# HUMAN SERVICES WITH AN EMPHASIS IN TRAUMA, RESILIENCE AND SELF-CARE STRATEGIES (MA)

The Master of Arts in Human Services emphasizing Trauma, Resilience, and Self-Care Strategies focuses on the impact trauma has on an individual's mood, behavior, cognition, physical health, and overall interpersonal and social functioning. Research purports that traumatic events encountered early in the life course significantly negatively impact the psychological health and psychosocial functioning in adulthood than trauma experienced later in the life course. A trauma-informed care approach in human service settings is gaining traction locally and internationally. When human service professionals learn effective responses to client trauma and how to help instill resiliency skills necessary to thrive in daily functioning, improved outcomes can result in all areas of life.

Professionals working within the fields of human service, criminal justice, forensic behavioral health, family science and allied disciplines will develop the insights, strategies, and skills to work more effectively with clients and families impacted by trauma and to promote recovery for impacted individuals and their families. Professionals will also gain knowledge and strategies to manage vicarious and secondary trauma and to foster self-care. Resiliency will be explored and emphasized throughout this program applicable to clients and families and the helping professional, in order to prevent burnout and compassion fatigue.

| Code | Title | Credits |
|---|---|---|
| HSV 543 | Foundations in Trauma and Stressor Related Disorders [1] | 3 |
| HSV 548 | Neurobiology of Trauma and its Impact on the Developing Brain [1] | 3 |
| HSV 561 | Forensic Behavioral Health Aspects of Trauma [1] | 3 |
| HSV 567 | Trauma and its Impact on the Family System [1] | 3 |
| HSV 578 | Trauma Informed Practice, Self-Care, & Resilience Strat for Human Service & Teleconsulting Care Prof [1] | 3 |
| HSV 500 | Human Services | 3 |
| HSV 515 | Research Methods in Human Services | 3 |
| HSV 535 | Psychopathology in Human Services | 3 |
| HSV 525 | Ethical and Legal Considerations in HumanServices | 3 |
| HSV 585 | Cultural Awareness and Understanding for the Human Service Professional | 3 |
| HSV 555 | Special Populations in Human Services | 3 |
| HSV 595 | Research and Capstone | 3 |
| **Total Credits** | | **36** |

[1] Certificate courses

| Course | Title | Credits |
|---|---|---|
| **First Year** | | |
| **First Semester** | | |
| HSV 543 | Foundations in Trauma and Stressor Related Disorders | 3 |
| HSV 548 | Neurobiology of Trauma and its Impact on the Developing Brain | 3 |
| **Second Semester** | | |
| HSV 561 | Forensic Behavioral Health Aspects of Trauma | 3 |
| HSV 567 | Trauma and its Impact on the Family System | 3 |
| **Third Semester** | | |
| HSV 578 | Trauma Informed Practice, Self-Care, & Resilience Strat for Human Service & Teleconsulting Care Prof | 3 |
| HSV 500 | Human Services | 3 |
| | **Credits** | **18** |
| **Second Year** | | |
| **First Semester** | | |
| HSV 515 | Research Methods in Human Services | 3 |
| HSV 535 | Psychopathology in Human Services | 3 |
| **Second Semester** | | |
| HSV 525 | Ethical and Legal Considerations in HumanServices | 3 |
| HSV 585 | Cultural Awareness and Understanding for the Human Service Professional | 3 |
| **Third Semester** | | |
| HSV 555 | Special Populations in Human Services | 3 |
| HSV 595 | Research and Capstone | 3 |
| | **Credits** | **18** |
| | **Total Credits** | **36** |