

# DEPARTMENT OF COUNSELING, SCHOOL PSYCHOLOGY AND FAMILY SCIENCE

At UNK Department of Counseling, School Psychology and Family Science, we are personally invested in the future success of undergraduate and graduate students and their careers. Undergraduate students who desire to have knowledge of mental health, chemical dependency and treatment, interpersonal communication skills, or to learn more about the role and practice of counselors or school psychologists have a variety of courses to choose from including:

| Code    | Title  | Credit Hours |
|---------|--|--------------|
| CSP 404 | Counseling & Mental Disorders                        | 2            |
| CSP 407 | Clinical Treatment Issues in Addictions Counseling   | 3            |
| CSP 408 | Assessment, Case Planning & Management of Addictions | 3            |
| CSP 409 | Medical & Psychosocial Aspects of Addictions         | 3            |
| CSP 417 | Counseling Skills                                    | 3            |
| CSP 418 | Introduction to Counseling and Social Advocacy       | 3            |

The school psychology program is accredited by the National Association of School Psychologists (NASP) as of January 1, 1994 and the International School Psychology Association (ISPA) as of May 12, 2011.

The school psychology and school counseling programs are approved by Nebraska State Department of Education and the Council for the Accreditation of Educator Preparation (CAEP, formerly NCATE) affiliated.

The clinical mental health counseling program is accredited by the Council for Accreditation of Counseling and Related Educational Programs (CACREP) as of April 1, 2000 and CACREP's international affiliate, the International Registry of Counselor Education Programs (IRCEP) as of February 11, 2011. This program also meets the academic requirements for the Mental Health Practitioner License (LMHP) regulated by the State of Nebraska Department of Health and Human Services (DHHS).

## Family Science Mission

The mission of Family Science is to enable families, both as individual units and generally as a social institution to build and maintain systems of action which lead

1. to maturing in individual self formation,
2. to encourage enlightened, cooperative participation in the critique and formation of social goals and means of accomplishing them; and
3. to enable individuals to be critically aware of consumer resources and their management as well as to develop the competence to base actions upon rational, responsible decisions.

(The Department's mission statement is adopted in part from the Mission Statement of the American Association of Family and Consumer Sciences.)

## Objectives

- Family Science: To present opportunities to identify universal principles governing development in the family, encounter and analyze a variety of theories, and study the complex but integrated life-styles and family structures which evolve over the life span.
- The Family Science program is certified by the National Council on Family Relations.

(Students fulfilling the NCFR Curriculum requirements may apply for the Provisional Certified Family Life Educator (CFLE) designation.)

## Department Policy

All students completing a major or minor in the department will be required to earn a "C" or better grade in all FAMS courses in the major or minor.

## Family Studies Major

Two options are available in this major:

1. Family Science (<http://catalog.unk.edu/undergraduate/departments-programs/counseling-school-psychology-family-science/family-studies-bs/>) - Bachelor of Science Degree
2. Early Childhood and Family Advocacy Comprehensive (<http://catalog.unk.edu/undergraduate/departments-programs/counseling-school-psychology-family-science/early-childhood-family-advocacy-comprehensive-bs/>) - Bachelor of Science Degree

Counseling, School Psychology and Family Science offers minors in Family Science (<http://catalog.unk.edu/undergraduate/departments-programs/counseling-school-psychology-family-science/family-science-minor/>) and Gerontology (<http://catalog.unk.edu/undergraduate/departments-programs/counseling-school-psychology-family-science/gerontology-minor/>).

## Counseling and School Psychology (CSP)

### CSP 126 – First Year Seminar 1 credit hour

The First-Year Seminar provides students with a multidisciplinary experience in which they approach an issue or problem from the perspective of three different academic differences. The First-Year Seminar will consist of three 1-credit hour courses taken as co-requisites in a single semester. The successful completion of all three courses satisfies the General Studies LOPER 1 course requirement. Students may take the First-Year Seminar in any discipline, irrespective of their major or minor. Students admitted as readmit students or transfer students who transfer 18 or more hours of General Studies credit to UNK are exempt from taking a LOPER 1 course.

### CSP 150 – Chancellor's Leadership Class 3 credit hours

The Chancellor's Leadership Class (CLC) is a specialized leadership experience. This course is for individuals who have a desire to further their leadership development throughout their UNK career. The CLC will provide students with opportunities to develop and practice the skills, values, and knowledge of effective leadership. This course addresses trends, issues, theories, concepts and professional practice in leadership development in undergraduate students.

**CSP 185 – Culture and Ethnic Identity 3 credit hours**

This course addresses the impact of culture on the development of personal identity and cross-cultural interactions. Topics addressed include becoming aware of one's own assumptions, worldview values, and biases; understanding types of racism and their relationship to identity development; understanding the impact of majority or minority status on identity development and cross-cultural interactions; and promoting understanding among culturally diverse groups.

**CSP 188 – GS Portal 3 credit hours**

Students analyze critical issues confronting individuals and society in a global context as they pertain to the discipline in which the Portal course is taught. The Portal is intended to help students succeed in their university education by being mentored in process of thinking critically about important ideas and articulating their own conclusions. Students may take the Portal in any discipline, irrespective of their major or minor. Satisfies the General Studies Portal course requirement. Students may take their Portal course in any discipline. Students who transfer 24 or more hours of General Studies credit to UNK are exempt from taking a portal course.

Prerequisite: First year freshman standing or sophomore standing only.

**CSP 404 – Counseling & Mental Disorders 2 credit hours**

This course provides an orientation to the various abnormal behaviors and mental disorders that may be encountered in students/clients by counselors, athletic trainers, school psychologists, and student affairs personnel. It introduces medical model terminology, symptomology of disorders, and current treatments associated with the various disorders.

**CSP 407 – Clinical Treatment Issues in Addictions Counseling 3 credit hours**

This course is intended to meet the requirements for licensure as a Licensed Alcohol and Drug Counselor as 45 hours of clinical treatment issues in chemical dependency. The student will receive education such as the study of treatment issues specific to chemical dependency including denial, resistance, minimization, family dynamics, relapse, cross-addiction, co-occurring disorders, spirituality, and influences of self-help groups. The education will include studying chemical dependency clinical treatment needs of individuals taking into consideration gender, culture, and lifestyle.

**CSP 408 – Assessment, Case Planning & Management of Addictions 3 credit hours**

This course addresses the process of collecting pertinent data about client or client systems and their environment and appraising the data as a basis for making decisions regarding alcohol/drug disorder diagnosis and treatment and/or referral. Instruction on coordinating and prioritizing client treatment goals and working with other services, agencies and resources to achieve those treatment goals are included. The course addresses practice in assessing and managing a case including the development of sample case records and utilizing the written client record to guide and monitor services with emphasis on the development of the social history and intake, initial assessment, individual treatment plan with measurable goals and objectives, documentation of progress and ongoing assessment. Confidentiality of client information and records as defined in 42 CFR Part 2 shall be addressed. The strengths and weaknesses of various levels of care and the selection of an appropriate level for clients are studied. Basic information on two or more objective assessment instruments are studied for alcohol/drug disorders including the Substance Abuse Subtle Screening Inventory (SASSI), Addiction Severity Index (ASI), and the Western Personality Inventory. This course meets the requirements for licensure as a Licensed Drug and Alcohol Counselor as 30 hours of alcohol/drug assessment, case planning and management.

**CSP 409 – Medical & Psychosocial Aspects of Addictions 3 credit hours**

This course addresses the physiological, psychological and sociological aspects of alcohol/drug use, abuse and dependence. The classifications and basic pharmacology of drugs, basic physiology and the effects of drug use on the systems of the human body and alcohol and drug tolerance are discussed. The course also includes the etiological, behavioral, cultural and demographical aspects and belief systems about alcohol/drug use along with the processes of dependence and addiction including signs, symptoms and behavior patterns. This course meets the requirements for licensure as a Licensed Drug and Alcohol Counselor as 45 hours of medical and psychosocial aspects of alcohol/drug use, abuse and addiction.

**CSP 410 – Psychology of Classroom Discipline 3 credit hours**

Study of current models of classroom management psychology emphasizes the importance of teacher personality and interactive style in relation to classroom environment. A major focus is on the quality of the teacher/student relationship and kinds of interaction which enhance motivation and learning.

**CSP 417 – Counseling Skills 3 credit hours**

This class is for those entering or already in one of the helping professions. It focuses on understanding and applying a broad range of listening and communication skills in one-to-one interactions as well as in small group settings. Students actively practice building skills in class.

**CSP 418 – Introduction to Counseling and Social Advocacy 3 credit hours**

This course is designed to introduce the student to the broad field of counseling and to provide an orientation to counseling as a helping profession. A knowledge base related to the characteristics and training of effective counselors as well as a description of clients who enter counseling is the content foundation of this course. This involves both information and experience focused on the nature of helping relationship and the skills, attitudes, and beliefs involved in developing and maintaining this relationship. Finally, the therapeutic benefits to the client are explored.

**CSP 420 – Learning from Children 3 credit hours**

This course provides opportunity to study teaching/learning interactions in which the teacher is a child and the learner is an adult. There is direct observations of child/adult interactions, a brief study of class members' recollections of their own childhoods, and a study of neotenus (childlike) adults. The course will be graded credit/no credit, undergraduate/graduate credit.

**CSP 441 – Special Topics 1-3 credit hours**

This course addresses current issues related to counseling and school psychology. The course format varies depending on subject matter, instructor and student needs.

Total Credits Allowed: 8.00

**CSP 499 – Independent Study 1-2 credit hours**

The student along with an advisor from the department will select an appropriate topic to be studied.

Total Credits Allowed: 2.00

## Family Studies (FAMS)

### **FAMS 126 – First Year Seminar 1 credit hour**

The First-Year Seminar provides students with a multidisciplinary experience in which they approach an issue or problem from the perspective of three different academic disciplines. The First-Year Seminar will consist of three 1-credit hour courses taken as co-requisites in a single semester. The successful completion of all three courses satisfies the General Studies LOPER 1 course requirement. Students may take the First-Year Seminar in any discipline, irrespective of their major or minor. Students admitted as readmit students or transfer students who transfer 18 or more hours of General Studies credit to UNK are exempt from taking a LOPER 1 course.

### **FAMS 150 – Lifespan Development and the Family 3 credit hours**

This course is designed to facilitate an initial, critical understanding of human development. Various aspects, themes, and influences of development are examined across the lifespan, with particular emphasis placed on the familial, cultural, cognitive, theoretical and physical aspects of the ever developing human.

### **FAMS 151 – Human Sexual Behavior 3 credit hours**

A course designed to help the individual to understand himself as a whole person so that he relates to others in a healthy, constructive and meaningful manner. Evaluation of one's own values in relation to life-style and the value structure of society.

### **FAMS 188 – GS Portal 3 credit hours**

Students analyze critical issues confronting individuals and society in a global context as they pertain to the discipline in which the Portal course is taught. The Portal is intended to help students succeed in their university education by being mentored in process of thinking critically about important ideas and articulating their own conclusions. Students may take the Portal in any discipline, irrespective of their major or minor. Satisfies the General Studies Portal course requirement. Students may take their Portal course in any discipline. Students who transfer 24 or more hours of General Studies credit to UNK are exempt from taking a portal course.

Total Credits Allowed: 6.00

Prerequisite: First year freshman standing or sophomore standing only.

### **FAMS 250 – Infant Development 3 credit hours**

A study of growth and development, principles of guidance, and care of children from conception through two years of age including changing concepts affecting parenthood.

### **FAMS 251 – The Developing Child 0-8 3 credit hours**

The course is designed to facilitate an in depth study of developmental processes from conception to age eight. Readings, lectures, and class discussions will provide students with a fundamental understanding of particular developmental stages using a multi-theoretical framework.

### **FAMS 253 – Child and Adolescent Development 3 credit hours**

A study of the growth, maturational and developmental characteristics of children from early childhood through adolescence. Principles, examples and practical issues involved in the guidance of children through childhood through adolescence as they traverse various stages of psycho-social, cognitive and physical development.

Additional Course Fee Required

### **FAMS 280 – Field Experience: Diversity in the Profession 2 credit hours**

The experience provides the student with an introduction to the diverse work world of Family Studies. It is designed to help the student to focus on a particular area in career preparation.

### **FAMS 302 – Parent Education 3 credit hours**

The purpose of this course is to give students and understanding of parenting and the parent-child relationship from a theoretically-guided and research based perspective. Students also will gain a better understanding of the basic principles relating to the process of creating parent education materials and facilitating parent education programs. This course is designed to give students a base upon which to work with parents and to further develop parent education skills by applying and practicing concepts related to parenting and parent education.

### **FAMS 340 – Family Life Education 3 credit hours**

The purpose of this course is to give students an understanding of the general philosophy and broad principles of family life education methodology. By the end of the course, students will have the ability to develop, facilitate, locate, and evaluate family life education programs. It is recommended that students take FSID 302: Parent Education before taking this course.

### **FAMS 351 – Marriage and Family Relationships 3 credit hours**

A course designed to help the individual develop some very personal insight and a sensitive awareness about the feelings and meanings of relationships in love, marriage and family relationships.

### **FAMS 362 – Families and Social Policy 3 credit hours**

The Study of social policy and its impact on families.

### **FAMS 380 – Advanced Nutrition 3 credit hours**

The study of the cell and its nourishment, the metabolism of macronutrients, the regulatory nutrients, the impact of nutrients on homeostasis in body, and the design and interpretation of nutrition research.

Prerequisite: FAMS 110

Additional Course Fee Required

### **FAMS 395 – Individual Studies in FAMS 1-3 credit hours**

Independent study of Family Studies to meet the needs of the student. For majors only.

Department Consent Required

Total Credits Allowed: 18.00

### **FAMS 402 – Research and Analysis in Family Science 3 credit hours**

Analysis of major studies and current literature.

Prerequisite: FAMS 150 and junior standing or permission

### **FAMS 404 – Family Science Ethical and Professional Practice 3 credit hours**

Research/grant acquisition, fundraising fundamentals and career preparation.

Prerequisite: Junior or senior standing

### **FAMS 406 – Family Resource Management 3 credit hours**

Theory and experiences in management dealing with the problems of individual and family living.

### **FAMS 430 – Grantwriting and Fundraising for Human Service Programs 3 credit hours**

This course introduces the student to the fundamentals of grantwriting and fundraising including the principles of marketing used to identify need, locating funding sources, using persuasive technical writing to create a grant proposal and a fundraising plan, and preparing necessary budgets for allocation of resources available. The course includes hands-on experience in preparing a grant proposal and in creating effective fundraising campaigns.

**FAMS 450 – The Aging Adult 3 credit hours**

This course examines the various aspects of aging including the physical, psychological, and social issues of elders. These aspects of aging are examined from individual, cohort, family and global perspectives. Students explore and examine aging issues through the use of formal research, personal interviews, site visits, and agency presentations.

**FAMS 465 – Advanced Study of Sexual Behaviors 3 credit hours**

An in-depth survey of human sexual behavior from psychological, sociological, biological, ethological, historical, and economic perspectives  
Prerequisite: Junior or senior standing

**FAMS 475 – Internship 1-9 credit hours**

Internship is defined as a set of variable experiences, inter- or intra-institutions to include clinical or work-related experiences. The purpose of this course is to provide experiences in the various areas of Family Studies. It provides students with opportunities for broader experience and enables them to develop competencies which meet requirements of professional accrediting agencies.

Total Credits Allowed: 12.00

**FAMS 476 – Child & Family Home Visitation 3 credit hours**

This course focuses on issues relevant to professionals engaged in home visits with families parenting infants and young children. The course is designed to enhance the skill set required to effectively work with diverse children and their families. Family empowerment and advocacy skills will be enhanced.

Prerequisite: FAMS 150 or FAMS 251 or FAMS 253 or permission of instructor

**FAMS 481 – Cross-Cultural Family Patterns 3 credit hours**

Comparative research of familial behavior and structural patterns of various cultures. Analysis and evaluation of the impact of differing cultures on societal and family interactions.

**FAMS 486 – Families in Crisis 3 credit hours**

This course enables Family Studies and other service and social support-oriented students to understand the trauma and recovery process associated with normative and catastrophic family crisis.

Prerequisite: FAMS 351 and junior standing or permission or permission of instructor

**FAMS 490 – Special Problems in FAMS 3 credit hours**

For Family Studies professionals who wish to update their understanding of accepted educational procedures and practices.

**FAMS 492 – Advanced Developmental Theories 3 credit hours**

Seminal as well as current developmental theories will be examined in depth. Particular emphasis will be placed on the most influential theories and their relevance to infant, child, and adolescent development. Prior completion of FAMS 150, 250 and 253 is highly recommended.

Prerequisite: Senior standing

**FAMS 802P – Selected Readings in Human Relationships 3 credit hours**

Analysis of major studies and current literature in Family Studies and related disciplines.

Prerequisite: FAMS 150 and FAMS 351 or permission

**FAMS 806 – Families and the Economy 3 credit hours**

Theory and application of economic principles to the understanding of individual and family behaviors within and the impact of family participation upon the economic system of the United States and the global economy.

Prerequisite: ECON 100 or ECON 270 or ECON 271

**FAMS 830P – Grantwriting and Fundraising for Human Service Programs 3 credit hours**

This course introduces the student to the fundamentals of Grantwriting and Fundraising including the principles of marketing used to identify need, locating funding sources, writing a grant proposal using persuasive technical writing, and preparing a budget. The course includes hands-on experience in identifying a funding source and preparing a grant proposal.

**FAMS 850P – The Aging Adult 3 credit hours**

This course examines the various aspects of aging including the physical, psychological, and social issues of elders. These aspects of aging are examined from individual, cohort, family and global perspectives. Students explore and examine aging issues through the use of formal research, personal interviews, site visits, and agency presentations.  
Prerequisite: FAMS 150 or permission of instructor

**FAMS 865P – Advanced Study of Sexual Behaviors 3 credit hours**

An in-depth analysis of human sexual behavior from psychological, sociological, biological, ethological, historical, and economic perspectives.

**FAMS 881P – Cross Cultural Family Patterns 3 credit hours**

This course examines the concept of family as it appears in various cultural contexts in the United States and in other settings. Family and culture will be viewed both historically and in the contemporary period. Various models of the family, representing both western and nonwestern traditions, will be explored through readings, discussion, and writing. Particular emphasis will be given to gaining understanding about the values, traditions, and socio-economic/geopolitical circumstances, that influence the development of culture.

**FAMS 886P – Families in Crisis 3 credit hours**

This course enables Family Studies and other service and social support-oriented students to understand the trauma and recovery process associated with normative and catastrophic family crisis. Note: This course alone does not prepare students to be crisis interventionists.  
Prerequisite: FAMS 351 or permission

**FAMS 890P – Special Problems in Family Studies 3 credit hours**

The course is designed to provide students the opportunity to expand their basic and applied knowledge within their discipline.

**FAMS 891 – Special Problems in Family Studies 3 credit hours**

This course will involve the process and completion of a research project. With the help of a faculty member, students will assist with an existing project or conduct their own research project.  
Department Consent Required

**FAMS 892P – Advanced Developmental Theory 3 credit hours**

Seminal as well as current developmental theories will be examined in depth. Particular emphasis will be placed on the most influential theories and their relevance to infant, child, and adolescent development. Prior completion of FSID 150, FSID 250, and FSID 253 is highly recommended.