

Human Services: Advanced Helping Skills 2

Award Type: Certificate of Accomplishment

Recipients of the Advanced Helping Skills 2 Certificate will possess a set of interconnected skills and knowledge that go beyond and enhance the interpersonal helping skills and knowledge that the other Human Services certificates provide. The skills and knowledge that they will gain include (1) Happiness, Thriving, and Ability to Cope, and (2) Consciousness and Alteration of Conscious States. (3) Emotional Intelligence--the ability to recognize and cope with one's own emotions and the emotions of others.

The graduate of the Certificate of Accomplishment in Human Services: Advanced Helping Skills 2 will:

- Explain how the brain can be hijacked by a negative emotion.
- Describe one practice aimed at improving one's happiness and fulfillment.
- Describe two ways to alter one's state of consciousness.

Program Requirements

A total of 9 units is required for the certificate.

Course Number	Course Title	Units
HUSV 122	States Of Consciousness	3.0
HUSV 127	Emotional Intelligence	3.0
HUSV 128	Positive Psychology	3.0