

# DESIGN YOUR OWN DEGREE

Interdisciplinary Studies–Social Sciences



## Therapeutic Professions

For students who are interested in a therapeutic profession and want to be grounded in a variety of perspectives in addition to psychology, the IDS-Social Sciences Therapeutic Professions track might be a good option. This major allows students to examine mental, emotional, developmental, and physical disorders through multiple social science lenses, such as psychology, sociology, IDS, law and justice, and cultural studies. Students will be able to prepare themselves for a profession and graduate studies by completing this degree.

### Program Objectives

Students will describe the history and systems of mental health care in the US and develop an appreciation for the experience of the individuals navigating this system.

Students will be prepared to advance toward their chosen profession by exploring the various therapeutic careers and their educational, experiential, and licensing requirements.

Students will demonstrate the knowledge and competencies critical for effective therapeutic work.

### IDS 47 – Credit Major

#### 10 credits of core required courses

- IDS 289 – Introduction to the Major (1)
- IDS 389 – Academic and Career Exploration (2)
- IDS 489 – Senior Portfolio Project (2)
- PSY 300 - Research Methods in Psychology (5)

### 37 Credits of Additional Courses

- PSY 235 - Relationships and Personal Development
- PSY 303 - Analysis of Everyday Behavior
- PSY 310 - Multicultural Psychology and Social Justice
- PSY 312 - Queer Theory and Sexuality
- PSY 313 - Developmental Psychology
- PSY 315 - Psychology in the Schools
- PSY 415 - Behavioral Medicine and Health Psychology
- PSY 438 - Substance Abuse and Dependence
- PSY 441 - Self-Injurious Behavior
- PSY 445 - Clinical, Counseling, and Community Psychology
- PSY 449 - Abnormal Psychology
- PSY 454 - The Helping Interview
- PSY 467 - Child Psychopathology
- PSY 476 - Psychopharmacology
- PSY 478 - Behavioral Neuroscience
- PSY 483 - Psychology of Gender
- PSY 484 - Violence and Aggression
- IDS 305 - Surviving to Thriving: An Interdisciplinary Approach to Developing Resiliency and Coping
- IDS 321 - Body Image, Wellness and Popular Culture
- IDS 354 - Bedlam to Bellevue - On Being “Mad” in the US from 1960 to Present

## **Additional Courses Cont.**

IDS 416 - What did you mean by that? Exploring how differing interpretations can sabotage human interactions  
SOC 320 - Death and Dying  
SOC 343 - Child Abuse  
SOC 344 - Juvenile Delinquency  
SOC 345 - Deviance  
SOC 354 - Minority Experience  
SOC 442 - Social Welfare Policy  
LAJ 311 - Family Law  
LAJ 326 - Correctional Counseling  
LAJ 360 - Sex Crime and Sexual Offending  
LAJ 453 - Domestic Violence Issues  
LAJ 470 - Victimology  
AIS 321 - American Indian Spirituality  
ANTH 333 - Culture and Marriage  
ANTH 353 - Childhood and Culture  
ANTH 356 - Gender Roles in Cross-cultural Perspective  
ECON 333 - Behavioral Economics  
ETS 325 - Race/Ethnicity, Class and Gender in Education  
ETS 330 - The Latinx Experience  
HED 387 - Principles of Fitness and Stress Management  
PUBH 209 - Consumer Health

## **Recommended Minors**

Psychology  
Modality relevant to therapy, such as music, art, recreation.  
Women's, Gender and Sexuality Studies  
Child Development  
You can find more minors in the CWU Catalog

## **Possible Employers**

Federal government including Departments of:  
Health and Human Services  
State government including:  
Departments of Human Services  
Departments of Mental Health  
Community mental health centers  
State psychiatric hospitals  
Facilities for individuals with intellectual impairments  
Nursing homes  
Hospitals/healthcare providers  
Private psychiatric facilities  
Outpatient clinics  
College and university counseling centers and career centers