

Area: Behavioral & Social Sciences  
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Degree: A.A. - Human Services  
 A.A. - Chemical Dependency Studies  
 Certificate: Human Services  
 Chemical Dependency Studies

### Human Services Degree and Certificate

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 degree 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

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 degree 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).

#### Requirements for Degree or Certificate 33 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	Personal Growth and Adjustment (3)	
PSYC 340	Abnormal Behavior .....	3
SOC 300	Introductory Sociology .....	3

**And a minimum of 6 units from the following:** ..... 6<sup>1</sup>

HSER 362 Practices in Human Services (3)

<sup>1</sup>HSER 362 must be taken twice.

**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

The program in Chemical Dependency Studies centers around the specific skills and abilities necessary to provide comprehensive drug and alcohol counseling. Course work

#### Requirements for Degree or Certificate 36 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
or PSYC 401	Physiology and Pharmacology: Alcohol & Other Drugs	
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
or PSYC 305	Personal Growth and Adjustment (3)	
PSYC 340	Abnormal Behavior .....	3

**And a minimum of 6 units from the following:** ..... 6<sup>1</sup>

HSER 362 Practices in Human Services (3)

<sup>1</sup>HSER 362 must be taken twice.

**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.

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

*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 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. This course is required for Human Services and Chemical Dependency degrees and certificates.

**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 320 Introduction to the Principles of Psychiatric Rehabilitation 3 Units**

*Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course is an introduction to the principles and practices of psycho-social rehabilitation (PSR) used for working with individuals who have severe mental illness to live successfully in community-based settings. Emphasis is on the roles and skills of unlicensed mental health workers in hospitals, treatment and social rehabilitation settings.

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

*Same As: PSYC 365*

*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 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 special population groups including the elderly, African Americans, Hispanics, Asians, Native Americans, homosexuals, the poor and terminally ill. It also includes the nature and extent of chemical dependency and other addictive behaviors. 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: 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 in the body 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*

*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 310 and HSER 360 or 365*

*Enrollment Limitation: Completion of the American River College Human Services Agency placement process.*

*Course Transferable to CSU*

*Hours: 18 hours LEC; 108 hours LAB*

This course provides advanced study and supervised field experience in public and/or private agencies providing mental health, corrections, chemical dependency, and child/adolescent treatment services. Students apply concepts, values, and skills acquired in other core courses to the process of helping others. This course may be taken three times for credit/no credit only.

**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 494 Topics in Human Services 3 Units**

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320 or placement through the assessment process.*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course is a concentrated study of current issues in the field of psychosocial rehabilitation. Topics will reflect contemporary issues and problems in the areas of treatment, recovery, advocacy, and future trends. Emphasis will be in the promotion and support of community-based systems of service.