

Counseling and Human Services

Web Site: <http://www.odu.edu/chs> (<http://www.odu.edu/chs/>)

Mark Refhuss, Chair

The Department of Counseling and Human Services offers one undergraduate program, the Bachelor of Science in human services. On the graduate level, the department offers the Master of Science in Education in counseling, an advanced Education Specialist degree in counseling, and a counseling emphasis in the PhD in Education program. Once admitted to the human services program, students must consult their advisors regarding program requirements and selection of courses.

Programs

Bachelor of Science Program

- Human Services (BS) (<https://catalog.odu.edu/undergraduate/education/counseling-human-services/human-services-bs/>)

Certificate Program

- Addiction Prevention and Treatment Certificate (<https://catalog.odu.edu/undergraduate/education/counseling-human-services/addiction-prevention-treatment-certificate/>)

Minors

- Addiction Prevention and Treatment Minor (<https://catalog.odu.edu/undergraduate/education/counseling-human-services/addiction-prevention-treatment-minor/>)
- Human Services Minor (<https://catalog.odu.edu/undergraduate/education/counseling-human-services/human-services-minor/>)

Courses

Human Services (HMSV)

HMSV 339 Interpersonal Relations (3 Credit Hours)

Students will learn concepts and theories of interpersonal relationships. Development of skills necessary for effective communication will be stressed.

Prerequisites: ENGL 211C or ENGL 221C or ENGL 231C

HMSV 341 Introduction to Human Services (3 Credit Hours)

Students will learn about human services, the helping process, and the role and function of the human service worker. Students will be exposed to local and state human services facilities.

Prerequisites: ENGL 211C or ENGL 221C or ENGL 231C OR acceptance to the certificate in Addiction Prevention and Treatment and a test code of APTW

HMSV 343 Human Services Methods (3 Credit Hours)

Presents theories and techniques used by human services workers in a variety of settings.

Prerequisites: A grade of C or better in ENGL 211C or ENGL 221C or ENGL 231C OR acceptance to the certificate in Addiction Prevention and Treatment and a test code of APTW

Pre- or corequisite: HMSV 341 with a grade of C or better

HMSV 344 Career Development and Appraisal (3 Credit Hours)

Focuses on career development throughout the life span with emphasis on vocational theories, interventions, assessments, and socioeconomic factors.

Prerequisites: Junior standing

Pre- or corequisite: HMSV 341 with a grade of C or higher

HMSV 346 Diversity Issues in Human Services (3 Credit Hours)

This course serves as an introduction to multicultural helping. The influence of socio-identities (e.g., race, ethnicity, religion, gender, socioeconomic status, sexual orientation) on individuals' functioning, concerns, and the helping process will be explored.

Prerequisites: Junior standing

Pre- or corequisite: HMSV 341 with a grade of C or higher

HMSV 368 Case Management & Crisis Techniques through Field Observation (1.5-3 Credit Hours)

Students will visit and examine human services systems such as mental health, substance abuse, criminal justice, education, rehabilitation, and professional associations to facilitate decision-making in selecting an internship and to gain a complex understanding of the roles of the human services professional.

Prerequisites: HMSV 341 with a grade a C or higher and HMSV 343 with a grade of C or higher OR acceptance to the certificate in Addiction Prevention and Treatment and a test code of APTW

HMSV 397 Independent Study (3-6 Credit Hours)

Individual study under the supervision of an undergraduate faculty member.

Prerequisites: Approval of Human Services Program Director and Counseling and Human Services Department Chair

HMSV 401/501 Foundations of Leadership and Self-Development in Human Services (3 Credit Hours)

This course provides a comprehensive study of leadership theories, competencies, and practices essential to human services. Emphasizing ethical and transformational leadership, students will explore the challenges of leading in public and nonprofit organizations while bridging theory with application. Topics include strategic visioning, team building, organizational culture, decision-making, change management, and servant leadership, with a focus on equity, inclusion, and systems thinking. Through case studies, reflective practice, and applied exercises, students will build critical thinking, emotional intelligence, and practical leadership tools. Students will also document their self-development through critical reflection and application of helping theory. This foundational course prepares undergraduate students for leadership roles in community-based organizations, government agencies, and nonprofits committed to social change.

Prerequisites: HMSV 341 and HMSV 343

HMSV 402/502 Social Policy in Human Services (3 Credit Hours)

This course explores the formation, analysis, and impact of social policy within the human services field, using the lens of social and economic justice. Students will critically evaluate policy systems and develop advocacy strategies to influence meaningful change. Through weekly readings, discussions, and projects, students will enhance their understanding of policy development, intersectionality, oppression, and empowerment in human services contexts.

Prerequisites: HMSV 341 and HMSV 343

HMSV 403/503 Evidence-Based Program Development and Strategic Planning (3 Credit Hours)

This undergraduate-level course prepares students to think and act strategically in the design, implementation, and evaluation of human service programs. The course guides students through the full cycle of creating and sustaining mission-aligned, evidence-based interventions in public and nonprofit settings. Students will develop fluency in key strategic planning frameworks, stakeholder analysis, environmental scanning, and theory of change development. Simultaneously, they will gain competency in needs assessment, logic modeling, budgeting, performance measurement, and program evaluation. Emphasis is placed on systems thinking, participatory planning, equity-centered design, and adaptive leadership to navigate complex organizational environments.

Prerequisites: HMSV 341 and HMSV 343

HMSV 404/504 Sociological Perspectives on Mental Health (3 Credit Hours)

This course examines mental health and emotional distress through a sociological lens, equipping human services leaders to address challenges within organizational and community contexts. Students will explore how social structures, cultural norms, and systemic inequalities shape mental health outcomes and access to care, critically analyzing medicalization, social determinants, and intersections of race, class, gender, and power. Emphasis is placed on viewing mental health as both an individual and public concern, requiring ethically grounded and socially informed leadership. Through discussion, case analysis, and applied projects, students will develop strategies for inclusive, trauma-informed, and socially responsive leadership, preparing them to challenge stigma, influence policy, and foster environments that promote well-being at micro and macro levels.

Prerequisites: HMSV 341 and HMSV 343

HMSV 440W Program Development, Implementation, and Funding (3 Credit Hours)

This course presents models and practices in evaluating, monitoring, and implementing human services programs. The course includes an overview of funding, creating budgets and monitoring expenditures for programs. This is an upper-level writing intensive class. A grade of C or better is required.

Prerequisites: HMSV 341 with a C or better, HMSV 343 with a C or better, and ENGL 211C or ENGL 221C or ENGL 231C with a C or better

HMSV 444 Psycho-educational Groups (3 Credit Hours)

This course combines lectures and experiential learning about psycho-educational groups. Principles and practices for developing and leading psycho-educational groups are emphasized.

Prerequisites: HMSV 341 with a grade of C or higher and HMSV 343 with a grade of C or higher

HMSV 447 Introduction to Substance Abuse (3 Credit Hours)

This course develops the professional identity of the student as a practitioner of substance abuse services while introducing the student to the signs and symptoms of substance abuse, the recovery process and relapse prevention methods.

Prerequisites: HMSV 341 with a grade of C or better and HMSV 343 with a grade of C or better OR acceptance to the certificate in Addiction Prevention and Treatment and a test code of APTW

HMSV 448 Interventions and Advocacy with Children (3 Credit Hours)

This course provides an overview of how human service workers assist children in a variety of settings. Emphasis will be placed upon advocacy, supportive work, and short term crisis intervention.

Prerequisites: HMSV 341 with a grade of C or higher and HMSV 343 with a grade of C or higher

HMSV 449 Crisis Intervention, Prevention and Ethics (3 Credit Hours)

This course explores effective crisis intervention, examines prevention strategies, and develops students' ethical decision making within human service practice.

Prerequisites: HMSV 341 with a grade of C or higher and HMSV 343 with a grade of C or higher OR acceptance to the certificate in Addiction Prevention and Treatment and a test code of APTW

HMSV 452 Substance Abuse Treatment and Research (3 Credit Hours)

This course explores effective substance abuse treatment planning and intervention strategies through lectures and experiential learning and examines research trends in the substance abuse field.

Prerequisites: HMSV 341 with a grade of C or better, HMSV 343 with a grade of C or better and HMSV 447 with a grade of C or better OR acceptance to the certificate in Addiction Prevention and Treatment and a test code of APTW

HMSV 468 Internship in Human Services (6-12 Credit Hours)

This course involves field placement in a human services setting. Approximately 400 hours are devoted to field placement, group seminars and individual supervision.

Prerequisites: Completion of all coursework including General Education requirements, core courses, major courses, and elective courses; a grade of C or better in all prior HMSV courses and program approval is required

Pre- or corequisite: HMSV 339, HMSV 341, HMSV 343, HMSV 344, HMSV 346, HMSV 368, HMSV 440W, HMSV 444, HMSV 447 or HMSV 448, HMSV 449, HMSV 452 or HMSV 494, and HMSV 491

HMSV 491 Family Guidance (3 Credit Hours)

This course provides a study of the family as a system and an introduction to a variety of issues confronting the family, including child abuse, substance abuse and addiction, spouse abuse, and others that produce more than usual stress in the family. Available community resources for helping families will be examined.

Prerequisites: HMSV 341 with a grade of C or higher and HMSV 343 with a grade of C or higher

HMSV 494 Entrepreneurship in Human Services and Non-Profit Fundraising (3 Credit Hours)

This course is designed to expose human service students to the art of ethical fund-raising in human services, including annual and capital campaigns, telemarketing, special events, direct mail marketing, face-to-face solicitation, e-fund-raising, and grant writing. This course replaced HMSV 441. Students with credit for HMSV 441 cannot receive credit toward their degree for HMSV 494.

Prerequisites: HMSV 341 with a grade of C or higher and HMSV 343 with a grade of C or higher

HMSV 495 Topics in Human Services (1-6 Credit Hours)

The study of selected topics in human services.

Prerequisites: senior standing or permission of the instructor