

# Department of Human Services and Rehabilitation Studies

*Associate Professors:* Susan M. Scully-Hill (Chairperson) Cinzia Pica-Smith; *Assistant Professors:* Robert Caron, Susan Bofo-Arthur; *Professors of Practice:* Alison Myette, (Coordinator, Communication Sciences and Disorders Concentration), Christian Scannell, Sarai Rivera; Lea Christo (Coordinator, Patient Advocacy Concentration; Travis Gagen *Lecturers:* Fr. Terrance Dougherty, O.C.D. (Emeritus), Jean Lindquist-Grady, William O'Neill, Tammy Murray, Jane Goodwin, Shane Fuller; *Clinical Coordinator:* Susan Sabelli.

## MISSION STATEMENT

The Human Services and Rehabilitation Studies Department is based upon the philosophy that all humans have worth and potential. The undergraduate programs offered in the Human Services and Rehabilitation Studies Department are committed to preparing students to maximize the participation, inclusion and functioning of all individuals in the community. The Human Services and Rehabilitation Studies curriculum incorporates a humanistic, strengths-based, social justice perspective to working with all individuals including individuals representing diversity. It is within this context that the liberal arts are integrated with the study of health, human disability, and rehabilitation services.

The Human Services and Rehabilitation Studies Department offers two undergraduate major programs of study: 1) Human Services and Rehabilitation Studies, and 2) Health Sciences. Additionally, minors in Human Services and Rehabilitation Studies and Applied Behavioral Analysis are offered along with several concentrations including 1) Working with Children and Adolescents in Community Settings, 2) Communication Sciences and Disorders, 3) Pre-Occupational Therapy, 4) Pre-Physical Therapy, and 5) Patient Advocacy. Finally, we offer a Six-in-Five Graduate Program in Rehabilitation Counseling that begins in the final year of undergraduate studies.

## MINOR IN HUMAN SERVICES AND REHABILITATION STUDIES (6)

Students interested in supplementing another major by developing knowledge and skills in the areas of human services and rehabilitation studies may wish to pursue a minor. The minor consists of six courses, four of which are required. The four required courses are designed to provide students with a firm understanding of the range and diversity of human and rehabilitation service settings. The minor is also geared toward providing students with some core skills required of a human service professional. The minor also provides students with the opportunity to apply these fundamental skills by completing a 100 hour field placement experience. In addition to the four required courses, students are encouraged to choose two other HRS courses that suit their individual interests and career objectives. The minor program of study should be developed with a faculty member from the Human Services and Rehabilitation Studies Department and approved by the Department Chairperson.

### Required Courses (6)

- HRS 119 Introduction to Health, Human and Rehabilitation Services and Rehabilitation Studies
- HRS 340 Principles of Case Management
- HRS 330 Interviewing Techniques in Human and Rehabilitation Services
- HRS 400 Field Experience in Human Services and Rehabilitation Studies (Field Placement for non-majors)

Choose two courses from the following list:

- HRS 121 Human Development and Disability Across the Lifespan
- HRS 125 Professional Orientation to Physical and Occupational Therapy
- HRS 200 Addiction: Etiology, Assessment, Treatment and Rehabilitation
- HRS 210 Medical Aspects of Chronic Illness and Disability
- HRS 219 Rehabilitation Strategies and Interventions
- HRS 225 Introduction to Human Communication and its Disorders
- ASL 101 Introduction to Sign Language
- HRS 241 Prevention and Intervention: Models and Approaches with Youth

HRS 305 Client Information and Assessment  
HRS 320 Psychiatric Rehabilitation  
HRS 321 Social Skill Development Strategies for Youth  
HRS 325 Clinically Based Phonetics of American English  
ASL 102 Sign Language II  
HRS 331 Basic Concepts and Principles in Applied Behavior Analysis  
HRS 335 Anatomy and Physiology of Speech and Hearing Mechanisms  
HRS 420 Family Aspects of Disability  
HRS 421 Loss and Bereavement Across the Lifespan  
HRS 485 Special Topics in Human Services and Rehabilitation Studies  
HRS 431 Treatment Strategies and Interventions for Substance Use Disorders  
HRS 499 Directed Study in Human Services and Rehabilitation Studies  
HSC 100 Systems Approach to Delivering Health Care in American  
HSC 150 Introduction to Public Health  
HSC 310 Evidence Based Health Care  
HSC 360 Legal and Ethical Aspects of Health Care  
HSC 370 Principles of Health Education and Promotion

## Six-in-five Graduate Program in Rehabilitation Counseling

The Department of Human Services and Rehabilitation Studies has an accelerated path toward helping undergraduate students earn a master's degree in Rehabilitation Counseling. The "Six-in-Five" Graduate Program in Rehabilitation Counseling is open to all undergraduate students at Assumption College regardless of their declared major. Undergraduate students that are on-track to complete general education/core requirements in addition to the required courses for their major may begin the graduate program in Rehabilitation Counseling during their senior year. Graduate coursework during the senior year counts toward the undergraduate degree as well as the graduate degree so students in this program will graduate with their Bachelor's Degree on schedule. Then, upon completion of one additional year of graduate study (the fifth year), students will be awarded a Master of Arts Degree in Rehabilitation Counseling. Students are then eligible to take the Certified Rehabilitation Counselor Examination and become nationally certified as a Rehabilitation Counselor (CRC).

Upon completion of this nationally accredited program in Rehabilitation Counseling, students have a number of professional options. Students can gain employment as a professional rehabilitation counselor in State Rehabilitation Agencies, Rehabilitation hospitals, Educational Settings, Private Settings, Insurance Based Settings, Independent Living Centers, etc. The Master's Degree will enable students to achieve professional counselor status and improved prospects for advancement into supervisory positions. Students can also use the Master's Degree in Rehabilitation Counseling for entry into a Doctoral Program.

Students interested in the Six-in-Five Graduate Program in Rehabilitation Counseling should seek advising with the Chair of the Department of Human Services and Rehabilitation Studies no later than February 1st of their junior year at Assumption College. It is necessary to delineate a program of study as soon as possible to ensure that all requirements are fulfilled. It is also possible to modify this accelerated path to a Master's Degree in Rehabilitation Counseling should students have outstanding undergraduate requirements that preclude them from taking 8 graduate level courses during their senior year. Academic advising is a critical piece to pursuing this program. Students with a declared major in HSRS do not complete the undergraduate field-based internship requirement (HRS490) thus providing room for 4 graduate level courses. HSRS students pursuing the Six-in-Five program will gain field-based experience as part of the graduate program (100-hour counseling practicum during the spring semester of senior year and a 600-hour rehabilitation counseling internship during the 5th year).

Admission to the Six-in-Five Program in Rehabilitation Counseling requires a strong undergraduate record of academic success. Interested students will apply to the program by submitting a letter of application to the HSRS Chairperson and submitting 2 academic letters of reference along with a transcript. Application materials are due early in the spring semester of junior year.

Once admitted to the Six-in-Five Program in Rehabilitation Counseling, students will begin taking graduate courses during their undergraduate senior year. On-going evaluation of student progress will take place during the senior year to ensure students are successfully completing graduate level coursework. During the spring semester of the senior year students with successful achievement will make application to Assumption College's Graduate School and be admitted as official graduate students. Financial support such as grants and scholarships are available to qualified students.

### HUMAN SERVICES AND REHABILITATION STUDIES (HRS)

#### **HRS 119 INTRODUCTION TO HEALTH, HUMAN AND REHABILITATION SERVICES**

This course is an introduction to the theory, practice and systems of health, human and rehabilitation services. The information covered in this course is geared toward students in all majors so that they may become more socially, politically, culturally and humanly aware of the issues that people with disabilities, chronic illnesses and challenging life circumstances experience. This course utilizes social justice frameworks to consider the barriers and inequities faced by individuals typically marginalized, disenfranchised and limited from full participation in society. The history, legislation and mission of health, human and rehabilitation services will be examined along with the major models and theories of helping and providing services in community-based health and human service agencies. Current issues and trends in health, human and rehabilitation service provision are covered with specific attention paid to disability and chronic illness. This course fulfills the social science requirement in the Core Curriculum. (Fall/Spring)

*Staff/Three Credits*

#### **HRS 121 HUMAN DEVELOPMENT AND DISABILITY ACROSS THE LIFESPAN**

This course will cover the basic principles of developmental theories in addition to the major theories of human growth and development. Piaget, Erikson, Bronfenbrenner, Maslow and Kohlberg are some of the theorists studied in this course. Demographic shifts across history are identified with the intent of demonstrating the increased population of individuals living and living longer with chronic illness and disability. Typical development across the lifespan is studied with each stage of life covered from pregnancy and infancy to older adulthood. Disabilities and chronic illnesses common to each stage of life will be studied with discussion of the ways in which the disability and illness experience affects passage through life stages. This course fulfills the social science requirement in the Core Curriculum. (Fall/Spring)

*Staff/Three Credits*

#### **HRS 125 PROFESSIONAL ORIENTATION TO PHYSICAL AND OCCUPATIONAL THERAPY**

This course will cover the history, principles, philosophies and ethics of occupational and physical therapy. The Physical and Occupational Therapists relationship to other health care providers will also be covered. This introductory course will provide a foundation for understanding the role of the physical and occupational therapist within a variety of professional treatment sites. Theories, models of practice, and the OT and PT processes will be covered. This course will also provide an overview of professional issues and current trends and will highlight the legal and ethical responsibilities related to health care service. (Spring)

*Staff/Three Credits*

#### **HRS 200 ADDICTION: ETIOLOGY, ASSESSMENT, TREATMENT AND REHABILITATION**

This course will provide an overview of addictions and addictive behavior. Topics such as the historical, psychological, social, societal, physiological, family and relationship aspects of addictions will be covered. The pharmacology, treatment, prevention, intervention, and rehabilitation related to substance abuse, alcohol dependence, eating disorders, gambling addictions, steroid use, etc. will also be explored. This course will introduce students to the different theories of addiction (e.g., biological, psychodynamic, social-learning, and socio-cultural) and the implications for successful intervention. Ethical issues related to addictions and addiction counseling will also be discussed. (Fall/Spring)

*Staff/Three Credits*

#### **HRS 210 MEDICAL ASPECTS OF DISABILITY**

The goal of this course is to assist students in acquiring an understanding of chronic illness, disability and health impairments. The course provides information about the medical aspects and characteristics of chronic illnesses and disabling conditions along with treatments and interventions aimed at ameliorating the resulting functional limitations. Students will study chronic diseases and disabling conditions that are commonly encountered in health care and rehabilitation service settings. In addition to emphasizing the medical aspects and characteristics, treatment and intervention strategies will be covered. Basic medical terminology will be studied. This course will focus on disease, chronic illness and physical impairments. (Fall/Spring)

*Staff/Three Credits*

**HRS 219 REHABILITATION STRATEGIES AND INTERVENTIONS**

This course explores the full range of rehabilitation strategies and interventions that occur across the lifespan of individuals with disabilities. Educational and rehabilitation strategies aimed at maximizing independence for people with disabilities will be covered. Early intervention, inclusion and transition services will be examined as critical educational strategies aimed at minimizing the impact of disability and enhancing independence. The course will provide critical knowledge and skills related to employment and independent living options for people with disabilities including related legislation. Supportive strategies for assisting and maintaining individuals with disabilities in educational and employment settings will be addressed. Rehabilitation and assistive technology options will also be covered. (Fall/Spring)

*Staff/Three Credits*

**HRS 225 INTRODUCTION TO HUMAN -COMMUNICATION AND ITS DISORDERS**

This course is an introduction to human communication across the life span with emphasis on the linguistic rule systems of pragmatics, semantics, syntax, morphology and phonology. An overview of normal and disordered speech, language, cognitive-linguistic, and hearing skills is provided. This overview includes etiologies, characteristics, assessment, and treatment using case studies, video, DVD and audio-taped examples as well as hands-on materials. (Spring)

*Staff/Three Credits*

**HRS 235 NORMAL SPEECH AND LANGUAGE DEVELOPMENT**

This course provides an in-depth coverage of normal speech and language development including theories of acquisition, development of the linguistic areas of content, form and function, cognitive-linguistic development, the development of literacy skills, and basic analysis techniques for measuring the speech and language development of a child. Learning is achieved through lecture, reading and video/audio taped examples. (Fall)

*Staff/Three Credits*

**HRS 241 PREVENTION AND INTERVENTION: MODELS AND APPROACHES WITH YOUTH**

This course will provide students an overview of professional settings that employ counselors and youth workers to work with children and adolescents. Settings such as public, private, and alternative schools, early intervention programs, afterschool programs, and youth facilities will be covered. The role of professionals working in these settings will also be explored. The course will provide an overview of a variety of issues associated with early childhood and adolescence. Basic guidelines for working with children will be covered in addition to an overview of specific prevention and intervention models for counseling children and adolescents. The course will focus on the practical application of developmental theory within the context of a social justice and multicultural counseling framework. The course will also address effective intervention techniques to work with all youth within our socio-political contexts of schools and communities. Effective and collaborative family intervention models will also be covered. (Fall)

**HRS 305 CLIENT INFORMATION AND ASSESSMENT**

This course is intended to provide the student anticipating a professional role in the human and rehabilitation services with an opportunity to develop awareness, understanding and skills related to the use of assessments and evaluation tools. Clients utilizing human and rehabilitation services are in need of professionals with skills in utilizing assessment results in order plan and provide appropriate interventions. This course will utilize a lifespan approach to provide an overview of common assessment and evaluation tools used in a variety of human service and applied settings such as schools, early intervention programs and rehabilitation agencies. (Fall)

*Staff/Three Credits*

**HRS 320 PSYCHIATRIC REHABILITATION**

As an introduction to psychiatric rehabilitation, this course emphasizes understanding of lifespan development with appreciation for the complex interaction of biological, social and psychological variables that influence human behavior. From this bio-psycho-social framework, the course will review major psychiatric and developmental disorders with attention to diagnostic and intervention strategies. This course will also address the co-occurrence of psychiatric disorders and substance use disorders in individuals. The challenging nature of treatment and rehabilitation for individuals with co-occurring disorders will be identified and covered. Educational and vocational factors will also be covered. Students will gain an understanding and appreciation of the personal experience of psychiatric disability and recovery, including an understanding of the core principles and motives of psychiatric rehabilitation. Prerequisites: HRS 119; HRS 121 (Fall/Spring)

*Staff/Three Credits*

**HRS 321 SOCIAL SKILLS DEVELOPMENT STRATEGIES FOR YOUTH**

Social Skills Training is a psycho-educational approach to scaffolding pro-social behaviors of youth and adolescents with behavioral challenges. Social Skill development as an approach supports youth to be successful in social interactions. Specifically, Social Skill development as an approach provides youth with strategies for building resilience and for dealing with teasing and bullying, starting conversations, asking for help, dealing with peer pressure, practicing effective problem solving, etc. The course will provide students with the theoretical, evidentiary and practical background to engage with youth in social skill development and interventions. Students will be introduced to assessment strategies to determine the social skills needs of youth and adolescents. The course will also introduce interventions for specific behavioral challenges of students with disabilities (ADHD, learning disabilities, autism spectrum disorders, for example). Students will also be introduced to other relevant evidence based interventions for working with youth. (Spring)

**HRS 325 CLINICALLY BASED PHONETICS OF AMERICAN ENGLISH**

This course is the study of sounds of the American English Language. Using the International Phonetic Alphabet (IPA), students will learn to analyze and transcribe the physical properties of American English, including the production of sounds, acoustics and perception of speech. (Spring)

*Staff/Three Credits*

**HRS 330 INTERVIEWING TECHNIQUES IN HUMAN AND REHABILITATION SERVICES**

This course is designed to provide students with a thorough understanding of the interview process. A strong emphasis will be placed on developing skills in applying and utilizing specific interviewing skills and techniques in human and rehabilitation service settings. Students will understand the impact of diversity, culture, and individual lifestyles on the helping process. The course will assist students to apply effective interpersonal skills in interviewing and communicating with persons with disabilities, their families, related professionals, and the general public. Client choice and consumer self-direction will be emphasized in interviewing and counseling situations. Students will be taught to incorporate cultural sensitivity into daily practice and interactions with clients. Ethical principles and decision making will be discussed and practiced. Prerequisites: HRS 119 (Fall)

*Staff/Three Credits*

**HRS 331 BASIC CONCEPTS AND PRINCIPLES IN APPLIED BEHAVIORAL ANALYSIS**

The field of Behavior Analysis grew out of the scientific study of principles of learning and behavior and is now an evidence-based intervention for working with children and adults with a variety of developmental, cognitive and behavioral disabilities. Applied behavioral analysis is an applied science that develops methods of changing behavior and a profession that provides services to meet diverse behavioral needs. This course covers the basic foundations in behavioral principles by reviewing behavioral theories, concepts and terminology. Behavioral, learning and motivational theories will be studied to provide a strong foundation and framework for the practice of applied behavior analysis. Once students have acquired the essential foundational knowledge of behaviorism, motivation and learning they will use these principles to address the behavioral needs of a variety of individuals being served in diverse community settings. Students will complete exercises and practical application based projects so that they can develop the basic skills of applied behavior analysis in a safe environment prior to practicing these skills with actual children and adults in a supervised setting. The course employs a strengths-based model of intervention while covering specific behavioral interventions aimed at assisting both children and adults to increase and maintain positive and appropriate behaviors. Interventions that are geared toward reducing problematic behaviors and generalizing and promoting positive behaviors that enhance the development, abilities, and choices of children and adults with developmental and behavioral disabilities will be covered. (Spring)

**HRS 335 ANATOMY AND PHYSIOLOGY OF SPEECH AND HEARING MECHANISMS**

This course is an in-depth study of the muscular, skeletal and nervous systems as they pertain to speech, hearing and swallowing. This course covers the normal anatomy and physiology of the speech and hearing mechanisms with emphasis on respiration, phonation, resonance, articulation, hearing, swallowing and audition. (Fall)

*Staff/Three Credits*

**HRS 340 PRINCIPLES OF CASE MANAGEMENT**

This course is designed to assist students in developing the necessary case management skills that are essential to the human and rehabilitation services fields. It will provide students with the knowledge and skills needed to facilitate client movement from initiation of services to case service termination. Students will be exposed to case management practices across human service agencies. Efficient case documenting, case recording and time management approaches will be developed along with case planning skills that recognize individual client needs. Community resource utilization, goal development, action planning,

advocating, service coordination and utilization of assessment information will also be covered. This is a skill-based course that aims to teach organizational principles, practices and processes to students, thus enabling them to be effective in human and rehabilitation service delivery systems. Prerequisites: HRS 119 (Spring)

Staff/Three Credits

### **HRS/BIO 390 EXERCISE PHYSIOLOGY**

This advanced course is designed to provide students with applied knowledge relative to human's physiologic responses to acute and chronic exercise stress. Students' basic knowledge of neuromuscular physiology, energy metabolism, cardiovascular and respiratory physiology will be honed to focus on human exercise response with the focus of the course being on applications to exercise training and programming, sport, nutrition, youth, aging and disease. Laboratory exercises will enable practical skills to be gained in measuring and testing for physiological markers of human readiness and response to exercise. Lab fee \$400. 00

Prerequisites: Bio 370 (Fall)

Staff/Four credits

### **HRS 400 FIELD EXPERIENCE IN HUMAN SERVICES AND REHABILITATION STUDIES**

This course is a supervised 100-hour field placement experience in an approved human or rehabilitation service agency. The field placement will provide students with an opportunity to become oriented to the human and rehabilitation services by observing and participating in the provision of services to client groups. As students develop they will have the opportunity to use their skills and knowledge to provide services within a highly supervised setting. This field placement enables students to work with staff representing a variety of human service fields. Students will also participate in a weekly seminar that provides group supervision, instruction and discussion of the field placement experience. (Fall/Spring)

Staff/Three Credits

### **HRS 420 FAMILY ASPECTS OF DISABILITY**

This course uses a family systems approach to cover the life cycle of the family. Students will learn to develop and use a genogram to better understand the family system. The course also takes a specific focus on the complex challenges that families face when a family member has a chronic illness, severe disability or substance use disorder. The course will examine family risk factors and interventions employed to prevent and mitigate the effects associated with these factors. The course will focus on developing specialized skills and techniques for working with families in an attempt to foster family cohesion to confront challenges. This course attempts to provide students with a context and a philosophy for facilitating families as they move through time. Furthermore, the course aims to teach professionals to assist family members in becoming a positive resource and support for each other as they confront the many challenges associated with disability, chronic illness, or substance use disorders. The course covers a variety of family assessment and intervention models. The course includes an analysis of relevant and critical issues to consider when working with families during the treatment, intervention, and/or rehabilitation processes. Specific attention is given to the family life cycle and the effect of risk factors, such as disability, chronic illness or substance use disorders on the family. (Spring)

Staff/Three Credits

### **HRS 421 LOSS AND BEREAVEMENT ACROSS THE LIFESPAN**

This course will address the topics of loss, grief, bereavement, aging, and the dying process from a humanistic perspective. The course will examine the role of spirituality, culture, gender, and developmental stage in responding to loss. This course will address the role that helping professionals and fellow human beings can play in facilitating and encouraging the natural, healthy, and healing expression of emotions related to loss. In this course, students will learn that grieving evokes strong emotions and strong emotions can be overwhelming if they are not spoken in the presence of someone who can accept and not judge. Therefore, students in this course will be taught how to be present with someone experiencing strong emotions related to loss and death, how to respond to feelings shared by others experiencing grief and loss, and how to encourage others to accept and cope with strong emotions related to loss and grief.

Staff/Three Credits

### **HRS 431 TREATMENT STRATEGIES AND INTERVENTIONS FOR SUBSTANCE USE DISORDERS**

This advanced course will focus on the theories, approaches, strategies and interventions currently utilized for the effective treatment of alcohol and substance use disorders. Specific attention will be paid to change theory and the importance of motivating individuals for change. Evidence-based interventions such as motivational interviewing and cognitive-behavioral techniques will be highlighted. Content covered will deepen students' understanding of substance use disorders and facilitate the development of skills and competencies associated with addiction intervention strategies. A variety of individual and group

treatment modalities will be covered with specific attention paid to psycho-educational strategies. This course will also introduce crisis intervention for treating clients with substance use disorders.

*Staff/Three credits*

**HRS 425 SPEECH SCIENCE**

This advanced course will provide students with the fundamental principles of speech science. This course is designed to introduce students to the objective measurements of human speech and voice production and perception from acoustic and physiological instrumentation. Readings, lectures, course work and discussions are designed to demonstrate the ways in which this empirical data relates to research in the field of communication science as well as to its clinical applications. (Fall)

*Staff/Three Credits*

**HRS 485 SPECIAL TOPICS**

Special topics courses are elective courses designed to address special issues, skills and knowledge needed in the human and rehabilitation services. These courses are designed for junior and senior level students as independent research and inquiry are required.

*Staff/Three Credits*

**HRS 490 INTERNSHIP IN HUMAN SERVICES AND REHABILITATION STUDIES**

This course is a field-based, professional opportunity for students to apply the theories, strategies, interventions, and knowledge learned through the HRS coursework. Students will be applying their classroom learning in a professional human and/or rehabilitation service setting. The internship is an intensely supervised and supported experience as students are supervised by both a faculty and an agency supervisor. There are three phases to the internship experience: orientation, observation, and performance. Students will perform all aspects of the human and/or rehabilitation specialists job e.g., intake interviewing, assessment, action planning, service planning, case management and case closure. Students will complete a minimum of 400 hours on site during the fall or spring semester. The internship is a competency driven experience and specific skills related to the direct provision of services will be evaluated. Prerequisites: HRS 119; HRS 121; HRS 200; HRS 210; HRS 219; HRS 305; HRS 320; HRS 330; HRS 340 (Fall/Spring)

*Staff/Twelve Credits*

**HRS 499 DIRECTED STUDY IN HUMAN SERVICES AND REHABILITATION STUDIES**

This course allows students to explore an area of interest along with the guidance of a faculty member. Students will work with their faculty advisor to develop a research or other project that provides immersion into a topic area of interest. Students, along with their faculty advisor, will develop a project proposal to be approved by the Department Chairperson and the Dean of Studies. (Fall and Spring)

*Staff/Variable Credit*