

Human Services (HSER)

HSER 100: Self Exploration

This group process course provides an opportunity for learner exploration of personal values, attitudes, and the development of goals to support greater insight and understanding of self and others. The learners are encouraged to identify and assess personal characteristics that are hampering growth and to apply methods of change-action plans. Critical self-reflection and analysis within a life span/stage model of human development is the foundation of the course content. The course specifically supports the development of knowledge and skills for people interested in entering any of the human service and helping professions, education, health sciences, justice, etc. and for those who desire developing healthy relationships with others.

Credits: 3

Prerequisites: ENG 22 or ENG 24 with a grade of C or better or equivalent or consent of instructor.

Program: [Human Services](#)

HSER 140: Individual Counseling

This course is designed to upgrade the knowledge and skills for people who are currently working in the counseling field and to introduce newcomers to the field who wish to pursue a possible career in the helping professions. Learners will practice interviewing and attending skills through role-plays and be exposed to various theories of counseling, assessment and treatment practices, as well as ethical guidelines for work in the field of human service and helping professions.

Credits: 3

Prerequisites: ENG 22 or ENG 24 with a grade of C or better or equivalent and HSER 100 with a grade of C or better, or consent of instructor.

Program: [Human Services](#)

HSER 160: Effective Parenting

The course explores various approaches and styles of successful parenting. It exposes learners to important developmental issues surrounding children and families and reviews functional and dysfunctional communication and parenting styles. Research on healthy parenting attitudes and behaviors are introduced within the framework of a family systems model. The course intends to upgrade the attitudes and skills of individual parents, those who may become parents, as well as service providers who work with children and families. Another goal is to instill the importance of a child's need to receive respect and love.

Credits: 3

Prerequisites: ENG 22 or ENG 24 with a grade of C or better or equivalent or consent of instructor.

Program: [Human Services](#)

Recommended Prep: HSER 100.

HSER 245: Group Counseling

This course provides theoretical and experiential training in facilitating self-exploration and growth groups. It is designed to encourage knowledge and skill development in selecting group members, establishing group norms and goals, attending to ethical codes of conduct, setting group climate, developing group activities, promoting group and individual growth, and making appropriate group interventions. Learners will be members of an in-class group and also be responsible for facilitating a group. Theories of group counseling will be explored. This course supports the development of learners who are either currently working in the field, or who wish to enter human service or one of the helping professions.

Credits: 3

Prerequisites: ENG 22 or ENG 24 with a grade of C or better or equivalent and HSER 100 with C or better, or consent of instructor.

Program: [Human Services](#)

HSER 248: Case Management

The Case Management course enlists a systems, strength-based and client-centered approach for successful work in this field. Over the course of the semester learners examine the multiple roles required of a case manager and the various fields and functions, which they may engage. While employing a culturally sensitive approach, examination of client needs is undertaken that is based upon an assessment and research of available resources. Adoption of a code of ethics and an attitude of client empowerment is encouraged. Attention is given to the development of microskills and to the explication of the legislative process. Exploration of how legislative decisions influence policies and available resources for the case manager. Additional focus is given to the importance of comprehensive documentation throughout the case management process. (Previously

offered as experimental courses HSER 297L.)

Credits: 3

Prerequisites: ENG 22 or ENG 24 with a grade of C or better, or equivalent, or consent of instructor.

Program: [Human Services](#)

Recommended Prep: HSER 100

HSER 256: Dynamics of Family Violence and Sexual Assault

This course is designed to encourage the development of knowledge, skills, and the sensitivity necessary for engaging individuals and families affected by sexual assault, intimate partner violence, and non-familial violence. Course content focuses on the victimization of children, adults, the elderly, and other vulnerable populations. The course examines various influences that may encourage perpetrators and socio-cultural beliefs and behaviors that propagate sexual and physical violence, the historical responses, as well as a review of relevant state and federal laws. Victim, survivor, and perpetrator dynamics, current trends, intervention strategies, and community resources are identified. Learners have an opportunity to explore their own values and feelings in relation to a difficult subject matter.

Credits: 3

Prerequisites: Placement in ENG 100 or equivalent

Program: [Human Services](#)

Recommended Prep: HSER 100, WS 151, Basic internet, computer knowledge and navigation ability

HSER 268: Survey of Substance Use and Addiction

This course explores the effects of substance use across the continuum from use to addiction. Examination of the impact of substances on the individual, the family, and society is undertaken. Historical and societal perceptions toward substances and patterns of substance use and addiction, current trends, legal responses, and the effectiveness of various treatment interventions, are investigated.

Credits: 3

Prerequisites: ENG 22 or ENG 24 with a grade of CR or equivalent or placement in ENG 100 or instructor consent.

Program: [Human Services](#)

Recommended Prep: HSER 100 and knowledge of computers and the internet.

HSER 270: Substance Abuse Counseling

This course is designed for people interested in pursuing work as a substance abuse counselor. The course material covers aspects of the counseling process and specifically, the 12 Core Functions engaged by the substance abuse counselor. It also attends to the treatment process, which includes the continuum of care: prevention, intervention, and aftercare practices. Ethical and legal issues affecting substance abuse counselors are also identified.

Credits: 3

Prerequisites: ENG 22 or ENG 24 or equivalent and HSER 268 with grade of C or better, or consent of instructor.

Program: [Human Services](#)

Recommended Prep: HSER 140

HSER 294: Seminar & Fieldwork I

The HSER 294 Seminar and Fieldwork I course is the first of two required courses, which offers the intern enrolled in the Certificate of Competence in Substance Abuse Counseling Program a graduated internship experience in which s/he is able to complete 200 hours of onsite fieldwork in an approved addiction treatment facility. In the weekly seminar, the learner examines in depth the 12 Core Functions of the substance abuse counselor and the ethical and legal mandates under which s/he must practice. Individual strengths and challenges are identified in relationship to the onsite experiences and the learner begins to develop a professional identity as a substance abuse counselor by applying the knowledge, skills, and values that s/he has learned in the previous program courses. Attention also is given to how to attend to one's self-care while working within a stressful and demanding field.

Credits: 3

Prerequisites: Acceptance into the Certificate of Competence in Substance Abuse Counseling Program and HSER 100, HSER 140, HSER 245, HSER 268, HSER 270 with a grade of C or better or permission of instructor.

Program: [Human Services](#)

HSER 295: Seminar & Fieldwork II

The HSER 295 Seminar and Fieldwork course is the second of two required courses, which offers the intern enrolled in the Certificate of Competence in Substance Abuse Counseling Program a graduated internship experience in which s/he is able to

complete 200 hours of onsite fieldwork in an approved addiction treatment facility. In the weekly seminar, the learner examines in depth the 12 Core Functions of the substance abuse counselor and the ethical and legal mandates under which s/he must practice. Individual strengths and challenges are identified in relationship to the onsite experiences and the learner begins to develop a professional identity as a substance abuse counselor by applying the knowledge, skills, and values that s/he has learned in the previous program courses. Attention also is given to how to attend to one's self-care while working within a stressful and demanding field.

Credits: 3

Prerequisites: Acceptance into the Certificate of Competence in Substance Abuse Counseling Program and HSER 294 with a grade of C or better or permission of instructor.

Program: [Human Services](#)