

## HUMAN SERVICES (HST)

### **HST 101. Introduction To Human Services. 3 Credits.**

Students are introduced to the organization and function of human service agencies as well as the ways in which the human services worker can deal effectively with the resources of the community. This course also acquaints the student with occupational information in the area of human services. Prerequisites: ENG 098, FYE 101, RDG 098, or placement.

### **HST 115. Issues of Chemical Dependency in Family Systems. 3 Credits.**

This course will introduce students to the significance of the family and external support systems in the maintenance and treatment of chemical dependency. Students will be introduced to the characteristics and dynamics of families, couples, and significant others affected by chemical dependency and/or process addictions. Students will examine basic family theories, assessment, and models of intervention and engagement in the treatment and recovery process. The interaction between the family system and substance use behaviors will also be discussed. Students will analyze the role of self-help groups, their functions, and how they differ from more formal treatment. Prerequisites: ENG 098, RDG 098, FYE 101, or placement. Fall.

### **HST 140. Counseling Methods And Interviewing Techniques. 3 Credits.**

This course acquaints the student with current views of counseling principles and methods. Interviewing techniques are introduced and developed through a workshop approach that includes videotaping. Prerequisite: ENG 098, RDG 098, FYE 101 (or placement), PSY 105 strongly recommended, may be taken concurrently.

### **HST 142. Counseling Methods and Interviewing Techniques II. 3 Credits.**

This course builds on the foundation of HST 140 Counseling Methods and Interviewing Techniques. Course content includes therapeutic structures, issues that face the beginning counselor, models of therapy, and practical aspects of the work. The class will use a comprehensive approach that focuses on theoretical perspectives and case studies to enhance the understanding of counseling and interviewing. Prerequisite: HST 140.

### **HST 145. Introduction To Gerontology. 3 Credits.**

Students are introduced to the field of gerontology, the multidisciplinary study of the biological, psychological, and social aspects of aging. This course explores the human aging process from these perspectives. A primary focus of this course is to replace myths with facts about aging and gain an understanding about what happens to older adults' bodies, minds, status in society, and social lives as they age. Attention is also given to programs and services for the elderly. Prerequisites: ENG 098, FYE 101, RDG 098, or placement.

### **HST 149. Addictions Counseling. 3 Credits.**

This course provides the student with an overview of substance abuse counseling. Students will develop conceptual knowledge, practical skills, and self-awareness concerning the etiology of addiction, assessment strategies, diagnosis and treatment planning, and wellness strategies for facilitating optimal development and preventing clinician burnout. Prerequisites: ENG 098, RDG 098, FYE 101, or placement. Fall.

### **HST 150. Cultural Awareness. 3 Credits.**

This course focuses on understanding cultural differences. Students will examine their own culture and other cultures. Students will examine how racism, prejudice, and discrimination are embedded in all levels of society. Students will understand that race and ethnicity are historically, culturally, and socially bound and constructed. Students will examine the privileges that accompany whiteness. Student will examine intersectional research approaches that examine marginalized groups and explore race, ethnicity, gender, age and sexuality and how they are interconnected. This is the same course as SOC 150. Prerequisites: ENG 098, FYE 101, RDG 098, or placement. Fall.

### **HST 220. Psychopharmacology. 3 Credits.**

This course introduces the student to the basic principles of pharmacology, anatomy, and physiology. These principles are applied to an examination of the major classes of psychoactive drugs, including those commonly subject to abuse. Students will explore the physical and mental effects of psychoactive drugs and compulsive behaviors. The mechanisms of action in the brain, patterns of physiological response in abuse, dependence, withdrawal and recovery will be discussed. Content will also focus on pharmacological adjuncts to detoxification and treatment, as well as psychotropic medication for co-occurring disorders. Prerequisites: HST 149. Spring.

### **HST 250. Human Services Internship Experience. 4 Credits.**

During their last semester, students in this internship work directly with clients under the supervision of a professional worker in a human services setting. Students are expected to gain an understanding of the dynamics and appropriate treatment for clients and their families. Placements have included, but are not limited to, settings involving mental health, developmental disabilities, and community service projects. Students must complete 150 hours in addition to one class meeting per week. A consideration for placement includes an assessment of the student's readiness and faculty recommendations. The college also requires Criminal Offender Record Information (CORI) and liability insurance for all interns. Prerequisites: QPA 2.0, 45 credits earned toward the

Human Services degree including ENG 102, HST 101, HST 140, PSY 110, PSY 240, SOC 103, and permission of department chairperson.

**HST 260. Human Services Seminar (Capstone). 3 Credits.**

In this capstone course, students synthesize and apply concepts and skills learned in the Human Services (HS) program. This course requires students to show mastery of the material covered in the HS program through several required avenues including the following: seminar meetings and discussions; portfolio work; and a research paper. This course is designed to help students apply the knowledge and skills learned in the program and to explore self-perceptions related to their career choice in the human services field. Students must complete this course with a minimum grade of C to graduate. Prerequisites: 45 credits earned toward the Human Services degree including ENG 102, HST 101, HST 140, PSY 105, PSY 110, PSY 240, SOC 103, or permission of division dean. Spring.

**HST 270. Practicum for Substance Addiction Counseling. 6 Credits.**

This course provides a practical, field-based experience of 300 hours in an alcohol/chemical dependency treatment facility as required for Massachusetts Board of Substance Abuse Counselor Certification. The practicum is an integral component of the alcohol and drug addiction counseling program. Academic and applied counseling skills are synthesized and used by students in an addiction counseling setting. Practicum is a vital educational component for future CADCs to learn and practice the 12 Core Functions and 8 Practice Domains of an addiction counselor in a supervised setting. To qualify for the Massachusetts State Test as a LADC or a CADC you will need to maintain a C grade in all SACC program courses. To graduate with a MWCC Substance Addiction Counseling Certificate you will need to maintain a passing grade. Prerequisites: HST 115, HST 140, HST 149; PSY 102; SOC 129; HST 142 (or corequisite), HST 220 (or corequisite). Spring.