

Human Services: Advanced Helping Skills 1

Award Type: Certificate of Accomplishment

Recipients of the Advanced Helping Skills 1 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 fall under the following three rubrics: (1) Happiness, Thriving, and Ability to Cope; (2) Consciousness and Alteration of Conscious States; and (3) Additional Evidence-Based Helping Skills. • Happiness, Thriving, and Ability to Cope: Graduates will be able to list practices associated with positive emotion, life satisfaction, and personal thriving; know how to deal effectively with their own emotions and the emotions of others; and possess skills for creating positive mental states in themselves and others. • Consciousness and Alteration of Conscious States: Graduates will understand the human need to alter mental and emotional states; be able to list methods that people use for doing so; grasp the difference between constructive, healthy methods, and destructive, unhealthy ones; and be able to practice methods that engender constructive, healthy mental and emotional states.

The graduate of the Certificate of Accomplishment in Human Services: Advanced Helping Skills 1 will:

- describe methods that people use to alter their states of consciousness.
- explain how emotions often hijack the brain.
- describe one action that an individual can take to improve that individual's level of happiness and satisfaction.

Program Requirements

A major of 9 units is required for the certificate. Required core courses:

Course Number	Course Title	Units
HUSV 112	Motivational Interviewing and Nonconfrontational Approaches	3.0
HUSV 126	Meditation, Mindfulness, and Stress Reduction	3.0