

Human Relations: Couple and Family Informal Concentration Area (ICA)

Understanding of families in all iterations has value in a variety of careers in which the goal is to advocate for and support families. Courses in the *Couple and Family ICA* will help you understand the nature of interpersonal and intimate relationships, the inner workings of family systems, individual and family development, how the family fits into the larger society, and how to help families under stress or in crisis.

The *Couple and Family ICA* is a nice academic partner for students majoring in Communication Studies, Criminology, Elementary and Secondary Education, Ethics and Public Policy, Health and Human Studies, Political Science, Public Health, Psychology, Social Justice, Social Work, and Women's & Sexuality Studies. The *Couple and Family ICA* is also well-paired with other ESHR ICAs such as the *Learning and Development ICA* and *Trauma-Informed Advocacy ICA*.

Career opportunities for students with an ESHR focus in couple and family may include: family social service programs, childcare centers, pre-school programs, 4-H and youth development programs, mental health and substance abuse centers, child and domestic abuse centers and runaway shelters, family policy analyst/advocate, assisted living, adult day services, and nursing homes.

Students with this focus in ESHR may be well-positioned for graduate work in human development and family studies, child life, social work, couple and family therapy, mental health counseling, school counseling, school psychology, and psychology program(s).

Course suggestions

CSED:4130 Human Sexuality

Introduction to human sexuality from a sociocultural perspective; readings and discussions of sensitive topics and explicit depictions/discussions of sexuality; students may relate their sexual experiences to course content; combination of formats.

CSED:4141 Helping Skills for Community Settings

Helping skills necessary for working in a variety of community settings; focus on communication, problem solving, interviewing skills, entry-level techniques (e.g., mindfulness), and résumé building opportunities including Iowa mandatory reporter training and QPR (Question, Persuade, and Refer) training.

CSED:4173 Trauma Across the Lifespan

Current theory and practice models related to trauma and crisis intervention; overview of multi-system level definitions of trauma experience (historical, individual, interpersonal, family, organizational, community, global); various approaches to trauma response theory; unique contributions that counselors offer (strength, resiliency, coping); commitments to multicultural and systems factors; macro- to micro-level understanding of trauma.

CSED:4195 Ethics in Human Relations & Counseling

Morality and ethics; ethical issues; models and techniques for effective ethical decision making in personal and professional interactions.

PSQF:2116 Applied Child and Adolescent Psychology

Overview of child and adolescent development, psychopathology, and basic-level intervention; foundation for working in applied child and adolescent mental health settings; typical areas of psychological difficulty, including developmental disorders, ADHD, depression, anxiety, substance use; contextual and environmental factors, including abuse, poverty, neglect.

PSQF:4145 Marriage and Family Interaction

Contemporary American couple, marriage, and family relationships; mate selection.

PSQF:4162 Introduction to Couple & Family Therapy

Evolution of the family therapy movement and issues related to functional and dysfunctional family systems; significant models of family therapy and specific techniques.

PSQF:4910 Theories of Family Development

Overview of historical and contemporary theories from across disciplines about family development and family relationships; examines family as a context for relationships between partners and between parents and children across the life course; evaluates research on family system (coupling, “doing” gender, parenting, work and family balance, family transitions, economic hardship).