

# HUMAN DEVELOPMENT COUNSELING, M.A.

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**Associated Faculty** Judy Shipp

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**Degree offered:** Master of Arts

The human development counseling program offers three areas of study: community counseling, marriage and family therapy, and school counseling. These areas of study allow graduates to provide counseling and consulting services at a professional level in a wide variety of environments. Career options for graduates in the community counseling/marriage and family areas include counseling in mental health, correctional, social welfare, rehabilitative, and human relations agencies, institutions, and environments. Study in school counseling leads to elementary and secondary school counselor certification that has Illinois State Board of Education approval. Since opportunities for employment within each of these areas of study vary widely, prospective students should consult an adviser before choosing a career option.

The Council for Accreditation of Counseling and Related Educational Programs (CACREP) has

accredited the following emphases in this program: a) community counseling and b) school counseling. Successful completion of the curriculum for either of these leads to eligibility for national certification.

Students who are pursuing or have completed the M.A. degree may develop an individualized course of study that may qualify them for membership in the American Association for Marriage and Family Therapy (AAMFT) and/or licensure as a marriage and family therapist. This opportunity involves additional preparation beyond the M.A. degree.

The program also offers an online graduate certificate in career specialist studies. Additional information is available on p. 120.

**Contact:** Information about the human development counseling program is available at (217) 206-6504. Information can also be requested at [hdc@uis.edu](mailto:hdc@uis.edu).

## ENTRANCE REQUIREMENTS

Admission prerequisites include courses in abnormal, developmental, and social psychology/sociology and a grade-point average of at least 2.75 in the last 60 hours of undergraduate course work. Courses taken at the University of Illinois at Springfield or elsewhere to fulfill these prerequisites may not be applied toward the graduate degree. All prerequisites must be completed before submitting an application to the program.

Personal references, an interview, and a supervised written essay are required for admission to the program. Graduate Record Exam scores are recommended. HDC faculty may require students to take additional personality or vocational measures.

In addition to completing the UIS application process, interested applicants should contact the HDC program office for program applications. Necessary transcripts should be sent to Admissions, along with a request that they be forwarded to HDC. To ensure consideration for admission to degree status, all complet-

ed application materials should be postmarked by October 15 or March 15.

Full acceptance to the HDC program is based on evaluation of admission requirements. Students who are not fully admitted may register as special students for a maximum of 12 semester hours. Participation in these courses, however, in no way guarantees eventual acceptance into the program or acceptance of these hours toward the graduate degree.

### **ADMISSION AND EVALUATION PROCESS**

Admission is based on academic competence, interest, and/or prior experience in the helping professions, as well as evidence of personal characteristics associated with success in counseling relationships.

The HDC faculty has a professional and ethical responsibility to engage in continual student evaluation and appraisal and to be aware of a student's personal limitations that might impede future performance. (See program policy on student evaluation process.) Any student who does not meet the professional standards or requirements of the HDC program may be removed from candidate/degree status in the program according to specified procedures with rights of appeal. (See program policy on removal from candidate/degree status.)

### **ADVISING**

The advising relationship within the program is important, and students should contact their advisers regularly. If students do not choose a faculty adviser, an initial adviser will be assigned by the program. Students who later decide to change advisers may complete a Selection of Adviser form and return it to the Office of Admissions and Records. Students must complete a campus graduation contract by the end of their first semester.

### **GRADING POLICY**

HDC program majors must obtain grades of B or better in HDC 501, HDC 502, HDC 504, HDC 507, HDC 508, and HDC 513 and must maintain a GPA of at least 3.00. In other courses, a maximum of eight hours of C grades is allowed when balanced by an equal number of hours of A.

In 400-level courses, graduate students are expected to meet a higher standard of performance than undergraduates and will be required to complete additional assignments at the discretion of the instructor.

### **EXPECTED PROFESSIONAL COMPETENCIES**

Before graduating, degree candidates must demon-

strate competencies related to personal development, such as the ability to communicate effectively with others; professional development, such as the ability to conceptualize client concerns and to provide appropriate intervention through an individual or group relationship; and social development, such as the ability to participate as a team member.

In addition to these generic competencies, students are expected to develop specific knowledge and skills needed for the client populations with which, or for the settings in which, they intend to work. Such specialized knowledge may be obtained through elective course work and through projects designed to meet course requirements.

Each program course may contain an applied or experiential component in addition to the didactic component, and some courses specifically emphasize experiential learning. These courses require application of professional skills in simulated and/or real settings. Students should, therefore, expect to demonstrate understanding of ethical behavior in the helping professions as well as evidence of interaction skills with clients. All master's candidates must be familiar with the HDC program's policy on clinical experience and should consult their advisers about satisfying its provisions. All degree

candidates must demonstrate graduate-level performance in reading, writing, and speaking English.

### PROGRAM REQUIREMENTS

A total of 50 semester hours is required for a master's degree in human development counseling:

HDC 501 Fundamental Issues and Ethics in Counseling (must be taken first semester)	4 Hrs.
HDC 502 Listening Skills*	2 Hrs.
HDC 504 Theories of Counseling I*	2 Hrs.
HDC 507 Theories of Counseling II*	2 Hrs.
HDC 508 Influencing Skills*	2 Hrs.
HDC 513 Techniques of Group Counseling and Psychotherapy	4 Hrs.
HDC 515 Multicultural Counseling	4 Hrs.
HDC 521 Developmental Counseling	2 Hrs.
HDC 524 Career/Lifestyle Counseling	4 Hrs.
HDC 575 Appraisal Techniques in Counseling	4 Hrs.
HDC 577 Research Methods	4 Hrs.
HDC 580 Comprehensive Exam Preparation <b>or</b>	
HDC 582 Research Colloquium: Master's Project	2 Hrs.
HDC 587 Professional Experience: Practicum	4 Hrs.

HDC 590 Professional Experience: Internship	<u>8 Hrs.</u>
	48 Hrs.
Elective	<u>2 Hrs.</u>
Total	50 Hrs.

*\*HDC 502 and 504 are taken during the same semester; as are HDC 507 and 508.*

All course work, including electives, should emphasize specialized knowledge and skills needed for a particular setting or client population.

### MASTER'S CLOSURE

In addition to course requirements, students are required to either complete a master's project demonstrating research mastery of an area within human development counseling or to pass a comprehensive examination that tests knowledge from the program's required course work. Students must select which option they will use to meet the closure requirement when they register for either HDC 580 Comprehensive Examination Preparation or HDC 582 Research Colloquium: Master's Project.

Once students register for either HDC 580 or HDC 582, they must be continually enrolled for one hour of

audit credit *each* fall and spring semester through HDC 581 Comprehensive Exam Registration or HDC 583 Research Closure Exercise – with their adviser or project supervisor's approval – until completion of the closure requirement.

For students selecting the comprehensive examination process option, completion of the closure requirement is secured once a student passes HDC 580 Comprehensive Examination Preparation, registers for the comprehensive exam (HDC 581), and passes both the multiple choice and essay components of the comprehensive examination. For students selecting the master's project option, completion occurs when they pass HDC 582, and the project has been completed, approved by the student's committee, and approved by the dean of the College of Education and Human Services. Students must consult their advisers for further information on the master's closure requirement options and to obtain the adviser's signature on the closure option form.

### COMMUNITY COUNSELING/MARRIAGE AND FAMILY THERAPY

Students pursuing careers in community counseling or marriage and family therapy should begin to ex-

plore relevant populations and settings when enrolled in HDC 501. Course assignments thereafter should be designed to develop knowledge and skills specific to the emphasis chosen. Community counseling students need to choose their elective so as to enhance that specialty. Those in marriage and family therapy must elect HDC 534 Introduction to Family Therapy. Clinical experience placements for either emphasis will take place in community agencies.

Students seeking certification by the American Association for Marriage and Family Therapy (AAMFT) and licensure as marriage and family therapists must take approximately 16 credit hours beyond the 50 required within the HDC master's program. Consultation with the MFT area coordinator is required to ensure curricular and clinical experience requirements are met.

## **SCHOOL COUNSELOR/GUIDANCE CERTIFICATION**

The HDC program is the only method by which a student may become a certified school counselor through UIS. Certification in Illinois for UIS students is based on endorsement by the HDC program.

An applicant seeking school counselor/guidance certification must have a valid, permanent teaching


certificate and two year's teaching experience. A course in exceptional children is also required. In addition to the HDC core courses, graduates are required to have a course in mental hygiene and/or personality dynamics (this can be met by the abnormal psychology prerequisite), a practicum, a 600-hour internship (300 of which must be in a school setting with both elementary and secondary students), and HDC 531 Developmental School Counseling. Students must also pass tests of basic skills and guidance administered through the Illinois Certification System. Certified teachers who wish to pursue this course of study should contact an adviser immediately upon application to the program.

## **ONLINE GRADUATE CERTIFICATE IN CAREER SPECIALIST STUDIES**

The 12-hour certificate in workforce development is intended for professionals who provide labor market and/or career search information, preparation training, and placement assistance in a workforce characterized by changing technological, demographic, and economic environments. The curriculum, delivered via the Internet, provides practical and theoretical knowledge and skills designed to meet the individual profes-

sional development needs of the workforce practitioner. The National Associate of Workforce Development Professionals endorses this program. Refer to p. 120 for additional information and course listings.

## **COURSE DESCRIPTIONS**

 *Course available online; may also be available on campus. Refer to the current course schedule for further information.*

### **HDC 423 Counseling Women (4 Hrs.)**

Specialized biological, psychological, and social issues that affect women. Exploration of theoretical assumptions, counseling practices, and process variables that may apply differently to or affect women in counseling and therapy. Identification of skills facilitative to women in general and to particular subgroups of women. Prerequisite: SWK 411 or HDC 501. See SWK 423 and WMS 423.

### **HDC 446 Family Law (4 Hrs.)**

Law that affects the family. Topics include divorce, domestic violence, illegitimacy, adoption, child support and custody, parental control, abuse and neglect laws, issues affecting the elderly, domestic law reform, and the impact of the women's rights movement. See LES 446, SOA 454, SWK 446, WMS 446.

### **HDC 447 Developing Self-Concept (4 Hrs.)**

Self-concept and self-esteem. Research and various theories and approaches to enhancement emphasized.



**HDC 449 Preventing and Coping with Burnout (4 Hrs.)**

Burnout (definition, causes, research), along with strategies for prevention and coping (individual, interpersonal, and organizational).

**HDC 451 Rehabilitation Counseling (4 Hrs.)**

Surveys major aspects of rehabilitation counseling, including advocacy and independent living, employment, environmental/attitudinal barriers, legal rights, and disability information. Focus on current practice by literature review, site tours, and guest presenters.

**HDC 462 Using Labor Market and Career Information (2 Hrs.)**

Explanation of quantitative aspects of LMI and exploration of career information from newspapers, magazines, television, radio, movies, and direct observation. The Internet provides instant access to government documents plus millions of career-related websites. Students will be able to use career and labor market information to help the people they counsel make more informed choices. Students will also learn about career development theory, demographic changes, and techniques for working with various populations.

**HDC 463 Occupational Test Application, Interpretation, and Analysis (4 Hrs.)**

Broad theoretical concepts of career development as well as the theoretical concepts associated with occupational measurement that are required to understand, analyze,

and interpret various assessment instruments. Assessments representing exploration of abilities, aptitudes, interests, and values will be reviewed, along with the use and interpretation of assessment results in assisting individuals in identifying realistic training/career/employment goals.

**HDC 501 Fundamental Issues and Ethics in Counseling (4 Hrs.)**

Examination of personal and professional values, goals, objectives, and professional roles and functions of the counseling profession. Required as first core course.

**HDC 502 Listening Skills (2 Hrs.)**

Focuses on intensive laboratory practice of a basic sequence of listening and other skills.

**HDC 504 Theories of Counseling I (2 Hrs.)**

A study of major theories in existential, humanist, and psychodynamic traditions. Prerequisite: HDC 502.

**HDC 507 Theories of Counseling II (2 Hrs.)**

Examines the tenets of cognitive, behavioral, systemic, and other related approaches to counseling. Prerequisite: HDC 502, HDC 504.

**HDC 508 Influencing Skills (2 Hrs.)**

Focuses on laboratory experience with attention to advanced relationship skills, case interpretation, and evaluation skills. Prerequisite: HDC 502, HDC 504, HDC 507.

**HDC 513 Techniques of Group Counseling and Psychotherapy (4 Hrs.)**

Examination of group development, dynamics, counseling theories, group approaches, leadership styles, and group counseling methods. Laboratory experience included. Prerequisites: HDC 501, HDC 502, HDC 504, HDC 507, HDC 508.

**HDC 515 Multicultural Counseling (4 Hrs.)**

Literature and research on counseling services for persons of culturally diverse backgrounds, focusing on treatments that are indigenous to minority clients; cross-cultural dimensions of the counseling relationship; approaches, techniques, and interventions applicable to the mental health needs of minority clients. Prerequisite: HDC 501.

**HDC 516 Grief Counseling (2 Hrs.)**

Review of literature related to experience of loss in this and other cultures. Topics include loss through death, job loss, physical disability, moving, divorce, etc. Counseling approaches and techniques are discussed with experiential homework and class experiences related to topics. Due to course content, not recommended for students experiencing recent loss.

**HDC 517 Conflict Management (2 Hrs.)**

Examination of conflict — its basic nature, causes, and management. Exploration of research findings about conflict, common responses as well as models of interpersonal, intergroup, and intergroup management. Stu-

dents will examine their responses to conflict management and will apply a model of conflict management to a situation of interest to them.

**HDC 519 Wellness Counseling (2 Hrs.)**

Focuses on helping people achieve their maximum state of health. Applied areas include medical health counseling, stress reduction approaches, and wellness counseling.

**HDC 521 Developmental Counseling (2 Hrs.)**

Studies the implication of client development for counselor behavior in the helping relationship. Delineates counseling knowledge and skill appropriate to the needs and wants or goals of clients at various levels of affective, behavioral, cognitive, and interpersonal development. Prerequisites: A course in life-span development or passing score on knowledge competency test.

**HDC 524 Career/Lifestyle Counseling (4 Hrs.)**

Relates data from personality-based and developmental models of career choice to achieving a satisfying career/lifestyle. Includes information about occupational, technological, and educational resources, needs of special populations, goals of guidance and counseling, and techniques of career/lifestyle decision making. Prerequisite: HDC 501.

**HDC 531 Developmental School Counseling (4 Hrs.)**

Examines the school setting and developmental approach to service delivery. Emphasizes the role and functions of the developmental school counselor-consultant.

Explores major problems faced by children and adolescents. Required for school counselor certification. Prerequisite: HDC 501.

**HDC 534 Introduction to Family Therapy (4 Hrs.)**

Major techniques of family therapy with emphasis on integration of theoretical constructs and therapeutic skills. Lecture, demonstration, and laboratory learning approaches used. Students analyze a family system and present projects demonstrating comprehension. Required for students emphasizing marriage and family therapy. See HMS 534.

**HDC 535 Child Therapy (2 Hrs.)**

Designed to teach counseling students about theories of child therapy as well as appropriate therapeutic interventions for children. Focuses on age/developmentally-appropriate interventions such as play therapy and on common childhood disorders in an effort to help counseling students differentiate between normal and abnormal childhood behaviors. The course presumes a systemic context where child therapy is a component of family therapy. Prerequisite: HDC 501 and HDC 534.

**HDC 536 Divorce Counseling (2 Hrs.)**

For advanced students specializing in family counseling. Students develop and implement treatment plans to ameliorate problems of persons separated from spouses.

**HDC 537 Couple Counseling (2 Hrs.)**

For advanced students specializing in family counseling.

Students develop treatment plans for dysfunctions occurring in marital relations.

**HDC 541 Designing Effective Learning Experiences (4 Hrs.)**

Provides students with the opportunity to examine and experience a variety of teaching methods; concentrates on classroom application. Emphasizes self-esteem in nonformal and formal educational settings.

**HDC 545 Sexual Dysfunction, Substance Abuse, and Family Violence (4 Hrs.)**

Training in family counseling methods relating to sexual dysfunction, substance abuse, and family violence. The course is designed to assist therapists in developing skills in the professional treatment of these issues from a systems perspective. Prerequisite: HDC 501 and HDC 534.

**HDC 558 Theories of Family Therapy (4 Hrs.)**

Theories and models of family therapy, emphasizing integration of issues relating to family treatment with systems theory. Family therapy issues will be compared across treatment models. Includes extensive readings in one or more approaches and class presentations. See HMS 558.

**HDC 559 Advanced Family Therapy (4 Hrs.)**

For advanced students interested in specializing in family counseling techniques. Students develop and implement family treatment plans in actual and/or simulated family systems and must be able to articulate at least two major family counseling approaches. Prerequisite: HDC 534 or HMS 534, and HDC 558 or HMS 558.



**HDC 564 Interpersonal Communication Skills** (2 Hrs.)

Includes learning and practicing specific communication techniques in areas such as nonverbal communication, persuasion, interviewing, written communication, and conflict management, as well as addressing the communication skills necessary to work with special needs populations. Designed to help students understand the impact of the Internet as a communication tool.

**HDC 565 Career Case Management** (4 Hrs.)

Designed for individuals who will facilitate career development across the life span among persons from all walks of life. Theory and practice of counseling and case management as it applies to working with clients who need assistance entering the workforce. Major emphasis placed on assisting those clients moving from school or non-employment or who are at a transition point in their work careers.

**HDC 567 Models and Methods in Marriage and Family Treatment** (4 Hrs.)

A comprehensive study of the dynamics of marriage and family life. The course teaches practitioners cultural sensitivity and variety in treatment methods. A study of models used in marriage, family, and divorce intervention is explored. See HMS 567.

**HDC 575 Appraisal Techniques in Counseling** (4 Hrs.)

Basic theories and approaches to the psychological/educational appraisal of individuals and groups, including validity, reliability, and psychometrics statistics. Includes

contemporary issues, ethics, representative methods and tests, and use and interpretation of results in the helping process.

**HDC 577 Research Methods** (4 Hrs.)

Review of research theories, designs, and statistics; implementation of research proposal and report; principles of program evaluation and needs assessment; computer applications; and ethical and legal considerations. This course begins the closure requirement.

**HDC 580 Comprehensive Examination Preparation** (2 Hrs.)

Preparation for the comprehensive exam, which is taken in the semester following successful completion of this course. Course and exam content are designed to reinforce the skills and knowledge addressed in program courses as well as the LCPC or LMFT licensure exams. May be repeated if a student fails the course or any portion of the comprehensive exam, but a passing grade must be recorded before the student will be allowed to take the comprehensive exam. Pass-fail only. Prerequisite: Advising session with adviser and his or her signature on the closure option form. **Note:** Once students successfully complete HDC 580, they must register for one hour of audit credit (HDC 581) *each* subsequent fall and spring semester until they receive a passing grade on the comprehensive examination.

**HDC 581 Comprehensive Examination Registration** (1 Hr.)

Audit credit hour of continuing enrollment, which is

taken during the semester in which the comprehensive exam is administered. Students must pass both the multiple-choice and essay portions of the comprehensive exam for completion of this course and the program's comprehensive exam closure requirement. **Note:** Once students successfully complete HDC 580, they must register for one hour of audit credit (HDC 581) *each* subsequent fall and spring semester until they receive a passing grade on the comprehensive examination. Prerequisite: HDC 580, and completion of all required HDC courses except internship and elective, and permission of instructor.

**HDC 582 Research Colloquium: Master's Project** (2 Hrs.)

Completion of intensive project as culmination of student's progress in the program. Project may be experimental or applied. Course is required for students selecting the master's project option. Prerequisite: HDC 577, or equivalent. **Note:** If the project is not completed during the initial two-hour enrollment, students must either re-register for HDC 582 (for two hours' credit) or register for one audit hour in HDC 583 *each* subsequent fall and spring semester until the project is completed.

**HDC 583 Research Closure Exercise** (1 Hr.)

After passing HDC 582 Research Colloquium, students selecting the master's project option for completion of the program's closure requirement must register to audit one hour of research closure exercise enrollment during *each* fall and spring semester until the completion of their project. Students must register with their project supervisor. Prerequisite: HDC 582.

**HDC 587 Professional Experience:****Practicum (4 Hrs.)**

Professional experience in helping relationships within institutions/agencies that promote human welfare. Requires 100 clock hours on site. Admission by application to HDC professional experience coordinator, who coordinates placement in an appropriate setting. Requires demonstration of competence in process, relationship, attending, and influencing skills, as well as knowledge of major theoretical approaches to counseling. Registration limited and waiting list maintained. Required core course. Prerequisites: HDC 501, HDC 502, HDC 504, HDC 507, HDC 508, and HDC 513.

**HDC 588 Professional Experience:****Practicum in Family Therapy (4 Hrs.)**

Focuses on the use of therapeutic knowledge and skills

with families. Successful completion of the course depends on demonstration of competencies considered essential for the professional building a career in the field of family therapy. Prerequisites: HDC 558 and HDC 559. HDC majors must also have completed the following counseling courses before enrolling in this course: HDC 501, HDC 502, HDC 504, HDC 507, HDC 508, and HDC 513. May substitute for HDC 587 as a required core course. Applications should be submitted to the HDC professional experience coordinator before the deadline published each semester. Applicants should be familiar with the program policy on professional experience and accreditation and should consult with their advisers before selecting this course. Registration is limited and a waiting list is maintained. This course may be counted toward subsequent certification in AAMFT.

**HDC 590 Professional Experience:****Internship (2 to 8 Hrs.)**

Requires 600 clock hours in an appropriate work setting implementing a variety of professional counseling services, including individual, group, and consultation. On-campus and off-campus supervision required. Each 150 clock hours on site earns two credit hours. Students are required to complete all 600 hours within one calendar year. Prerequisites: HDC 501, 502, 504, 507, 508, 513, 515, 521, 524, 575, and HDC 587 or HDC 588.