

Certificate: Human Services**Certificate Description:**

There is a growing need for marriage and family therapists and other professionals who are able to assist families in distress. This certificate will help students learn the skills that pertain to a variety of helping professions, regardless of whether or not students seek to do so professionally. In short, this certificate will enable students to be more helpful in strengthening the marriages and families of those around them. This certificate is designed to improve the likelihood that interested students will be able to secure competitive internships, secure entry-level employment in human services, and gain entrance to a high-quality graduate program in marriage and family therapy or related field. Students who complete this certificate will demonstrate important skills relevant to the human services, such as conflict management, goal-setting, and active listening. This certificate is developed and granted by BYU-Idaho.

Course Code	Course Name	15 Credits
FAML 420	Helping Relationship	3 Credits
FAML 360	Family Stress and Coping	3 Credits
FAML 430	Family and Community Relationships	3 Credits
PSYCH 302	Research Methods	3 Credits
MATH 221C	Statistics	3 Credits

Course Descriptions:***FAML 420 (3 credits) – Helping Relationship***

This skill-based course prepares students to effectively use interpersonal communication skills associated with helping individuals and families in a variety of settings. Role playing will be one of the primary learning methods. These skills are especially valuable for students planning to enter a human-service profession, counseling/therapy, or planning to pursue graduate studies.

FAML 360 (3 credits) – Family Stress and Coping

This course involves a study of families under stress, including the many external and internal influences that play a role in determining a family's experience of stress. An ecological model will be used to understand potential risk factors that pose problems for families, along with protective factors that help families to be resilient. Focus will be maintained to learn ways to help families under stress.

FAML 430 (3 credits) – Family and Community Relationships

This course consists of ecological and gospel perspectives on providing family-focused prevention and intervention services and support to diverse families. Emphasis will be on communicating with families, empowering parents, developing family and professional partnerships, interagency collaboration, and accessing and linking families and community resources.

PSYCH 302 (3 credits) – Research Methods

This course explores the basic principles of conducting research in psychology. Some of the topics include, but are not limited to: research design, data collection, analysis, reporting results, and ethics of doing research. This course should be completed by the beginning of junior year.

MATH 221C (3 credits) – Statistics

In this course, students will study graphical representation of data, measures of center and spread, elementary probability, sampling distributions, correlation and regression, statistical inference involving means, proportions, and contingency tables.

Outcomes:

- Communicate effective principles pertaining to helping individuals and families in distress.
- Demonstrate an understanding of how to conduct basic research in marriage and family studies.
- Apply effective interpersonal skills pertaining to human service work.

Potential Employment:

- Typically, additional certificates or degrees could be required in this field before jobs could be expected.
- In the United States – Entry-level, support positions in social and community services