

## **HUSC 150**

### **Brief Family Intervention in Behavioral Health**

3 Credits

## Community College of Baltimore County Common Course Outline

### **Description**

**HUSC 1xx – Brief Family Intervention in Behavioral Health:** In this course, students explore best practices in brief family interventions within the behavioral health counseling setting. This is an active learning course with a particular focus on applied skill development.

**Pre-requisites:** HUSC 139 and permission of the Program Director

### **Overall Course Objectives**

Upon completion of this course, students will be able to:

1. assess family dynamics, resiliency factors, and areas of need within a brief intervention model;
2. demonstrate culturally-relevant family intervention strategies;
3. apply legal and ethical codes that govern family work, including privacy laws and mandatory reporting;
4. describe the role of multigenerational family influence on familial behavior;
5. illustrate the family developmental cycle and the role of developmental milestones for both individual and family;
6. match evidence-based family interventions to families based upon strengths, areas of need, and readiness to change;
7. apply counseling skills with intentionality in the family intervention milieu;
8. predict outcomes of specific interventions based on family dynamics, resiliency factors, and areas of need;
9. provide strategies to resolve conflict within a family unit, or between the family and external factors;
10. describe strategies for working with a variety of combinations of family members, including multi-family group interventions;
11. define the purpose and function of presenting problems and challenging behaviors within families;
12. describe strategies to respond to trauma experienced by the family or its members;
13. demonstrate engagement, intervention, and termination skills in the family intervention milieu; and
14. apply principles of brief family interventions within a variety of settings and with a diverse population of families.

### **Major Topics**

The Common Course Outline (CCO) determines the essential nature of each course.  
For more information, see your professor's syllabus.

- I. Family assessment skills
- II. Legal and ethical principles
- III. Culturally-relevant family intervention
- IV. Multigenerational influences on family behavior and dynamics
- V. Family developmental life cycles
- VI. Conflict resolution
- VII. Family trauma
- VIII. Evidence-based family interventions
- IX. Counseling skills with families
- X. Engaging families
- XI. Working with individuals around family issues
- XII. Multi-family group work
- XIII. Terminating family work
- XIV. Personal role as a family helper

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- One in-depth family assessment, including cultural and generational influences
- Two reflective written assignments
- One written family intervention plan with a specific population
- Two demonstrations of family intervention skills, by video or in person
- One critique of an evidence-based family practice

### **Other Course Information**

This course is required for students in the Opioid-Impacted Family Support program. This course does not meet the Family Counseling requirements for certification or licensure as an Alcohol and Drug Counseling with the Maryland Board of Professional Counselors and Therapists.

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