

Area: Behavioral & Social Sciences  
 Dean: Carlos Reyes  
 Phone: (916) 484-8283  
 Counseling: (916) 484-8572

Degree: A.A. - Human Services  
 A.A. - Chemical Dependency Studies  
 Certificate: Human Services  
 Chemical Dependency Studies

## DEGREES AND CERTIFICATES

### Human Services Degree and Certificate

Major Code, degree: 011151A01

Major Code, certificate: 011151C01

The program in Human Services centers around the broad array of entry level skills and abilities effectively used in social service delivery systems. Coursework includes the twelve helper core function applications in client screening, intake, assessment, orientation, counseling, consultation, client's rights, confidentiality, crisis intervention, client education, professional ethics, and reports and record keeping.

#### Student Learning Outcomes

Upon completion of this program, the student will be able to:

- define the functions of social service delivery systems
- analyze public policy issues, complexities and controversies affecting social service agencies and their clients
- integrate different theoretical approaches in working with clients
- identify the community resources used in assisting clients
- appraise and apply the knowledge of existing California professional codes of ethics for the helping professions
- describe the application of clients' rights in the social service delivery system
- evaluate one's own values and attitudes as they apply to ethical decision making
- demonstrate appropriate interpersonal and social skills in interactions with a diverse population using principles of equity, justice, and inclusion

See [losrios.edu/gainful-emp-info/gedt.php?major=011151C01](http://losrios.edu/gainful-emp-info/gedt.php?major=011151C01) for Gainful Employment Disclosure.

Requirements for Degree or Certificate		32 Units
HSER 300	Introduction to Human Services .....	3
HSER 310	Ethical Issues and Client's Rights (3) .....	3
or GERON 304	Ethical Issues and Client's Rights (3)	
HSER 330	Issues of Diverse Populations (3) .....	3
or PSYC 365	Issues of Diverse Populations (3)	
HSER 340	Introduction to Chemical Dependency (3) .....	3
or PSYC 400	Introduction to Chemical Dependency (3)	
HSER 360	Techniques of Interviewing and Counseling .....	3
HSER 365	Techniques of Group Counseling .....	3
PSYC 300	General Principles (3) .....	3
or PSYC 305	Psychology Applied to Modern Life (3)	
PSYC 340	Abnormal Behavior .....	3
or PSYC 481	Honors Abnormal Behavior (3)	
SOC 300	Introductory Sociology .....	3
HSER 362	Practices in Human Services .....	3
HSER 498	Work Experience in Human Services .....	2 <sup>1</sup>

<sup>1</sup>Two units are required.

**Associate Degree Requirements:** The Human Services Associate in Arts (A.A.) Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

### Chemical Dependency Studies Degree and Certificate

Major Code, degree: 011153A01

Major Code, certificate: 011153C01

The program in Chemical Dependency Studies centers around the specific skills and abilities necessary to provide comprehensive drug and alcohol counseling. Course work includes the twelve counselor core function applications in addiction screening, intake, assessment, orientation, counseling, crisis intervention, consultation, clients education, client's rights, confidentiality, professional ethics, and reports and record keeping.

#### Student Learning Outcomes

Upon completion of this program, the student will be able to:

- evaluate the components of a quality chemical dependency counseling program
- demonstrate the twelve essential counseling skills as they apply to chemical dependency and recovery processes
- utilize counseling strategies based on examination of scientific theories of addiction
- identify the community resources used in assisting clients with addiction issues
- appraise and apply the knowledge of California Professional Codes of Ethics for Drug and Alcohol counselors
- evaluate one's own values and attitudes as they apply to ethical decision making
- demonstrate appropriate interpersonal and social skills in interactions with a diverse population using principles of equity, justice, and inclusion

#### Career Opportunities

Upon completion of the program a student possesses the coursework required for initial certification as a California drug and alcohol counselor (CDAC).

See [losrios.edu/gainful-emp-info/gedt.php?major=011153C01](http://losrios.edu/gainful-emp-info/gedt.php?major=011153C01) for Gainful Employment Disclosure.

Requirements for Degree or Certificate		37 Units
HSER 300	Introduction to Human Services .....	3
HSER 310	Ethical Issues and Client's Rights (3) .....	3
or GERON 304	Ethical Issues and Client's Rights (3)	
HSER 330	Issues of Diverse Populations (3) .....	3
or PSYC 365	Issues of Diverse Populations (3)	
HSER 340	Introduction to Chemical Dependency (3) .....	3
or PSYC 400	Introduction to Chemical Dependency (3)	
HSER 341	Physiology and Pharmacology: Alcohol & Other Drugs (3) .....	3
or PSYC 401	Physiology and Pharmacology: Alcohol & Other Drugs (3)	
HSER 342	Alcoholism: Intervention, Treatment & Recovery (3) .....	3
or PSYC 402	Alcoholism: Intervention, Treatment & Recovery (3)	
HSER 360	Techniques of Interviewing and Counseling .....	3
HSER 365	Techniques of Group Counseling .....	3
PSYC 300	General Principles (3) .....	3

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**(Chemical Dependency Studies Degree and Certificate continued)**

or PSYC 305	Psychology Applied to Modern Life (3)	
PSYC 340	Abnormal Behavior.....	3
or PSYC 481	Honors Abnormal Behavior (3)	
HSER 362	Practices in Human Services.....	3
HSER 498	Work Experience in Human Services.....	4 <sup>1</sup>

<sup>1</sup>Four units are required.

**Associate Degree Requirements:** The Chemical Dependency Studies Associate in Arts (A.A.) Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

**Human Services**

**HSER 300 Introduction to Human Services 3 Units**

*Prerequisite:* ENGWR 102 and ENGRD 116 with a grade of “C” or better; OR ESLR 320 and ESLW 320 with a grade of “C” or better; OR placement through assessment process.

*Course Transferable to CSU*

Hours: 54 hours LEC

This course is a comprehensive overview of the field of human services and an introduction to attitudes and methods that enhance communication skills in human relations and enable effective intervention in problem situations. Emphasis is on the roles and skills of associate professionals, such as drug and alcohol counselors, health workers, activity directors with the elderly, and child welfare assistants. Group techniques are emphasized. An off-campus site visit is required.

**HSER 310 Ethical Issues and Client’s Rights 3 Units**

*Same As:* GERON 304

*Corequisite:* HSER 300

*Advisory:* ENGWR 102 or 103, and ENGRD 116 with a grade of “C” or better; OR ESLR 320 and ESLW 320 with a grade of “C” or better; OR placement through assessment process.

*Course Transferable to CSU*

Hours: 54 hours LEC

This course is a comprehensive exploration of the basic ethical issues involving human services delivery. Topics include professional ethics, confidentiality, counselor and clients’ rights, and other areas involving ethical controversies. This course is not open to students who have completed GERON 304.

**HSER 330 Issues of Diverse Populations 3 Units**

*Same As:* PSYC 365

*Prerequisite:* ENGWR 102 and ENGRD 116 with a grade of “C” or better; OR ESLR 320 and ESLW 320 with a grade of “C” or better; OR placement through assessment process.

*General Education:* AA/AS Area V(b); AA/AS Area VI; CSU Area E1

*Course Transferable to CSU*

Hours: 54 hours LEC

This course is a study of the values, problems, issues, concerns and counseling needs of diverse populations by race, ethnicity, class, gender, sexual orientation, gender identity, physical/cognitive/emotional/developmental ability, and age. It also explores the cognitive and emotional aspects of prejudice as it relates to institutional and individual discrimination. This course is not open to students who have completed PSYC 365.

**HSER 340 Introduction to Chemical Dependency 3 Units**

*Same As:* PSYC 400

*Advisory:* ENGWR 102 or 103, and ENGRD 116 with a grade of “C” or better; OR ESLR 320 and ESLW 320 with a grade of “C” or better; OR placement through assessment process.

*General Education:* AA/AS Area III(b); CSU Area E1

*Course Transferable to CSU*

Hours: 54 hours LEC

This course examines the physiological effects of chemical dependency on the individual. It includes an analysis of the effects of substance abuse on the family; the sociological, economic conditions contributing to substance abuse; and a description of community efforts at prevention and treatment. This course is not open to students who have completed PSYC 400.

**HSER 341 Physiology and Pharmacology: Alcohol & Other Drugs 3 Units**

*Same As:* PSYC 401

*Prerequisite:* ENGWR 102 or ESLW 320 and HSER 340 or PSYC 400 with a grade of “C” or better.

*Course Transferable to CSU*

Hours: 54 hours LEC

This course is a study of the chemical composition of alcohol and the mechanism of action of alcohol and other psychoactive drugs, including opiates, stimulants, depressants, psychotherapeutics, and psychedelics. It also includes the social and psychological implications of tolerance, habituation, and substance abuse of the user and abuser. This course is not open to students who have completed PSYC 401.

**HSER 342 Alcoholism: Intervention, Treatment & Recovery 3 Units**

*Same As:* PSYC 402

*Prerequisite:* HSER 341 or PSYC 401 with a grade of “C” or better

*Course Transferable to CSU*

Hours: 54 hours LEC

This course is a study and evaluation of techniques used in the treatment of chemical dependency. Topics include intervention, individual and group counseling, detoxification, twelve-step program, therapeutic communities, and aftercare programs. This course is not open to students who have completed PSYC 402.

**HSER 360 Techniques of Interviewing and Counseling 3 Units**

*Prerequisite:* HSER 300 with a grade of “C” or better

*Corequisite:* GERON 304 or HSER 310

*Advisory:* ENGWR 102 and ENGRD 116 with a grade of “C” or better; OR ESLR 320 and ESLW 320 with a grade of “C” or better; AND ESLL 310 or ESLL 320 with a grade of “C” or better.

*Course Transferable to CSU*

Hours: 54 hours LEC

This course is a survey of interview and counseling techniques appropriate for paraprofessionals in mental health, corrections, and substance abuse counseling. It includes theories of family co-dependency and techniques for counseling the family and significant others of substance abusers.

**HSER 362 Practices in Human Services 3 Units**

*Corequisite: HSER 365 and 498*

*Enrollment Limitation: Completion of the American River College Human Services Agency Placement Process.*

*Course Transferable to CSU*

Hours: 54 hours LEC

This course provides advanced study and applied integration of human services theory to prepare students for field experience. Techniques applying concepts, values, and skills acquired in other core courses to the process of helping others are covered.

**HSER 365 Techniques of Group Counseling 3 Units**

*Prerequisite: HSER 360 with a grade of "C" or better*

*Course Transferable to CSU*

Hours: 54 hours LEC

This course covers the basic elements of group counseling. Ethical issues are compared and analyzed. Emphasis is on the use of facilitating skills and group dynamics.

**HSER 495 Independent Studies in Human Services 1-3 Units**

*Prerequisite: None*

*Course Transferable to CSU*

Hours: 54-162 hours LAB

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

**HSER 498 Work Experience in Human Services 1-4 Units**

*Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.*

*Enrollment Limitation: Students must be in a paid or unpaid internship, volunteer position, or job related to human services with a cooperating site supervisor. Students are advised to consult with the Human Services Department faculty to review specific certificate and degree work experience requirements.*

*General Education: AA/AS Area III(b)*

*Course Transferable to CSU*

Hours: 60-300 hours LAB

This course provides students with opportunities to develop marketable skills in preparation for employment or advancement within the field of human services. It is designed for students interested in work experience and/or internships in transfer-level degree occupational programs. Course content includes understanding the application of education to the workforce, completion of Title 5 required forms which document the student's progress and hours spent at the work site, and developing workplace skills and competencies. During the semester, the student is required to attend a weekly orientation and 75 hours of related paid work experience, or 60 hours of unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. First-time participants are required to attend a weekly orientation and a final meeting. Returning participants are required to attend the first class meeting, a mid-semester meeting, and a final meeting and may meet individually with the instructor as needed to complete a work site observation and all program forms, receive updates, and assignments. Students may take up to 16 units total across all Work Experience course offerings. This course may be taken up to four times when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.

**HSER 1000 Supervised Tutoring 0 Units**

*Prerequisite: None*

*Corequisite: Student must be enrolled in a college credit course and be referred by an instructor or counselor.*

Hours: 5.6 hours LAB

This course offers individualized tutoring designed to assist students to increase their success in college courses. Content varies depending upon the adjunct course. Attention is given to essential study skills and utilization of campus learning resources. Students may enroll for support of more than one college course per semester. This course may be repeated in subsequent semesters.