professional development skills in a supervised professional addiction counseling setting. Demonstration of the twelve core functions of LADC (MN Statute 148F.01, subdivision 10). Evaluation of progress toward appropriate development goals. Integration of knowledge, experience, ethics, and faith into a worldview relevant in the addiction counseling setting. 480-hour experience.

*Prerequisites: HUSE435E, HUSE445, HUSE450, HUSE455, HUSE460, HUSE485H. Corequisites: HUSE481. Grade exceptions: Graded on an S/U basis.*

**PSYC335M • Introduction to Statistics.** 3 Credits.

Basic descriptive, correlational, and inferential statistics will be covered. As time permits, more advanced topics of ANOVA, multiple regression, ANCOVA, meta-analysis, and factor analysis will be introduced. Learners will perform analyses using a computerized statistical package, and primary emphasis will be placed on understanding the concepts and interpreting results correctly.

*Fulfills: CAPS Goal Area 4. Special Notes: Enrollment is open to students with sophomore class standing and above.*

**PSYC643 • Counseling Microskills.** 3 Credits.

Demonstration and supervised practice of interview skills. Emphasis is on development of core helping skills and attitudes foundational to an effective counseling process. Introductory issues in counseling relationship ethics and how gender, class, and cultural diversity factors may influence the counseling process.

**PSYC661 • Ethics and Professional Issues.** 3 Credits.

Legal, ethical, and professional issues facing mental health providers, including confidentiality, informed consent, client dangerousness, conflicts of interest, boundary issues (including sexual involvement), values conflicts, religious issues and ethics, and scope of competence. Emerging ethical standards, particularly with regard to new technologies. Codes of ethics and professional conduct of mental health professional associations and licensure boards.

**PSYC781 • Practicum I.** 4 Credits.

A nine-month, supervised counseling/clinical experience (Practicum I and II total 700 hours minimum over the nine-months), primary with individual, family, and group therapy contact. Opportunity to integrate classroom learning, personal skills, and prior experience into a new therapeutic setting with onsite supervision. The State of Minnesota Board of Behavioral Health and Therapy guidelines for clinical placements and supervision are applied.

*Prerequisites: Counseling Psychology program: PSYC625 or PSYC651, PSYC638, PSYC642, PSYC643, PSYC645, PSYC648 or PSYC658, PSYC654, PSYC656, PSYC660, PSYC661, and Counseling Psychology Program Director permission. Licensed Alcohol and Drug Counselor program: Certificate in Addiction Studies and Addiction Studies Program Director permission.*

**PSYC783 • Practicum II.** 4 Credits.

Nine-month, 700-hour, supervised counseling/clinical experience (with PSYC781). Individual, family, and group therapy contact. Minimum of 250 supervised hours. Opportunity to integrate classroom learning, personal skills, and prior experience into therapeutic settings with onsite supervision. State Board of Psychology and Board of Behavioral Health and Therapy guidelines for clinical placements and supervision will be applied.

*Prerequisites: PSYC781, and consent of the Department of Psychology faculty.*