

## Human Services: Family Studies

**Award Type:** Certificate of Achievement

This certificate program is designed for individuals who work with or are concerned about families and/or children in contemporary society. Students will receive both a solid grounding in family related issues and practical guidelines and skills necessary for effective interventions. This program of study is especially useful for individuals interested in becoming parenting educators.

**The graduate of the Certificate of Achievement in Human Services: Family Studies will:**

- Possess knowledge and skills that will enable them to competently and ethically carry out the duties and responsibilities of jobs in the human or social service field that involve families and children. The knowledge and skills that they will possess fall under the following three rubrics: (1) Interpersonal Helping Skills; (2) Ethics and Boundaries; and (3) Documentation.
- Interpersonal Helping Skills: Graduates will possess interpersonal skills required to engage empathically with clients and their families, develop safe and trusting relationships with them, assess their strengths and problems and recommend appropriate interventions and/or referrals. They will demonstrate the ability to manifest the core conditions of helping relationships, including empathy, nonpossessive warmth, genuineness and congruence. They will recognize the importance of the family and societal contexts in which their clients live and utilize this information in providing helping services.
- Ethics and Boundaries: Graduates will be familiar with a professional association's code of ethics and demonstrate the ability to behave in accord with it. They will be able to define appropriate professional relationship boundaries and detect when these boundaries are crossed or violated. They will be able to maintain client confidentiality and know the conditions under which confidentiality must be breached. They will demonstrate an understanding of the principles of culturally competent practice.
- Documentation: Graduates will demonstrate the ability to create and maintain appropriate client documentation, including intake notes, service or treatment plans, progress notes, discharge notes and other documentation such as informed consent and release of information forms.

### Program Requirements

**A total of 28 units is required for the certificate.**

**Required core courses (22 units):**

Course Number	Course Title	Units
HUSV 101	Introduction to Human Services: Becoming a Helping Professional	3.0
HUSV 102	Case Management Skills	3.0
HUSV 103	Basic Counseling Skills	3.0
HUSV 106	Family Systems, Addiction & Trauma	3.0
HUSV 108	Crisis Intervention Skills	3.0
HUSV 113	Women and Addiction	3.0
HUSV 150	Family Studies Practicum	2.0
	or	
HUSV 170	Concurrent Human Services Practicum	2.0 - 4.0 units
HUSV 151	Family Studies Practicum Seminar	2.0

**Plus a minimum of 6 units selected from the following:**

Course Number	Course Title	Units
ECS 101	Child, Family and Community	3.0
ECS 114	Parent/Child Relationships	3.0
FSN 109	Basic Nutrition for Health	3.0
FCS 130	Consumer and Family Finance	3.0
HUSV 107	Serving Culturally Diverse Clients	3.0
HUSV 189	Independent Projects in Human Services	1.0 - 3.0 units
SOC 110	Introduction to Marriage & Family	3.0