

CHLD 96 Course Outline as of Fall 2014**CATALOG INFORMATION**

Dept and Nbr: CHLD 96

Title: CHLD & FAM STRESS/LOSS

Full Title: Working Through Stress and Loss With Children and Families

Last Reviewed: 10/12/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

Catalog Description:

This course focuses on family stress and the effects for children and their families. It is designed to enhance the ability of parents, childcare providers, teachers, and other professionals to understand and support children and their families through difficult challenges and transitions. Topics include: fostering resilience, adoption and foster care; variations in family structure; incarceration, separation, divorce, re-marriage and step-parenting; illness (physical and mental) and death; child maltreatment, exposure to domestic violence and substance abuse; gender identity and sexuality; bullying, bias and discrimination; children with special needs.

Prerequisites/Corequisites:**Recommended Preparation:**

Eligibility for English 100 or ESL 100

Limits on Enrollment:**Schedule of Classes Information:**

Description: This course focuses on family stress and the effects for children and their families. It is designed to enhance the ability of parents, childcare providers, teachers, and other

professionals to understand and support children and their families through difficult challenges and transitions. Topics include: fostering resilience, adoption and foster care; variations in family structure; incarceration, separation, divorce, re-marriage and step-parenting; illness (physical and mental) and death; child maltreatment, exposure to domestic violence and substance abuse; gender identity and sexuality; bullying, bias and discrimination; children with special needs. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for English 100 or ESL 100

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Fall 2014	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Identify, analyze and describe the varieties of stress and loss faced by children and their families.
2. Implement appropriate strategies to support children and their families who are experiencing stress and loss.
3. Identify community resources and support services for families dealing with stress and loss.

Objectives:

Upon completion of this course students will be able to:

1. Identify the social contexts in which family stress and loss occur.
2. Analyze the effects of stress and loss on children and families.
3. Apply strategies for communicating effectively with children, families, co-workers and other professionals affected by family stress and loss.
4. Develop strategies that assist children and families in coping with and healing from stress and loss at home, at school, and in their community.
5. Recognize how their own experiences, beliefs, and values affect their interactions with children and their families.
6. Evaluate literature and community resources relating to family stress and loss, and refer children and families to appropriate services.

Topics and Scope:

I. Context of Stress and Loss

- A. Definitions of stress, loss, crisis, trauma, grief
- B. Factors relating to the ecology of the family
 - 1. Bronfenbrenner's Ecological Systems Model
 - 2. Stress and loss factors in the ecological systems model
 - a. Microsystem
 - b. Mesosystem
 - c. Exosystem
 - d. Macrosystem
 - e. Chronosystem
- C. Risk factors for children and families
 - 1. Societal myths
 - 2. Stress inventories for children and adults
 - 3. Adverse childhood experiences
 - 4. Neurobiological considerations
- D. Protective factors and resilience
 - 1. Children
 - 2. Families
- E. Developmental signs and symptoms
 - 1. Emotional responses
 - 2. Cognitive responses
 - 3. Behavioral responses

II. Types of Stress and Loss

- A. Intangible
 - 1. Innocence
 - 2. Safety and security
 - 3. Trust
 - 4. Power
 - 5. Stability
 - 6. Faith and hope
- B. Illness and death
- C. Interpersonal
- D. Transitional
 - 1. Moving and homelessness
 - 2. Divorce, remarriage, step-parenting
 - 3. Mental illness
 - 4. Substance abuse
 - 5. Parental job loss
 - 6. Military deployment
- E. Developmental stress
 - 1. Loss of childhood
 - 2. Puberty and physical changes
 - 3. Gender identity and sexuality
 - 4. School transitions
 - 5. Disability
 - 6. Bullying, bias, and discrimination
- F. Family life-cycle changes
 - 1. Adoption and foster care

- 2. New baby
- 3. Loss of sibling
- 4. Employment
 - G. Tragic loss
 - 1. Sudden death
 - 2. Natural disaster
 - H. Stigmatic loss
 - 1. Child maltreatment
 - 2. Domestic violence
 - 3. Substance abuse
 - 4. Parental incarceration
 - 5. Murder and suicide

III. Working with Children and Families

- A. Relationships with children in a cultural context
 - 1. Communication strategies
 - 2. Children's literature
 - 3. Safe environments
 - 4. Strategies for daily activities
 - 5. Challenging behavior
- B. Relationships with families in a cultural context
 - 1. Communication strategies
 - 2. Family strengths
 - 3. Literature for adults
 - 4. Social supports
 - a. Organizations and services
 - b. Reporting and referral processes

IV. Stress Management for Parents and Professionals

- A. Working with children and families
- B. Interpreting personal experiences, beliefs, and values

Assignment:

Assignments may include but are not limited to:

- 1. Read text and instructor-provided handouts; approximately 30 pages per week.
- 2. Weekly journals or response papers, approximately 2 pages per journal or response paper, that demonstrate reflective and critical thinking.
- 3. Group research project on selected topic requiring research and an interactive, in-class presentation of approximately 10 minutes.
- 4. Oral report, approximately 5 minutes, on a local social service agency or professional service that provides support to children and families dealing with stress and loss.
- 5. Exams (2-5) on readings, terminology, presentations, and lectures.
- 6. Term portfolio (case study or other in-depth study using scenarios, research and application of theory and terminology); approximately 10 pages.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Journals and response papers, term portfolio

Writing
30 - 50%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations
0 - 0%

Exams: All forms of formal testing, other than skill performance exams.

Short answer essays, mid-term, final

Exams
20 - 30%

Other: Includes any assessment tools that do not logically fit into the above categories.

Class participation; group research project, report on local services

Other Category
20 - 40%

Representative Textbooks and Materials:

Counseling Children and Adolescents Through Grief and Loss, Jody Fiorini and Jodi Ann Mullen. Research Press, 2006 (classic)

Instructor prepared materials