

HS-2850: HUMAN SERVICES PRINCIPLES AND PRACTICES I

Cuyahoga Community College

Viewing: HS-2850 : Human Services Principles and Practices I

Board of Trustees:

2015-06-25

Academic Term:

Fall 2019

Subject Code

HS - Human Services

Course Number:

2850

Title:

Human Services Principles and Practices I

Catalog Description:

Introduction to the basic skills of time management. Application of time management techniques to student's personal schedule. Investigation of therapeutic theories of laughter and playfulness. Continue developing skills and application of Motivational Therapy. Introduction into the theory and application of Cognitive Therapy and Non-Traditional Therapies. Research of a specific Adjunct Therapy. Integrate Prevention, and Trauma Informed strategies in service delivery. Include family and relationship aspects as an integral part of client success. Seminar: 1 hour per week

Credit Hour(s):

5

Lecture Hour(s):

2

Lab Hour(s):

0

Other Hour(s):

15

Other Hour Details:

Practicum: 14 hours per week

Requisites

Prerequisite and Corequisite

HS-1850 Introduction to Human Services Principles and Practices, or departmental approval: equivalent coursework.

Outcomes

Course Outcome(s):

Conduct oneself in a professional/ethical manner.

Objective(s):

1. Perform practicum duties as agreed in the learning contract at an acceptable level.
2. Document practicum work experience using Human Services approved format.
3. Participate in class discussion on practicum experience and assignments.
4. Complete practicum evaluation with site supervisor and instructor.
5. Perform at an acceptable level as outlined in the Human Service Code of Conduct.

Course Outcome(s):

Utilize time management skills to be successful in the Human Service field.

Objective(s):

1. Explain the basic principles of time management.
2. Identify personal goals/priorities regarding time and tasks.
3. Write and implement a personal time management plan.

Course Outcome(s):

Utilize Motivational Therapy and Cognitive Therapy, and Trauma Informed counseling techniques.

Essential Learning Outcome Mapping:

Critical/Creative Thinking: Analyze, evaluate, and synthesize information in order to consider problems/ideas and transform them in innovative or imaginative ways.

Objective(s):

1. Perform practicum duties as agreed in the learning contract at an acceptable level.
2. Document practicum work experience using Human Services approved format.
3. Demonstrate an understanding of Motivational Interviewing Counseling techniques.
4. Demonstrate the application of Motivational Interviewing Counseling Techniques.
5. Demonstrate an understanding of Cognitive Therapy Counseling techniques.
6. Demonstrate the application of Cognitive Therapy Counseling techniques.
7. Demonstrate an understanding of Trauma.
8. Demonstrate an understanding of Trauma Informed aspects to service delivery.
9. Demonstrate an understanding of the impact of family and relationships on client success

Course Outcome(s):

Utilize humor in a therapeutic manner both personally and professionally.

Objective(s):

1. Explain the value of laughter and playfulness as a therapeutic tool.
2. Write a plan for use of laughter and/or playfulness in the classroom.
3. Write an implementation procedure for laughter/playfulness plan.
4. Write evaluation criteria for laughter/playfulness plan.
5. Implement laughter/playfulness plan.
6. Write assessment of laughter/playfulness plan using evaluation criteria.

Course Outcome(s):

Use Non-Traditional therapies as a complement to traditional counseling strategies/approaches.

Essential Learning Outcome Mapping:

Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

Objective(s):

1. Select an acceptable Non-Traditional Therapies research topic.
2. Develop an annotated bibliography on the Non-Traditional Therapy research topic.
3. Write a plan for delivering a Non-Traditional Therapy intervention based on the research.

Course Outcome(s):

Incorporate prevention strategies as part of the counseling process.

Essential Learning Outcome Mapping:

Critical/Creative Thinking: Analyze, evaluate, and synthesize information in order to consider problems/ideas and transform them in innovative or imaginative ways.

Objective(s):

1. Demonstrate an understanding of the types of prevention in the Human Services.
2. Demonstrate an understanding of risk factors especially adverse childhood experiences (ACES) and its long term implications.
3. Demonstrate an understanding of the applications of the different types of prevention.
4. Evaluate quality of prevention services at practicum site.
5. Perform practicum duties as agreed in the learning contract at an acceptable level.

Methods of Evaluation:

1. Written assignments
2. Research review
3. Humor Project implementation
4. Practicum documentation
5. Practicum evaluation
6. Oral presentations
7. Quizzes

Course Content Outline:

1. Time management principles:
 - a. Setting personal goals
 - b. Prioritizing personal goals
 - c. Developing a time management plan
 - d. Utilizing time management strategies in agency setting
2. Laughter and playfulness as therapeutic tools
 - a. How to use laughter and playfulness
 - b. Planning laughter project
 - c. Implementing laughter project
 - d. Evaluating laughter project
3. What is prevention in the human services
 - a. Risk Factors: Adverse Childhood Experiences
 - b. Resiliency
 - c. Prevention programming strategies
 - d. Levels of prevention:
 - i. Universal
 - ii. Selective
 - iii. Indicated
 - iv. Case Identification
 - v. Treatment
 - vi. Maintenance
 - vii. Aftercare
4. Motivational Interviewing
 - a. Engaging/empathy
 - b. Explore values and beliefs
 - c. Stages of Change
 - d. Ambivalence/readiness to change
 - e. Techniques:
 - i. Reflection
 - ii. Amplified Reflection
 - iii. Decisional Balance
 - iv. Readiness to change ruler
 - v. Harm reduction
 - vi. Open ended questions
 - vii. Future orientation
5. Cognitive Therapy:
 - a. Explore values and beliefs:
 - i. Core beliefs
 - ii. Automatic thoughts
 - iii. Feelings
 - iv. Regulating feelings
 - v. Problem solving
 - vi. Reactions/responses
 - vii. Intervention strategies
6. Nontraditional Therapies:
 - a. Value and principles of Nontraditional therapies
 - b. Types

- c. Application
 - d. Populations
 - e. Research criteria
 - f. Presentation
 - g. Bibliography and citations
7. Relationship Counseling
- a. Models and Theories on relationship functioning
 - b. Assessment tools to measure relationships, and self satisfaction/quality of life.
 - c. Impact of addictions and mental illness on relationships.
 - d. Impact of addictions and mental illness on human growth and development.
 - e. Impact of addictions and codependency, mental illness and medical aspects.
 - f. Therapeutic intervention strategies in the treatment of unhealthy relationships.
1. Practicum issues:
- a. Application of therapeutic approaches
 - b. Role plays
 - c. Practicum goals
 - d. Aspects of documentation
 - e. Practicum documentation rubric
 - f. Evaluation of practicum performance
 - g. Ethical service delivery

Resources

Cully, J.A. & Teten, A.L. (2014-05-29 00:00:00) *A Therapists Guide to Brief Cognitive Behavioral Therapy*,

Dicke, A & Hendrick, C. (1998) *Journal of Social and Personal Relationships. The relationship assessment scale*, 15, 137-142.

Diritsky, I. (2019) *HS 2850 Course Handbook*,

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Harris, Nadine Burke . (2018) *The Deepest Well: Healing the long-term effects of childhood adversity* , Boston, Houghton Mifflin Harcourt.

Hendrick, S.S. (1988) *A generic measure of relationship satisfaction.* , 50, 93-98.

Houghton, P.M. & Houghton, T.J. (2009) *APA: The Easy Way!* , Baker College, Flint Michigan.

JourneyPure. (2019) *How to Repair Relationships Broken by Addiction*, 5080 Florence Rd, Murfreesboro, TN 37129.

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Mariadhas, Joe. (December 2012) *Impact of Substance Abuse on Families*, 4 (2).

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Miller, W.R. & Rollnick, S. (2013) *Motivational Interviewing: Helping People Change*, Guilford.

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Schneider, Jennifer. (July 1989) *Rebuilding the Marriage During Recovery from Compulsive Sexual Behavior*, 38, 288-294.

Stamm, B. H. (2009) *Professional Quality of Life: Compassion Satisfaction and Fatigue*, www.isu.edu/~bhstamm.

Smith, M., Saklofske, D.H., Stoeberl, J., & Sherry, S.B. (2016) *The big three perfectionism scale: A new measure of perfectionism*,

Vilhauer, Jennice. (2019) Psychology Today. *How to Rebuild Trust with Someone Who Hurt You 4 steps to restore trust and repair a damaged relationship.*, New York, NY, Sussex Publishers, LLC. <https://www.psychologytoday.com/us/blog/living-forward/201609/how-rebuild-trust-someone-who-hurt-you>

Weinstein, Matt, and Joel Goodman. (1980) *Playfair*, San Luis Obispo, CA: Impact.

Resources Other

1. Course Handbook by Diritsky
2. Handouts found on Black board site.

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