

# FCST-FAMILY AND CHILD STUDIES

## FCST 1130. Interpersonal Skills in Intimate Relationships 3 Credits (3)

Developing social skills within friendships, dating relationships, marriage, parenting, and families.

### Learning Outcomes

1. To understand several theories that explain why some people have healthy interpersonal relationships while others do not.
2. To gain insight about one's self.
3. To learn and improve upon selected relationship skills that improve quality of life.
4. To learn skills that improve interpersonal relationships

## FCST 2110. Infancy Through Middle Childhood in the Family 3 Credits (3)

This course discusses research and theory relevant to prenatal development and the physical, mental, and socio-emotional development of the child from birth through age 12. This developmental period will be examined across different cultures and in real world contexts. Attitudes, knowledge, and skills needed for working with young children and their families will be introduced. Restricted to Las Cruces campus only.

### Learning Outcomes

1. Evaluate how genes and the environment interact to impact human development from prenatal stages through age twelve.
2. Assess the effects of environmental influences on the developing fetus.
3. Discuss the capacities of newborn development through age twelve.
4. Evaluate how individuals and couples change during the transition to parenthood.
5. Analyze the physical, cognitive, and social-emotional development of the child from birth through age twelve.

## FCST 2135. Adolescent Development and the Family 3 Credits (3)

Research and theory relevant to the physical, mental, social, and emotional development of the children ages 12 to 18. Attitudes, knowledge, and skills related to working with adolescents in the family system. Observation in a variety of settings may be required.

### Learning Outcomes

1. Compare adolescents of today with adolescents of the past.
2. Describe the physical, cognitive, and psychosocial development of the adolescent in the family system and evaluate individual differences in development.
3. Contrast ways in which culture impacts adolescent development.
4. Assess effective parenting strategies with adolescents.
5. Analyze the influence of family, peers, school, and work on adolescent development.

## FCST 2140. Adult Development and Aging 3 Credits (3)

Research and theory related to the physical, mental, social, and emotional development of older adults. Attitudes, knowledge, and skills related to working with older adults in the family system, including normative, and nonnormative transitions.

### Learning Outcomes

1. Contrast theories of adult development and aging and apply theories to adult behavior.
2. Hypothesize how physical, emotional, cognitive, and psychosocial aspects of adult development change over time.
3. Describe multicultural factors that impact attitudes toward aging and coping with aging family members.
4. Evaluate ways in which special issues (including but limited to Alzheimer's Disease, heart disease, end of life issues) impact aging.
5. Devise a conceptualization of one's own perspective in dealing with aging and aging family members.

## FCST 3110V. Introduction to Child Advocacy 3 Credits (3)

Historical review and evolution of child welfare policies, initiatives and factors that influence child welfare service. Child welfare policies and services specific to the state of New Mexico are infused throughout the course. May be repeated up to 3 credits.

### Learning Outcomes

1. To understand how to apply a model of critical thinking/analysis to child maltreatment issues using a systems framework.
2. Compare and contrast historical trends in child maltreatment and child advocacy.
3. Analyze individual, family and community risk factors for maltreatment.
4. Explain cultural issues related to assessing and working with diverse families.

## FCST 3120V. Family Ethnicities and Subcultures 3 Credits (3)

Comparative study of American family subsystems with respect to selected social, economic, and cultural backgrounds. Interaction of these subsystems in American society. Differentiated assignments for graduate students. May be repeated up to 3 credits.

## FCST 3210. Family Resource Management 3 Credits (3)

This course provides an understanding of the decision-making process of families concerning the utilization of financial, personal, environmental, and social resources. In particular, the class will focus on how families develop, exchange, and allocate resources throughout the lifespan with the expectation that the most effective resource management decisions are made from positions of knowledge and understanding. May be repeated up to 3 credits.

## FCST 3220. Family Dynamics 3 Credits (3)

The dynamics of family relationships and changes influencing contemporary families. Interaction between the family and other social systems will be examined. Open to nonmajors.

### Learning Outcomes

1. Apply theories to families throughout the family life cycle.
2. Appraise family development as an institution in society.
3. Identify the components of intra-familial dynamics.

## FCST 3230. Parenting and Child Guidance 3 Credits (3)

Theories, principles, and skills essential for parents and professionals in guiding children within the family system. Problem prevention techniques are stressed. May be repeated up to 3 credits.

## FCST 4310. Community Programs in Family Life 3 Credits (3)

The purpose of this course is for students to learn through class lectures, readings, and community based activities, about issues related to the formulation, delivery, and evaluation of family life education programs in the local community and through virtual delivery. Students will also learn about conducting needs assessments in the community, and evaluating programs after their implementation in preparation for jobs in the field of Family Science.

#### **Learning Outcomes**

1. Identify conceptual frameworks suitable in the development of family life programs.
2. Demonstrate knowledge and understanding of techniques and strategies useful in the delivery of family life education programs.
3. Conduct needs assessments and critiques of existing family life/parent education programs and methods of delivering information to parents and families.
4. Apply evaluation strategies for analyzing program effectiveness.
5. Demonstrate knowledge of the legal, moral, and ethical dimensions of family life education and certification standards.

#### **FCST 4997. Special Problems**

##### **1-4 Credits**

Individual research in a selected subject area of family and consumer sciences. Maximum of 4 credits per semester and a total of 6 credits. May be repeated up to 6 credits.

#### **FCST 4998. Field Experience: Issues and Ethics**

##### **3 Credits (3)**

Supervised work experience in community agencies providing services to family systems. Discussion of professional issues and ethical dilemmas. A total of 6 credits must be taken. Restricted to: FCS majors. Students must be in junior standing to enroll. May be repeated up to 6 credits.

**Prerequisite:** FCST 3220 or equivalent, and an overall GPA of at least 2.5.

#### **Learning Outcomes**

1. Complete 150 hours of professional experience.
2. Illustrate the interrelationship of theory, research, and intervention strategies through reflective writing.
3. Evaluate ethical issues in family life education and human services through class discussions and case studies.
4. Employs ethical decisions making using professional guidelines and rubrics.

#### **FCST 5110. Infancy Through Middle Childhood in the Family**

##### **3 Credits (3)**

Research and theory relevant to prenatal development and the physical, mental, and socio-emotional development of the child from birth to age 5. Attitudes, knowledge, and skills needed for working with young children and their families.

#### **FCST 5120. Family Ethnicities and Subcultures**

##### **3 Credits (3)**

Comparative study of American family subsystems with respect to selected social, economic and cultural backgrounds. Interaction of these subsystems in American society. Students responsible for all requirements for FCST 449V plus additional work. May be repeated up to 3 credits.

#### **FCST 5135. Adolescent Development and the Family**

##### **3 Credits (3)**

Advanced study in research and theory relevant to the physical, mental, social, and emotional development of the child, ages 12-18. Attitudes, knowledge, and skills related to working with adolescents in the family system.

#### **Learning Outcomes**

1. Compare adolescents of today with adolescents of the past.
2. Contrast ways in which culture impacts adolescent development.
3. Assess effective interventions with adolescents.
4. Analyze the influence of family, peers, school, and work on adolescent development.
5. Assess effective parenting strategies with adolescents.

#### **FCST 5140. Adult Development and Aging**

##### **3 Credits (3)**

Advanced study in research and theory related to the physical, mental, social, and emotional development of older adults. Attitudes, knowledge, and skills related to working with older adults in the family system, including normative and non-normative role transitions. May be repeated up to 3 credits.

#### **FCST 5210. Family Law and Ethics**

##### **3 Credits (3)**

Study of selected aspects of federal and state laws and ethical issues as they relate to the family system.

#### **FCST 5220. The Business and Practice of Marriage and Family Therapy**

##### **1 Credit (1)**

This seminar course will provide students with an overview of the business and practice of Marriage and Family Therapy to the end that they will understand how to develop and maintain a private practice in the field of MFT. Restricted to: FCS (MFT) majors. Graded: S/U Grading (S/U, Audit).

#### **FCST 5230. Parenting and Child Guidance**

##### **3 Credits (3)**

Theories, principles, and skills essential for parents and professionals in guiding children within the family system. Problem prevention techniques are stressed.

#### **FCST 5310. Family Dysfunction and Diagnosis**

##### **3 Credits (3)**

A study of the development of abnormal behavior patterns and characteristics to include the major mental and personality disorders and how these can influence and impact family systems. Emphasis is on the symptomology and/or life circumstances and events described in the various diagnostic categories.

**Prerequisite(s):** Students must be enrolled in a clinical program (i.e. MFT, CEP, MSW).

#### **FCST 5320. Theories of Marriage and Family Therapy**

##### **3 Credits (3)**

A balanced study of major theories, research, applications and principles of marriage and family therapy. This course will examine major therapy models and the theories they are derived from as well as the effectiveness of specific therapy models for specific mental health disorders through research.

#### **FCST 5330. Strategies in Family Therapy**

##### **3 Credits (3)**

Effective intervention strategies in family therapy practice. Live and taped role plays of interventions for various family problems required. Constructive approaches for working with family systems and third-party payers.

#### **FCST 5340. The Family System**

##### **3 Credits (3)**

Contemporary family interaction: concepts, composition, resource and environment.

**FCST 5410. Sexuality and Family Dynamics****3 Credits (3)**

Psychosocial and physiological aspects of human sexuality from a life span and family systems perspective.

**FCST 5420. Contemporary Marriage and Family Issues****3 Credits (3)**

Investigation of one of the following topics each semester: dual career marriages, nontraditional relationships, aged in marriage.

**FCST 5430. Family Crises and Rehabilitation****3 Credits (3)**

Examination of the major crises experienced by families. Emphasis on family system functioning rather than individual functioning. Preventative measures, positive coping strategies, and therapeutic intervention approaches examined.

**FCST 5990. Supervised Clinical Practice****1-9 Credits (2-18P)**

Supervised clinical experience in Marriage and Family Therapy. Includes reviews of audio, video, and/or live sessions and case presentations. Maximum of 9 credits toward a degree. May be repeated up to 20 credits.

**FCST 5991. Special Research Programs****1-4 Credits**

Individual investigations either analytical or experimental. Maximum of 4 credits per semester and no more than 6 credits toward a degree.

**FCST 5996. Special Topics****1-4 Credits**

Specific subjects to be announced in the Schedule of Classes. Maximum of 4 credits per semester and a total of 9 credits toward a degree.

**FCST 5998. Supervised Practicum****1-9 Credits**

Supervised experience in organizations providing services to families and children. Course subtitled in the Schedule of Classes. May be repeated for a maximum of 9 credits. Graded S/U.

**Prerequisite:** consent of instructor.

**FCST 5999. Master's Thesis****15 Credits**

Thesis

**FCST 1130. Interpersonal Skills in Intimate Relationships****3 Credits (3)**

Developing social skills within friendships, dating relationships, marriage, parenting, and families.

**Learning Outcomes**

1. To understand several theories that explain why some people have healthy interpersonal relationships while others do not.
2. To gain insight about one's self.
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**FCST 2110. Infancy Through Middle Childhood in the Family****3 Credits (3)**

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**Learning Outcomes**

1. Evaluate how genes and the environment interact to impact human development from prenatal stages through age twelve.
2. Assess the effects of environmental influences on the developing fetus.
3. Discuss the capacities of newborn development through age twelve.
4. Evaluate how individuals and couples change during the transition to parenthood.
5. Analyze the physical, cognitive, and social-emotional development of the child from birth through age twelve.

**FCST 2135. Adolescent Development and the Family****3 Credits (3)**

Research and theory relevant to the physical, mental, social, and emotional development of the children ages 12 to 18. Attitudes, knowledge, and skills related to working with adolescents in the family system. Observation in a variety of settings may be required.

**Learning Outcomes**

1. Compare adolescents of today with adolescents of the past.
2. Describe the physical, cognitive, and psychosocial development of the adolescent in the family system and evaluate individual differences in development.
3. Contrast ways in which culture impacts adolescent development.
4. Assess effective parenting strategies with adolescents.
5. Analyze the influence of family, peers, school, and work on adolescent development.

**FCST 2140. Adult Development and Aging****3 Credits (3)**

Research and theory related to the physical, mental, social, and emotional development of older adults. Attitudes, knowledge, and skills related to working with older adults in the family system, including normative, and nonnormative transitions.

**Learning Outcomes**

1. Contrast theories of adult development and aging and apply theories to adult behavior.
2. Hypothesize how physical, emotional, cognitive, and psychosocial aspects of adult development change over time.
3. Describe multicultural factors that impact attitudes toward aging and coping with aging family members.
4. Evaluate ways in which special issues (including but limited to Alzheimer's Disease, heart disease, end of life issues) impact aging.
5. Devise a conceptualization of one's own perspective in dealing with aging and aging family members.

**FCST 3110V. Introduction to Child Advocacy****3 Credits (3)**

Historical review and evolution of child welfare policies, initiatives and factors that influence child welfare service. Child welfare policies and services specific to the state of New Mexico are infused throughout the course. May be repeated up to 3 credits.

**Learning Outcomes**

1. To understand how to apply a model of critical thinking/analysis to child maltreatment issues using a systems framework.
2. Compare and contrast historical trends in child maltreatment and child advocacy.
3. Analyze individual, family and community risk factors for maltreatment.

4. Explain cultural issues related to assessing and working with diverse families.

#### **FCST 3120V. Family Ethnicities and Subcultures**

##### **3 Credits (3)**

Comparative study of American family subsystems with respect to selected social, economic, and cultural backgrounds. Interaction of these subsystems in American society. Differentiated assignments for graduate students. May be repeated up to 3 credits.

#### **FCST 3210. Family Resource Management**

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#### **FCST 3220. Family Dynamics**

##### **3 Credits (3)**

The dynamics of family relationships and changes influencing contemporary families. Interaction between the family and other social systems will be examined. Open to nonmajors.

##### **Learning Outcomes**

1. Apply theories to families throughout the family life cycle.
2. Appraise family development as an institution in society.
3. Identify the components of intra-familial dynamics.

#### **FCST 3230. Parenting and Child Guidance**

##### **3 Credits (3)**

Theories, principles, and skills essential for parents and professionals in guiding children within the family system. Problem prevention techniques are stressed. May be repeated up to 3 credits.

#### **FCST 4310. Community Programs in Family Life**

##### **3 Credits (3)**

The purpose of this course is for students to learn through class lectures, readings, and community based activities, about issues related to the formulation, delivery, and evaluation of family life education programs in the local community and through virtual delivery. Students will also learn about conducting needs assessments in the community, and evaluating programs after their implementation in preparation for jobs in the field of Family Science.

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1. Identify conceptual frameworks suitable in the development of family life programs.
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4. Apply evaluation strategies for analyzing program effectiveness.
5. Demonstrate knowledge of the legal, moral, and ethical dimensions of family life education and certification standards.

#### **FCST 4997. Special Problems**

##### **1-4 Credits**

Individual research in a selected subject area of family and consumer sciences. Maximum of 4 credits per semester and a total of 6 credits. May be repeated up to 6 credits.

#### **FCST 4998. Field Experience: Issues and Ethics**

##### **3 Credits (3)**

Supervised work experience in community agencies providing services to family systems. Discussion of professional issues and ethical dilemmas. A total of 6 credits must be taken. Restricted to: FCS majors. Students must be in junior standing to enroll. May be repeated up to 6 credits.

**Prerequisite:** FCST 3220 or equivalent, and an overall GPA of at least 2.5.

##### **Learning Outcomes**

1. Complete 150 hours of professional experience.
2. Illustrate the interrelationship of theory, research, and intervention strategies through reflective writing.
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#### **FCST 5110. Infancy Through Middle Childhood in the Family**

##### **3 Credits (3)**

Research and theory relevant to prenatal development and the physical, mental, and socio-emotional development of the child from birth to age 5. Attitudes, knowledge, and skills needed for working with young children and their families.

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Comparative study of American family subsystems with respect to selected social, economic and cultural backgrounds. Interaction of these subsystems in American society. Students responsible for all requirements for FCST 449V plus additional work. May be repeated up to 3 credits.

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##### **3 Credits (3)**

Advanced study in research and theory relevant to the physical, mental, social, and emotional development of the child, ages 12-18. Attitudes, knowledge, and skills related to working with adolescents in the family system.

##### **Learning Outcomes**

1. Compare adolescents of today with adolescents of the past.
2. Contrast ways in which culture impacts adolescent development.
3. Assess effective interventions with adolescents.
4. Analyze the influence of family, peers, school, and work on adolescent development.
5. Assess effective parenting strategies with adolescents.

#### **FCST 5140. Adult Development and Aging**

##### **3 Credits (3)**

Advanced study in research and theory related to the physical, mental, social, and emotional development of older adults. Attitudes, knowledge, and skills related to working with older adults in the family system, including normative and non-normative role transitions. May be repeated up to 3 credits.

#### **FCST 5210. Family Law and Ethics**

##### **3 Credits (3)**

Study of selected aspects of federal and state laws and ethical issues as they relate to the family system.

#### **FCST 5220. The Business and Practice of Marriage and Family Therapy**

##### **1 Credit (1)**

This seminar course will provide students with an overview of the business and practice of Marriage and Family Therapy to the end that they will understand how to develop and maintain a private practice in the

field of MFT. Restricted to: FCS (MFT) majors. Graded: S/U Grading (S/U, Audit).

### **FCST 5230. Parenting and Child Guidance**

#### **3 Credits (3)**

Theories, principles, and skills essential for parents and professionals in guiding children within the family system. Problem prevention techniques are stressed.

### **FCST 524. Supervised Practicum**

#### **1-9 Credits**

Supervised experience in organizations providing services to families and children. Course subtitled in the Schedule of Classes. May be repeated for a maximum of 9 credits. Graded S/U.

**Prerequisite:** consent of instructor.

### **FCST 525. Supervised Clinical Practice**

#### **1-9 Credits (2-18P)**

Supervised clinical experience in Marriage and Family Therapy. Includes reviews of audio, video, and/or live sessions and case presentations. Maximum of 9 credits toward a degree. May be repeated up to 20 credits.

### **FCST 5310. Family Dysfunction and Diagnosis**

#### **3 Credits (3)**

A study of the development of abnormal behavior patterns and characteristics to include the major mental and personality disorders and how these can influence and impact family systems. Emphasis is on the symptomology and/or life circumstances and events described in the various diagnostic categories.

**Prerequisite(s):** Students must be enrolled in a clinical program (i.e. MFT, CEP, MSW).

### **FCST 5320. Theories of Marriage and Family Therapy**

#### **3 Credits (3)**

A balanced study of major theories, research, applications and principles of marriage and family therapy. This course will examine major therapy models and the theories they are derived from as well as the effectiveness of specific therapy models for specific mental health disorders through research.

### **FCST 5330. Strategies in Family Therapy**

#### **3 Credits (3)**

Effective intervention strategies in family therapy practice. Live and taped role plays of interventions for various family problems required. Constructive approaches for working with family systems and third-party payers.

### **FCST 5340. The Family System**

#### **3 Credits (3)**

Contemporary family interaction: concepts, composition, resource and environment.

### **FCST 5410. Sexuality and Family Dynamics**

#### **3 Credits (3)**

Psychosocial and physiological aspects of human sexuality from a life span and family systems perspective.

### **FCST 5420. Contemporary Marriage and Family Issues**

#### **3 Credits (3)**

Investigation of one of the following topics each semester: dual career marriages, nontraditional relationships, aged in marriage.

### **FCST 5430. Family Crises and Rehabilitation**

#### **3 Credits (3)**

Examination of the major crises experienced by families. Emphasis on family system functioning rather than individual functioning. Preventative measures, positive coping strategies, and therapeutic intervention approaches examined.

### **FCST 548. Adult Development and Aging**

#### **3 Credits (3)**

Advanced study in research and theory related to the physical, mental, social, and emotional development of older adults. Attitudes, knowledge, and skills related to working with older adults in the family system, including normative and non-normative role transitions. May be repeated up to 3 credits.

### **FCST 549. Family Ethnicities and Subcultures**

#### **3 Credits (3)**

Comparative study of American family subsystems with respect to selected social, economic and cultural backgrounds. Interaction of these subsystems in American society. Students responsible for all requirements for FCST 449V plus additional work. May be repeated up to 3 credits.

### **FCST 562. The Business and Practice of Marriage and Family Therapy**

#### **1 Credit (1)**

This seminar course will provide students with an overview of the business and practice of Marriage and Family Therapy to the end that they will understand how to develop and maintain a private practice in the field of MFT. Restricted to: FCS (MFT) majors. Graded: S/U Grading (S/U, Audit).

### **FCST 572. Family Dysfunction and Diagnosis**

#### **3 Credits (3)**

A study of the development of abnormal behavior patterns and characteristics to include the major mental and personality disorders and how these can influence and impact family systems. Emphasis is on the symptomology and/or life circumstances and events described in the various diagnostic categories.

**Prerequisite(s):** Students must be enrolled in a clinical program (i.e. MFT, CEP, MSW).

### **FCST 582. Theories of Marriage and Family Therapy**

#### **3 Credits (3)**

A balanced study of major theories, research, applications and principles of marriage and family therapy. This course will examine major therapy models and the theories they are derived from as well as the effectiveness of specific therapy models for specific mental health disorders through research.

### **FCST 583. Parenting and Child Guidance**

#### **3 Credits (3)**

Theories, principles, and skills essential for parents and professionals in guiding children within the family system. Problem prevention techniques are stressed.

### **FCST 584. Family Law and Ethics**

#### **3 Credits (3)**

Study of selected aspects of federal and state laws and ethical issues as they relate to the family system.

### **FCST 585. The Family System**

#### **3 Credits (3)**

Contemporary family interaction: concepts, composition, resource and environment.

### **FCST 586. Sexuality and Family Dynamics**

#### **3 Credits (3)**

Psychosocial and physiological aspects of human sexuality from a life span and family systems perspective.

### **FCST 587. Contemporary Marriage and Family Issues**

#### **3 Credits (3)**

Investigation of one of the following topics each semester: dual career marriages, nontraditional relationships, aged in marriage.

**FCST 589. Family Crises and Rehabilitation****3 Credits (3)**

Examination of the major crises experienced by families. Emphasis on family system functioning rather than individual functioning. Preventative measures, positive coping strategies, and therapeutic intervention approaches examined.

**FCST 590. Special Topics****1-4 Credits**

Specific subjects to be announced in the Schedule of Classes. Maximum of 4 credits per semester and a total of 9 credits toward a degree.

**FCST 592. Strategies in Family Therapy****3 Credits (3)**

Effective intervention strategies in family therapy practice. Live and taped role plays of interventions for various family problems required. Constructive approaches for working with family systems and third-party payers.

**FCST 598. Special Research Programs****1-4 Credits**

Individual investigations either analytical or experimental. Maximum of 4 credits per semester and no more than 6 credits toward a degree.

**FCST 599. Master's Thesis****15 Credits**

Thesis

**FCST 5990. Supervised Clinical Practice****1-9 Credits (2-18P)**

Supervised clinical experience in Marriage and Family Therapy. Includes reviews of audio, video, and/or live sessions and case presentations. Maximum of 9 credits toward a degree. May be repeated up to 20 credits.

**FCST 5991. Special Research Programs****1-4 Credits**

Individual investigations either analytical or experimental. Maximum of 4 credits per semester and no more than 6 credits toward a degree.

**FCST 5996. Special Topics****1-4 Credits**

Specific subjects to be announced in the Schedule of Classes. Maximum of 4 credits per semester and a total of 9 credits toward a degree.

**FCST 5998. Supervised Practicum****1-9 Credits**

Supervised experience in organizations providing services to families and children. Course subtitled in the Schedule of Classes. May be repeated for a maximum of 9 credits. Graded S/U.

**Prerequisite:** consent of instructor.

**FCST 5999. Master's Thesis****15 Credits**

Thesis