

ESHR: Couple and Family Informal Concentration Area (ICA)

Understanding families in all iterations has value in various careers through 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* pairs well with other ESHR ICAs such as the *Cognition, Learning, and Development ICA* and *Trauma-Informed Advocacy ICA*. Students often choose another major, minor, or certificate to enhance their learning in this area. See below for suggestions for pairing with the *Couple and Family ICA*.

Major, Minor, Certificate Suggestions

Majors/Minors

[Communication Studies](#)
[Criminology, Law, and Justice](#)
[Ethics and Public Policy](#)
[Gender, Women's and Sexuality Studies](#)
[Political Science](#)
[Psychology](#)
[Social Work](#)

Certificates

[Aging and Longevity Studies](#)
[Critical Cultural Competence](#)
[Leadership Studies](#)
[Resilience and Trauma-Informed Perspectives](#)

Career opportunities for students with an ESHR focus on “couple and family” may include family social service programs, childcare centers, preschool 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

(Students are encouraged to take one or two courses from each skill/content area.)

Interpersonal Relationships Related to Couples and Families

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.

Human Development

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.

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:4106 Child Development

Theories and research findings about the physical, social, emotional, and intellectual growth and development of children.
Requirements: junior standing.

PSQF:4133 The Adolescent and Young Adult

Psychological and social aspects of adolescence and young adulthood; emphasis on theory, research, and practical applications.

Basic Helping Skills

CSED/PSQF:1102 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. Pre-requisite: CSED/PSQF:1101

CSED:4195 Ethics in Human Relations & Counseling (if not taken to meet the Diverse Perspectives requirement)

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

Faculty Liaison

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