

MASTER OF ARTS IN FAMILY AND HUMAN SERVICES (MA)

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Emphasis in Addiction Counseling

Website: www.washburn.edu/ma-human-services (<http://www.washburn.edu/ma-human-services/>)

In line with, and support of, the overall University and School of Applied Studies mission statements, the Department of Family and Human Services helps students achieve their highest potential, encourages lifelong learning, and provides opportunities for career development. Accordingly, our mission and learning outcomes are as follows:

Mission Statement

The mission of the Family and Human Services Department is for students to attain the attitudes, skills and knowledge to become effective, ethical, and compassionate helping professionals who engage in creative approaches to meet diverse individual, family, community, and societal needs.

Program Description

The Master of Arts in Family and Human Services, Addiction Counseling emphasis, is approved by the Kansas Behavioral Sciences Regulatory Board (BSRB) to provide the educational curriculum required to become a Licensed Master's Addiction Counselor (LMAC) and Licensed Clinical Addiction Counselor (LCAC). The program is also approved by the National Association for Addictions Professionals (NAADAC).

Coursework emphasizes the application of theory and research to the delivery of family and human services with an emphasis in addiction counseling. All courses are offered online to meet the needs of working students. Part-time and full-time scheduling options are available.

Student Learning Outcomes

Upon graduation, Master of Arts in Family and Human Services students should be able to:

- Demonstrate an advanced integrative approach to the provision of family and human services.
- Use effective professional practice skills in applied settings, including prevention, assessment, treatment, and program monitoring.
- Display interpersonal and professional skills appropriate for leadership in the helping professions.
- Adhere to the profession's Code of Ethics.

Program Approval and Licensure Eligibility

Washburn University's Family and Human Services program is approved by the Kansas Behavioral Sciences Regulatory Board (BSRB) to provide the educational curriculum for becoming Licensed Addiction Counselors (LAC), Licensed Master's Addiction Counselor (LMAC), and Licensed Clinical Addiction Counselors (LCAC) in Kansas. The program is also an approved education provider of NAADAC indicating that the program meets nationally approved standards of education

developed for the addiction counseling profession. Students seeking licensing/accreditation in other states may be able to meet requirements through our program. Please contact your licensing board for eligibility requirements.

The Kansas licensing board has additional substantial post-graduate requirements for licensure. Contact the Behavioral Sciences Regulatory Board for additional eligibility requirements.

Application for licensing may require a criminal background check or other personal information. Students should contact the licensing board for additional eligibility information.

Incompletes

If a student is given an incomplete in a class, the instructor will set the deadline (no more than two semesters, excluding summers) for completing all materials. If this deadline is not met, an "F" will be assigned for the course.

Admission Requirements

Application instructions are detailed in the Family and Human Services MA Information and Application Manual, available on the department website.

Admission to the MA in Family and Human Services is competitive. Faculty from the Family and Human Services Department carefully weigh all aspects of the completed application, including the applicant's academic performance, professional experience, communication skills, and assessments of the applicant's knowledge, skills, and attitudes from the three references. In addition, the committee carefully considers the applicant's commitment to the ethics and values underlying the addiction counseling profession and personal qualities necessary for effective addiction counseling practice.

The applicant must present evidence of adequate preparation to engage in graduate study. The standard expectation for Regular Standing admission to the MA in Family and Human Services program is the completion of a Bachelor's degree from an accredited institution of higher education with an overall GPA of 3.0 (on a 4.0 scale) over the last two years (60 credits) of university coursework. However, students who do not meet these minimum standards may be granted Provisional Standing to take specific courses in order to demonstrate their potential for graduate work. The decision to grant Provisional Standing is made by Family and Human Services faculty.

Students who are currently pursuing a Bachelor's degree in Family and Human Services at Washburn University may apply to the Fast-Track program, which allows students to earn both the Bachelor's and Master's degrees in five years. Students should contact their advisor to learn more about the Fast-Track program.

Students who are or will be in their senior year of a Baccalaureate degree in a Helping Profession (e.g., Family and Human Services, Psychology, Social Work, etc.) can apply to take up to 6 credit hours of graduate coursework in addition to the courses required for completing the undergraduate degree. The senior student must submit a letter of interest to the MA Coordinator. The FHS Admissions Committee will review the student's GPA and evidence of personal and intellectual qualities necessary to successfully pursue graduate course and fieldwork. Being approved for early coursework is not the same as being admitted to the MA program. Upon completion of the Bachelor's degree, the student may apply for admission to the MA program.

Students who wish to enroll in specific MA courses without completing the entire Master's Degree should contact the department.

Transfer Students

It may be possible for transfer students to substitute a portion of coursework (up to 9 credits hours) from other accredited graduate programs, but all requests for substitutions in coursework for the degree are reviewed on a case by case basis and must be approved by the MA Coordinator. The applicant must have received a grade of "B" or better in the course(s) under consideration for transfer credit. Applicants seeking to obtain credit for previous coursework must submit a syllabus for the course and solicit at least one of their three required letters of reference from a faculty member or department chairperson of the accredited program from which the applicant is transferring. If the applicant seeks to obtain transfer credit for a practicum, he/she must obtain a second letter of reference from his/her field practicum supervisor.

Degree Requirements

- Complete 36 credit hours of required coursework
- Successfully complete fieldwork requirements
- At least 75% of academic credits must be taken at Washburn University
- Must meet grade requirements
- Must meet continuous enrollment requirements

There are several deadlines that must be met in regards to graduation. It is the student's responsibility to see that all forms are filed and all deadlines are met. Students may obtain a copy of graduation deadlines for the semester in which they will graduate from the University Registrar's Office. Students must regularly check their Washburn email for important announcements from the university.

After students have completed the required graduation forms, recommendation that a Master of Arts in Family and Human Services be granted must be submitted by the faculty of the department to the Dean of the School of Applied Studies, the University Administration, and the Washburn University Board of Regents.

Grade Requirements

- A student earning a D or F in a course must retake the course for a higher grade in order to earn the degree.
- A student may have no more than two Cs on their transcript for a degree to be awarded. The Department may approve students to retake courses to meet this requirement.

Program Requirements

Required coursework

The 30 credit hours of core coursework includes:

Code	Title	Hours
Core Coursework		
HS 600	Integrative Family and Human Services	3
HS 604	Advanced Methods Individual Counseling	3
HS 605	Advanced Methods Group Counseling	3
HS 610	Professional Ethics/Practice	3
HS 615	Advanced Pharmacology and Substance Use Disorders	3
HS 635	Diagnosis of Substance Use Disorders	3

HS 640	Practicum I	3
HS 641	Practicum II	3
HS 660	Supervision and Leadership	3
HS 695	Applied Research	3
Subtotal		30
Elective Coursework		
Select six credit hours from the following:		6
HS 620	Integrative Approaches to Dual Disorders ¹	
HS 625	Addiction/Recovery Services ¹	
HS 630	Lifespan Development	
HS 678	Morita Therapy Research Seminar	
HS 679	Narrative Practice	
HS 665	Integrative Residential Experience	
Subtotal		6
Total Hours		36

¹ These elective courses are required for BSRB Clinical Licensing.

Practicum Requirements

Students must be able to secure a Practicum placement and complete fieldwork requirements (as described in the Practicum Manual) in order to earn the degree. Students must apply for admission to the Family and Human Services Practicum Program following the process provided by the department. If accepted for a practicum, students must also be accepted by an approved placement agency. Some agencies may require criminal background checks or other personal information. All agencies have complete discretion to accept or reject student applicants. Specific field work requirements are described in the course descriptions for Practica.

Continuous Enrollment

Students pursuing a graduate degree who have completed all degree requirements, and have enrolled in but not completed a capstone, practicum, or thesis, will be required to maintain continuous enrollment at Washburn University until graduation (unless a leave has been approved). Continuous enrollment means that candidates must be enrolled in at least one credit hour until degree requirements are met. If all other course work has been completed, students will be required to enroll in a one-credit-hour class HS 777 Continuous Enrollment each semester until the program is completed. Credit hours completed through the HS 777 Continuous Enrollment will not count toward the credit hours required for graduation and will be recorded as a credit on the transcript. This requirement also applies to the summer term for students whose degrees are being awarded at the end of the summer term. Interruption of continuous registration due to a failure to follow this requirement will result in a need for readmission to the program.

Time Limit for Program Completion

All students have six (6) years from their date of entry to complete the program requirements. Any student who exceeds this time limit may petition for an extension. If an extension is granted, a departmental committee will determine which, if any, classes need to be repeated in order to ensure that the student has met current learning outcomes at the time the degree is conferred.

Course Offerings

HS 512 Mental Health & Addictions (3)

This course teaches students about effective addictions treatment for persons with co-occurring disorders. The course will provide students with an understanding of terms, service delivery systems, assessment, and strategies for working with clients with co-occurring disorders. The course will cover methods for providing individualized treatment based on a consumer's biological, psychological, social and spiritual needs. The content of this course is based in part on TAP 21 competencies. This is a required course for addictions counseling licensure with the Kansas BSRB. Enrollment in HS 512 requires department consent.

HS 514 Individual Counseling Methods (3)

This course will introduce students to a variety of evidence-based counseling theories and approaches for working with individual clients and family/significant others. Students will study common topics that arise in individual counseling as well as cultural and ethical issues associated with effective counseling practice. In addition, the course will examine methods for forming effective helping relationships along with strategies for helping clients establish and work toward realistic, meaningful goals. Students will have the opportunity to demonstrate an individual counseling approach covered in this course. The content of this course is based in part on TAP 21 competencies. This is a required course for addiction counseling licensing with the Kansas BSRB. Prerequisite: Department consent.

HS 516 Addictions Treatment (3)

This course describes the most generally accepted and scientifically supported models of treatment, recovery, relapse prevention, and continuing care for addiction and other substance-related problems. Students will be exposed to the principles and philosophy of prevention, treatment and recovery. The course will focus on the social, political, economic, cultural, and family context within which addiction and substance abuse exist, including risk and resiliency factors that characterize individuals and groups and their living environments. Emphasis will be given to the behavioral, psychological, physical health and social effects of psychoactive substances on the user and significant others and the importance of research and outcome data and their application in clinical practice. The course will cover psychoactive substance toxicity, intoxication, and withdrawal symptoms; aggression or danger to others; potential for self-inflicted harm or suicide; and coexisting mental health problems. The content of this class is based on TAP 21 competencies. This is a required course for addictions counseling licensure with the Kansas BSRB. Prerequisite: Department consent.

HS 560 Directed Studies (1-3)

In consultation with instructor, the student selects for intensive study a specific area related to family and human services for intensive study. A contract must be signed by all parties that specifies learning outcomes, assignments, deadlines, and assessment strategies. Directed Studies must meet equivalencies to Federal definition of a credit hour. Prerequisites: Graduate Standing and Approval of Course Instructor.

HS 580 Internship: Addiction Counseling (3)

This internship is an internship prerequisite course for graduate level majors within the Family and Human Services Department. The internship consists of 200 clock-hours of experience at an addictions treatment agency under the supervision of agency staff and university faculty, as well as a weekly seminar to integrate learning in the field with classroom instruction. Practice will focus on advanced-level skills specific to addiction counseling. The content of this course is based in part on TAP 21 competencies. This is a required course for addiction counseling licensure with the Kansas BSRB. Prerequisite: Department consent.

HS 581 Graduate Internship (3)

HS 581 is reserved for those graduate level students who need an internship to complete a certificate or emphasis area. The internship consists of a minimum of 150 clock-hours of experience in an agency or program in the community specific to the student's area of concentration, under the supervision of agency staff and university faculty, as well as a weekly seminar to integrate learning in the field with classroom instruction. Prerequisite: Department consent.

HS 585 Special Topics (1-6)

Topics will vary from semester to semester and will be announced in advance. May be taken more than one semester for variable credit. Prerequisite: Department consent.

HS 595 Research and Evaluation (3)

This course introduces students to applied research and evaluation in human services. The purposes and techniques of applied research and evaluation are explored, including qualitative and quantitative approaches. Students gain experience with the critical reading of research articles relating to the evaluation of human service programs. Projects give students direct experience with program evaluation and applied research. The content of this course is based in part on TAP 21 competencies. This is a required course for addictions counseling licensing with the Kansas BSRB. This is a summative course that requires students to synthesize knowledge learned across the curriculum. Prerequisite: Department consent.

HS 600 Integrative Family and Human Services (3)

This course uses an integrative lens to survey the profession and practice of family and human services, with an emphasis on addiction counseling. An advanced ecological approach will be used to examine various dimensions of professional practice, including historical and international contexts, family and community involvement, culture-informed practices, integrated treatment, and professional self-care. The content of this course is based on TAP-21 Competencies. Admission to Graduate Program or Department consent.

HS 601 Working with Trauma (3)

This course provides information on the concept of psychological trauma as well as an overview of the common responses to trauma in individuals and families, PTSD diagnostic criteria, and resilience. Current treatment practices, both evidence-based and alternative, are reviewed. Principles for working with trauma-exposed populations in Human Services/Addiction Counseling are emphasized.

HS 604 Advanced Methods Individual Counseling (3)

This course provides the study of counseling theories and practical skills necessary for effective face-to-face and individual counseling. Students will learn a variety of evidenced-based and culturally sensitive techniques designed to facilitate the therapeutic relationship as well as the educational and psycho-social development of clients. Competence in counseling is built on an understanding of, appreciation of, and ability to appropriately use the contributions of various addiction counseling theoretical models as they apply to modalities of care for individuals, groups, families, couples, and significant others. The content of this course is based in part on TAP 21 competencies. This is a required course for addiction counseling licensure at the clinical level with the Kansas BSRB. Prerequisite: Admission to Graduate Program or Department consent.

HS 605 Advanced Methods Group Counseling (3)

This course is designed to provide knowledge and practical skills in management of psycho-educational and therapeutic groups. Students will learn a variety of techniques and strategies designed to facilitate educational and psycho-social development of groups of clients and significant others. This course will include information on criteria for cognitive-behavioral strategies and other evidence-based, culturally sensitive approaches to group counseling. Prerequisite: Admission to Graduate Program or Consent of Instructor.

HS 610 Professional Ethics/Practice (3)

This course covers major professional readiness issues, including code of ethics, privacy rights and confidentiality, legal responsibilities and liabilities of clinical supervision, and development of a professional attitude and identity. Cultural competence, professional organizations, and licensure and certification are also covered topics. The content of this course is based in part on TAP 21 competencies. This is a required course for addiction counseling licensure at the clinical level with the Kansas BSRB. Prerequisites: Admission to Graduate Program or Department consent.

HS 611 Family Issues (3)

This course will explore the role that family interaction plays in the various areas of Family and Human Services. Different theories of family functioning and intervention will be reviewed, as well as major risk and resiliency factors. Specific attention will be paid to family issues using a strengths-based approach to domestic violence, youth issues, aging family members, illness and disability, and addictions. For students preparing to work as addiction and recovery counselors, knowledge of ways to teach or facilitate discussions of how substance use and abuse affects families and concerned others will be emphasized. The content of this course is based in part on TAP 21 competencies. Prerequisite: Department consent.

HS 615 Advanced Pharmacology and Substance Use Disorders (3)

This course will address concepts of pharmacological properties and effects of psychoactive substances. The continuum of drug use will be discussed, such as initiation, intoxication, harmful use, abuse, dependence, withdrawal, craving, relapse, and recovery. Behavioral, psychological, social, and physical health effects of psychoactive substances, drug interactions, and medication-assisted therapies will be presented. The content of this course is based in part on TAP 21 competencies. This is a required course for addictions counseling licensing with the Kansas BSRB. Prerequisites: Admission to Graduate Program or Department consent.

HS 620 Integrative Approaches to Dual Disorders (3)

This course will discuss the collaborative approaches of psychopharmacology, psycho education, supported employment, and culturally sensitive/ integrated/recovery-oriented substance use and mental health treatment. . The content of this course is based in part on TAP 21 competencies. This is a required course for addictions counseling licensing with the Kansas BSRB. Prerequisites: Admission to Graduate Program or Consent of Instructor.

HS 621 Women and Addictions (3)

Women with substance use disorders have serious and unique health concerns. Using a bio-psycho-social-spiritual framework, this course will examine how treatment services are changing to help women successfully navigate the road to recovery. Prerequisite: Department consent.

HS 623 Addiction Service Coordination (3)

This course focuses on the coordination of services for family and human services clients. Students will learn about intake, screening, assessment, diagnosis, client placement, treatment planning, discharge/transfer plans, report writing, referral and other aspects of service coordination. The course stresses a multidisciplinary approach to service coordination and examines the roles of professionals, agencies, families, community groups, and other support systems in the treatment process across the continuum of care. Students will learn effective, ethical ways to work with clients, with a focus on recovery-oriented systems of care. The content of this class is based in part on TAP21 competencies. Prerequisite: Department consent.

HS 625 Addiction/Recovery Services (3)

This course will cover the holistic theories and models of treatment which include the philosophies, practices, policies and outcomes of the most generally accepted and evidence-based models of treatment, recovery, relapse prevention, and continuing care for addiction and other substance-related problems. Students will consider the neurobiological, psychological, sociological, and spiritual theories of addiction and recovery, including theories necessary for social change related to addiction and recovery. An emphasis in the course will be given to recovery-oriented systems of care. The content of this course is based in part on TAP 21 competencies. This is a required course for addictions counseling licensing with the Kansas BSRB. Prerequisites: Admission to Graduate Program or Department consent.

HS 630 Lifespan Development (3)

This course will focus on an integrative approach to wellness from before conception through the end of life. Students will learn about research-supported strategies for supporting biological, psychological, social, and spiritual health and well-being with a focus on meeting needs of the "whole person" throughout the lifespan. Prerequisites: Admission to Graduate Program or Department consent.

HS 635 Diagnosis of Substance Use Disorders (3)

The course will cover diagnosis of substance use disorders, including the established diagnostic criteria for culturally sensitive screening, assessment, treatment planning, referrals, service coordination, documentation, and consultation. The theories and principles that support the diagnosis and treatment of substance use disorders will be discussed, including indications and contraindications for use of each theory or technique, rationale for intervention, role of the counselor, and importance of incorporating gender and ethnicity in selecting and using assessment and treatment methods. The content of this course is based in part on TAP 21 competencies. This is a required course for addictions counseling licensing with the Kansas BSRB. Prerequisites: Admission to Graduate Program or Department consent.

HS 640 Practicum I (3)

This course includes a seminar and placement at an approved practicum site, providing the opportunity for applying clinical professional skills under supervision. Course completion will require satisfactory evaluation by the field supervisor, fulfillment of seminar course requirements, and completion of required fieldwork and supervision hours. The skills practiced in this practicum are based on TAP-21 competencies. This is a required course for addiction counseling licensure with the Kansas BSRB. Prerequisites: HS 604, HS 605, HS 610, HS 635.

HS 641 Practicum II (3)

This course includes a seminar and placement at an approved practicum site, providing the opportunity for further refinement of clinical professional skills under supervision. Course completion will require satisfactory evaluation by the field supervisor, fulfillment of seminar course requirements, and completion of required fieldwork and supervision hours. The skills practiced in this practicum are based on TAP-21 competencies. This is a required course for addiction counseling licensure with the Kansas BSRB. Prerequisites: HS 604, HS 605, HS 610, HS 635; concurrent or prerequisite HS 640.

HS 650 Multicultural Issues (3)

This course provides an overview of the major issues in providing family and human services to the increasingly pluralistic population of the United States. Themes to be discussed are: cross-cultural theories of intervention, communication styles, definitions of suffering and recovery, and working with diverse individuals and groups. The range of human service delivery systems, including mental health, alcohol and substance abuse, youth services, gerontology, and victim/survivor services, will be addressed from a multicultural perspective. Emphasis will be on exploring provider attitudes and competencies as well as developing practical applications and solutions. For students preparing to work as addiction and recovery counselors, special emphasis will be given to recognizing the social, political, economic, and cultural context within which addiction and substance abuse exist, including risk and resiliency factors that characterize individuals and groups and their living environments. Prerequisites: Department consent.

HS 655 Peacemaking (3)

The course will cover the need for peace education in our society. Peace education is pertinent for students majoring in family and human services with an interest in working with violence and poverty prevention, social justice, the environment, youth, and sustainable communities. Other students will find value in the course through the experiential component of designing a peace education presentation that can be used in their community. Topics include personal peacemaking, nonviolence, conflict resolution, compassionate intentional living, civil rights, equity, education and the environment. Prerequisites: Department consent.

HS 660 Supervision and Leadership (3)

This course will provide the knowledge and skills for successful clinical supervision and leadership/administration in family and human services. The content of this course is based on TAP-21 Competencies. Prerequisites: Admission to Graduate Program or Department consent.

HS 665 Integrative Residential Experience (3)

This course offers students the opportunity to practice integrative approaches in a group setting. This is a 5-day residential that involves intense immersion in creative, expressive, service, and routine activities to enhance the experiential learning of students to incorporate these aspects into addiction counseling and other residential treatment facilities. Prerequisites: Admission to Graduate Program or Department consent.

HS 670 Mass Victimization/Mental Health (3)

This course will provide an overview of interventions used with victims following mass violence and disasters. Additionally, compassion fatigue effects and methods used to assist emergency responders who become victims of disaster through their role in response and recovery will be thoroughly discussed. Attention will focus on mental health effects dealing with both immediate and long-term recovery issues for immediate victims and those responding to the incident. Prerequisites: Department consent.

HS 673 Disaster Response and Recovery (3)

This course will provide an overview of the hazard cycle, and basic concepts of disaster preparedness, response, and recovery. Additionally, this course will provide an overview of the helping professional's role during times of disaster, including the discussion of the specific emergency support functions assigned to groups and agencies as designated in the National Response Framework. Emphasis will also be paid to concepts used when working with direct and indirect victims of disaster. Prerequisites: Department consent.

HS 674 Eastern Therapies in Intervention and Treatment (3)

This course highlights Eastern therapies in intervention and treatment across the range of human service populations, including mental health, alcohol and drug abuse, crisis and post-trauma, and crime victimization. The focus will be on an understanding of Western adaptations, transcultural, and holistic approaches to suffering and healing. Special emphasis will be on the Western adaptations of Morita and Naikan therapies. The course is highly interactive and experiential. Prerequisites: Instructor consent.

HS 676 Morita Therapy Intensive (3)

This course is intended for those seeking to integrate Morita Therapy into their professional and personal lives. Through experiential/residential learning, students will be able to identify how the concepts of the Morita lifeway are actually practiced in daily living; how the principles are applied to specific life situations; and how immersion in observation, timeliness, and efficiency produces a healthier and more productive helping professional. Prerequisites: Instructor consent.

HS 677 Morita Methods in Counseling (3)

This course applies the methods, principles, and theories of Morita Therapy to individual and group counseling in a variety of human service settings, including addiction treatment, victim/survivor assistance, mental health, and grief and dying. Emphasis will be on intervention and counseling approaches for particular client populations. Prerequisites: Instructor consent.

HS 678 Morita Therapy Research Seminar (3)

This course offers the unique opportunity to conduct field research on the practice and efficacy of Morita Therapy as it is applied in a variety of outpatient, hospital, and residential treatment settings. The major component of the course may be a study abroad whereby students will participate in small group meetings with, and attend lectures by major Morita educators, researchers, and practitioners. This is a rare opportunity for students to learn first-hand from the leading Moritists. Current study abroad sites include Japan, Canada, Australia, the United Kingdom, and Russia. Prerequisites: Instructor consent.

HS 679 Narrative Practice (3)

This course explores the approach of narrative practice as a tool for healing and teaching. Students will become familiar with the basic goals, concepts, and approaches of narrative practice, and the potential contributions of narrative practice to create change. Narrative practice includes using poetry, letter writing, storytelling, journaling, and more, as tools to promote healing, recovery and personal growth. Students will read and discuss the literature relating to narrative practice and will study the implications of the narrative perspective for counseling. They will learn about the application of narrative practice through classroom based experiential exercises and other assignments. Students will learn how narrative practice helps individuals and groups rewrite their stories to transform their lives. Prerequisites: Admission to Graduate Program or Consent of Instructor.

HS 685 Special Topic Seminars (1-6)

Topics will vary by semester and will be announced in advance. Prerequisites: Admission to Graduate Program or Department consent.

HS 695 Applied Research (3)

This course covers the purposes and techniques of applied research, including qualitative and quantitative approaches. Topics to be discussed include research methodology, data collection and analysis, computer research skills, critical evaluation of professional research reports, and practical application of research within cultural and historical context. . The content of this course is based in part on TAP 21 competencies. This is a required course for addictions counseling licensure with the Kansas BSRB. Prerequisite: Admission to the Graduate Program or Department consent.

HS 777 Continuous Enrollment (1-3)

This course is to allow students additional time to complete Capstone, Thesis or Practicum requirements. Prerequisite: Instructor consent.