

Prepared by the Department of Social Sciences, Behavioral Sciences, and Human Services

Date of Departmental Approval: November 26, 2012

Date Approved by Curriculum and Programs: January 30, 2013

Effective: Fall 2013

1. **Course Number:** HUS231 (formerly HUS106)  
**Course Title:** Treatment Modalities in Human Services
2. **Description:** Treatment Modalities in Human Services introduces the most commonly used and widely accepted treatment and relapse prevention methods in the mental health and alcohol/substance abuse field. The course explores the role of the social service worker and treatment modalities utilized in the school, prison, outpatient, inpatient, and day treatment areas as they apply to the different special populations. The populations discussed include children, adults, elderly, dual diagnosis, incarcerated, and those with addictions. Service learning may be used for experiential learning.
3. **Student Learning Outcomes** (instructional objectives, intellectual skills): Upon successful completion of this course, students are able to do the following.
  - A. Knowledge Base of Treatment Modalities in Human Services  
Students who successfully complete the course will demonstrate familiarity with the major models and theories of treatment and relapse prevention across populations. Students will demonstrate knowledge of the many types of treatment and interventions utilized in various areas of the human services field. Students will have an in depth understanding of the impact treatment has on certain populations, such as clientele with mental health, aging, addiction, pain management and other issues.
  - B. Research Methods in Treatment Modalities in Human Services  
Students who successfully complete the course will be able to use critical thinking when evaluating research methods used in human services by articulating strengths and limitations. Students will analyze important topics in treatment, interventions, and relapse prevention and explore the specialized terminology of the treatment counselor as a social change agent.
  - C. Critical Thinking Skills in Treatment Modalities in Human Services  
Students who successfully complete the course will respect and use critical and creative thinking, skeptical inquiry, and, when possible, the scientific approach to solve problems related to treatment, interventions, and prevention. The student will demonstrate the ability to use critical thinking effectively by making connections between academic theories and real life case studies. Student will learn to use current state forms and write case notes.
  - D. Application of Treatment Modalities in Human Services  
Students who successfully complete the course will understand and apply concepts and theories in treatment approaches, interventions, and relapse prevention. Students will demonstrate the ability to look beyond personal experiences, be informed by educational information, to grow personally and professionally. Students will apply concepts to real life case studies. Students will demonstrate awareness of the importance of confidentiality and state regulations, including HIPAA.
  - E. Values in Treatment Modalities in Human Services  
Students who successfully complete the course will develop a personal philosophy of treatment for individuals that respects human diversity. The student will recognize and respect human diversity and understand that principles of treatment and relapse prevention may vary across populations and contexts. The student will recognize the necessity for ethical behavior in all aspects of the science and practice of counseling.
4. **Credits:** 3 credits
5. **Satisfies General Education Requirement:** No

**6. Prerequisite:** PSY101, HUS101, and HUS229

**7. Semesters Offered:** Fall, Spring

**8. Suggested General Guidelines for Evaluation:** The methods of assessment used to measure these outcomes may be written assignments, tests, online and class discussion, small group activity and presentations.

**9. General Topical Outline:**

- I. Introduction: An overview of socioeconomic, health, and psychological issues and their impact on individuals. Defining treatment and relapse prevention. Learning through a multicultural perspective lens.
- II. History of Mistreatment; Physical Abuse, Sexual Abuse, Emotional Abuse/Neglect.
- III. Who Do We Blame? Maslow's Hierarchy, Erikson's Developmental Stages, and Social Learning Theories.
- IV. Investigation and Treatment. Goals and Techniques.
- V. Attachment, Separation, and Motivation for Change
- VI. Disorders, PTSD, Dual Diagnosis, Depression, and Beyond.
- VII. Discipline and Behavior Management.
- VIII. Personal Boundaries, Danger Signals, and Burnout.