

**Course Code: HSER 254 Course Title: Core Concepts in**

**School of Health and Human Services**

**Human Services Intake Term: Fall 2022**

**Section No: F22C01 Delivery Method: on campus**

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| **Course Details** | |
| Number of Weeks | 15 |
| Lecture Hours/Week | 3 |
| Seminar Hours/Week |  |
| Lab Hours/Week |  |
| Other Hours: |  |
| Work Term |  |
| Clinical |  |
| Other (specify) |  |
| Total Hours | 45 |
| Total Credits | 3.00 |

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| **Instructor Details** | |
| Instructor Name: | Matty Hillman, MA (CYC) |
| Office Location: | A-22 |
| Office Hours: | by appointment |
| Office Phone: | 250.365.1223 |
| Phone (other): | n/a |
| Selkirk Email: | [mhillman@selkirk.ca](mailto:mhillman@selkirk.ca) |

**Classroom And Schedule Details**

See the online timetable at the following link or your instructor. [erp.selkirk.ca/srs/timetable.htm](https://erp.selkirk.ca/srs/timetable.htm)

**Course Description**

HSER 254 Core Concepts in Human Services introduces students to the concepts of theory and practice in Human Services and the interrelationship between the two. A number of theoretical perspectives on change are explored from both a Child and Youth Care and Social Service Worker orientation, including multicultural, feminist, developmental and post modern perspectives. Each of the theoretical perspectives studied offer a basis for understanding the helping relationship and personal change processes. An emphasis will be placed on psychodynamic, humanist, cognitive/behavioural, systemic and solution-focused/narrative approaches to practice.

**Pre-requisites:**

English Studies 12 or equivalent.

**Co-requisites:**

None

**Course Withdrawal Information**

Please visit the following links for withdrawal dates from this course and what, if any refunds, can be issued.

selkirk.ca/important-dates selkirk.ca/withdrawal-refunds

**Transfer Course To Course**

No

**Block Transfer**

Yes

**Transfer Details**

see bctransferguide.ca

**Advanced Standing**

Recognition for prior learning or course challenge must be requested in writing. Please see Policy 8614: Advanced Standing, Course Challenge, PLA, Transfer Credit available online at policies.selkirk.ca.

**Accessibility Services Notice**

Students who would like an academic accommodation and who have a documented disability should contact Accessibility Services, if they have not already done so.

**Learning Outcomes**

Upon successful completion of this course, the learner will be able to:

1. reflect on self and to understand the role of self in the helping relationship.
2. understand the process of change on a personal level and from a number of Human Services theoretical perspectives.
3. define theory and how it influences and is used in Human Services practice.
4. demonstrate a commitment to the place of knowledge and skill in Human Services practice.
5. demonstrate understanding of the role of developmental, trauma-informed, multicultural and intersectional feminist perspectives play in the Human Services field.
6. describe the basic concepts and principles of several major theoretical orientations and be able to analyse these concepts and principles in relation to the Human Service field.
7. integrate these concepts and principles through application to hypothetical practice (case study) situations.
8. develop a basic personal theoretical orientation to change and provide reasons for understanding the theoretical influences on your practice.

**Teaching and Learning Approach**

This class requires active participation: students need to have reviewed the week's content prior to the weekly class. Lectures, videos and teaching of skills are combined with interactive exercises, group discussion and when possible, guest presenters. Studied concepts will be practiced through assignments which are designed to take the learning outside the classroom, allowing the student to apply newly constructed concepts, skills, and understandings.

**Learning Resources**

# Required:

Jones-Smith, E. (2014). *Theories of Counseling and Psychotherapy: An Integrative Approach (2nd ed.).* Thousand Oaks, CA: Sage Publications.

# Recommended:

Assigned Readings to supplement text.

**Assessments**

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| --- | --- | --- |
| **Title** | **Learning Outcomes** | **Value (%)** |
| Weekly Forum Posts | 6, 8 | 20 |
| Quiz | 3, 4 | 25 |
| Group Project | 6 | 25 |
| Therapeutic Approaches Paper | 7, 8 | 30 |
|  | **Total** | **100%** |

**Grading Table**

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| --- | --- | --- |
| **Percentage** | **Letter Grade** | **GPA** |
| 90-100 | A+ | 4.33 |
| 85-89 | A | 4.00 |
| 80-84 | A- | 3.67 |
| 76-79 | B+ | 3.33 |
| 72-75 | B | 3.00 |
| 68-71 | B- | 2.67 |
| 64-67 | C+ | 2.33 |
| 60-63 | C | 2.00 |
| 55-59 | C- | 1.67 |

**Course Schedule**

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| 50-54 | P | 1.00 |
| 0-49 | F | 0.00 |
|  | DNW | 0.00 |

**Course Expectations**

**Citations Style:**

For this course, please use the APA citation style. You can visit [library.selkirk.ca/help/guides/cite/](http://www.library.selkirk.ca/help/guides/cite/) for help with your citations.

**College Policies**

Students should be aware of their rights and responsibilities as described in the following Selkirk College policies at:

[policies.selkirk.ca](https://policies.selkirk.ca/college)

**Disclaimer**

Information contained in this course outline is correct at the time of publication. Content of the course is revised on an ongoing basis to ensure relevance to changing educational, employment and market needs. The instructor will endeavor to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.

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| **Week** | **Key Concepts** | **Learner Activities, Responsibilities, and Assessments** |
| 1 | [Orientation](https://moodle.selkirk.ca/course/view.php?id=4602&section-1) | There is no official class this week.  Please take some time to familiarize yourself with the learning resources and documents above like the Course Outline and Assignment Package. |
| 2 | I[ntroduction to Course](https://moodle.selkirk.ca/course/view.php?id=4602&section-2) | Review Week 2 resources.  Contact your instructor with any questions you may have |
| 3 | [Developmental and Attachment Theory](https://moodle.selkirk.ca/course/view.php?id=4602&section-3) | Read / scan the various handouts and learning resources on Developmental Theory and Attachment Theory  Complete the weekly forum post assignment |
| 4 | [Psychoanalytical / Psychodynamic Theory](https://moodle.selkirk.ca/course/view.php?id=4602&section-4) | Read/Scan Chapter 2 and other learning resources below. Complete the weekly forum post assignment |
| 5 | [Behavioural Theory](https://moodle.selkirk.ca/course/view.php?id=4602&section-5) | Read/Scan Chapter 4 and the other learning resources below.  Complete the weekly forum post assignment |
| 6 | [Cognitive Behavioural Theory](https://moodle.selkirk.ca/course/view.php?id=4602&section-6) | Read/scan chapter 5 and other learning resources.  Complete the weekly forum post assignment |

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| **Week** | **Key Concepts** | **Learner Activities, Responsibilities, and Assessments** |
| 7 | [Person Centred Theory](https://moodle.selkirk.ca/course/view.php?id=4602&section-7) | Read/Scan Chapter 8 and other learning resources below.  Complete the weekly forum post assignment |
| 8 | [Feminist Theory (intersectionality)](https://moodle.selkirk.ca/course/view.php?id=4602&section-8) | Read/Scan Chapter 14 and other learning resources below. Download the quiz, complete and upload by due date.  No forum post this week. |
| 9 | [Family Therapy](https://moodle.selkirk.ca/course/view.php?id=4602&section-9) | Read/Scan Chapter 19 and other learning resources below.  Complete the weekly forum post assignment  Quiz due October 30 |
| 10 | [Solution-Focused Theory](https://moodle.selkirk.ca/course/view.php?id=4602&section-10) | Read/Scan Chapter 15 and other learning resources below. Complete the weekly forum post assignment |
| 11 | [Week 11: Psychosocial Rehabilitation](https://moodle.selkirk.ca/course/view.php?id=4602&section-11) | Read / view the various learning resources below.  Complete the weekly forum post assignment |
| 12 | [Narrative Theory](https://moodle.selkirk.ca/course/view.php?id=4602&section-12) | Read/Scan Chapter 16 and other learning resources below. Complete the weekly forum post assignment |
| 13 | [Strengths Based Approaches](https://moodle.selkirk.ca/course/view.php?id=4602&section-13) | Read / view chapter 18 and the various learning resources below. Complete the weekly forum post assignment |
| 14 | [Trauma-Informed Practice](https://moodle.selkirk.ca/course/view.php?id=4602&section-14) | Read various learning resources below.  Attend class prepared to discuss the week's content. Therapeutic Approaches paper due: Dec 6, 2022 |
| Week 15 | No class or content this week. |  |