

Common Course Outline
HUSC 210
Behavioral Health Counseling with Families
3 Credits

Community College of Baltimore County

Description

HUSC 210 – Behavioral Health Counseling with Families provides an overview of the theories and techniques applied when working with families in a behavioral health counseling setting, with an emphasis on working with families impacted by substance use and/or mental illness.

3 Credits

Prerequisites: HUSC 139 or consent of program coordinator

Overall Course Objectives

Upon completion of this course students will be able to:

1. differentiate between different types of families, including nuclear families, extended families, blended families, and families of choice;
2. describe the family development life cycle;
3. identify resiliency factors or problematic areas of functioning for families;
4. analyze the role of sociocultural and socioeconomic influences on the family development life cycle;
5. apply basic culturally-responsive counseling skills in family work;
6. describe the common roles identified in families impacted by substance use and/or mental illness;
7. distinguish between the various major schools of family counseling;
8. apply the therapeutic strategies in each of several major schools of family counseling to hypothetical client-family scenarios;
9. apply strength-based assessment strategies to identify the strengths and needs of families in the therapeutic context;
10. identify evidence-based practices in family counseling;
11. identify family problems that should be referred to a higher level of care and describe a system of triage;
12. reflect upon one's own family history and the role of the personal history on therapeutic intervention; and
13. document principles of objective written documentation and record-keeping.

Major Topics

- I. Types of families
- II. Family development life cycle

- III. Family stressors and resiliency factors
- IV. The role of culture in the family
- V. Culturally-responsive family counseling
- VI. The impact of substance use and mental illness on the family
- VII. Common family roles
- VIII. Family assessment strategies and triage
- IX. Schools and strategies of family counseling:
 - A. Family Systems Therapy
 - B. Strategic Family Therapy
 - C. Structural Family Therapy
 - D. Behavioral and Cognitive-Behavioral Family Therapies
 - E. Family Psychoeducation and Family Group Therapy
 - F. Evidence-Based Practices in Family Therapy
 - G. Integrated Family Therapy

Course Requirements

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

A minimum of two examinations

At least two written assignment demonstrating objective documentation skills, minimum 2 pages in length

At least two written reflective writing activities, minimum 3 pages in length

Written Assignments: Students are required to use appropriate academic resources.

Other Course Information

This course is a program requirement for students in the Behavioral Health Counseling Area of Concentration in the Human Services Counseling degree program, and may also be taken by students in other programs or majors. This course meets the Maryland Board of Professional Counselors and Therapists requirement for Family Counseling.