

Chapter Two

History of and Current Issues in Human Services

Learning Objectives

- LO 1: Understand the impact that history has on current practices •
- LO 2: Evaluate how past practices, especially in the fields of psychology, social work, and counseling, has influenced the current state of human services •
- LO 3: Gain knowledge about the history of human services •
- LO 4: Review some of the more cutting-edge issues currently impacting the human service profession •
- LO 5: Understand the importance of lifelong learning •
- LO 6: Reflect on the importance of embracing new ideas and methods as one journeys through one's career •

Change and Paradigm Shifts

✧ Why Look at History?

- ✧ Kuhn suggested that knowledge builds upon itself and new discoveries are based on the evolution of past knowledge.
- ✧ Kuhn also suggested that very once in a while, there is a paradigm shift in which there is a new understanding of knowledge or a new way of making sense of what you are doing.
- ✧ What paradigm shifts have taken place in the mental health fields?
- ✧ Are we due for another shift?
- ✧ Human services draws from psychology, social work, and counseling, so let's take a very brief overview at those fields and see how we draw from them. But, first, let's look at some distant predecessors of social services.

Psychology, Social Work, and Counseling and Their Impact on Human Services

- ✧ Since dawn of time, people have attempted to understand the human condition.
- ✧ Before religion: myths, magic, beliefs in spirits, ritualism, and sacred art used as implements of introspection
- ✧ Shamans were considered caretakers of the soul.
- ✧ Later, soul was replaced by “psyche” (or at least, “psyche” was added to soul).
- ✧ Modern-day understanding of the “psyche” only arose in the past 200 years.
- ✧ Eventually fields of psychology, social work, and counseling began to work with the “psyche.”

A Brief History of the Psychology Profession

- ✧ *Hippocrates*: Greek philosopher who reflected on the human condition. Some of his suggestions for treatment of the human condition seem “modern,” even by today’s standards:
 - ✧ For melancholia he recommended sobriety, a regular and tranquil life, exercise short of fatigue, and bleeding, if necessary. For hysteria, he recommended marriage!
- ✧ *Plato*: Introspection and reflection are the keys to understanding knowledge. Problems have physical, moral, and spiritual origins.
- ✧ *Aristotle*: Some consider him to be the “first psychologist.” Objectively studied knowledge and wrote essays on how people learn through association and the place that senses play in learning.
- ✧ *Augustine (354-430 CE) and Thomas Aquinas: (1225-1274 CE)*. They highlighted consciousness, self-examination, and inquiry. Nothing much occurred between their times as church had renewed focus on the supernatural. After Aquinas: The Renaissance and the era of modern philosophy.

A Brief History of the Psychology Profession

- ✧ *The mid to late 1800s:*
 - ✧ Wilhelm Wundt and Sir Francis Galton – two of the first experimental psychologists
 - ✧ Alfred Binet – developed the first individual intelligence test

- ✧ *Late 1800s:*
 - ✧ Franz Mesmer – hypnosis
 - ✧ Sigmund Freud – psychoanalysis

- ✧ *Late 1800s early 1900s:*
 - ✧ Alfred Adler, Erik Erikson
 - ✧ APA founded by G. Stanley Hall
 - ✧ Development of the DSM and classification of mental disorders
 - ✧ Modern mental hospital

- ✧ *Impact on the human service field:* Theoretical underpinnings; Nature of the person; Ways to work with clients. Psychologists are our employers, supervisors, colleagues and consultants.

A Brief History of the Social Work Profession

- ✧ *Early influences of social work: The Poor Laws in England (1601)* gave church the legal power to help with overseeing the poor
- ✧ *1800s in U.S.:* “Reform schools, lunatic asylums,” and other specialized institutions
- ✧ *1800s:* Charity Organization Societies had “friendly visitors” to help with the poor and the Settlement Movement had volunteers work with the poor (e.g., Jane Addams at Hull House)
- ✧ *1900:* Mary Richmond had “casebooks” and helped to establish the beginning of social work training
- ✧ *1950s-1960s:* Virginia Satir and family counseling. Establishment of NASW and ACSW
- ✧ *Impact on the human service field:* Focus on support, advocacy, and caretaking. Gave us casework, systems counseling, and more. Like social workers, HSPs help the most underprivileged. Our supervisors, administrators, colleagues, and consultants.

A Brief History of the Counseling Profession

- ✧ *Early influence:* The Industrial Revolution and focus on vocational guidance
- ✧ *Frank Parsons:* Vocational counseling—“founder of vocational guidance.” NVGA considered forerunner of American Counseling Association
- ✧ *1940s:* Carl Rogers and humanistic approach to counseling, emphasis on “here and now”
- ✧ *1950s:* National Defense Education Act (NDEA) and expansion of school counseling
- ✧ *1960s – 1970s:* Social services programs—“Great Society”; microcounseling skills
- ✧ *1990s and 2000s:* Focus on development and naming of the American Association for Counseling and Development; more recently, social and cultural counseling and advocacy
- ✧ *Impact on the human service field:* Humanistic counseling, counseling skills, career counseling, developmental focus, prevention and education, social and cultural issues

A History of the Human Service Profession

- ✧ Emerging Need for Human Service Practitioners:
 - ✧ The National Mental Health Act (1946) and the creation of NIMH
 - ✧ Development of community mental health centers (1963)
 - ✧ Civil Rights movement and new social and economic laws result in need for professionals (Great Society); Master's level professionals couldn't do it all

- ✧ Associate- and Bachelor-Level Human Service Programs Arise
 - ✧ Dr. Harold McPheeters and the development of degree programs from an SREB grant and NIMH funding
 - ✧ 1975: Establishment of NOHSE (now NOHS) and 1979 establishment of CSHSE

- ✧ Recent History and a Look Toward the Future:
 - ✧ Role of human service worker expanded and greatly needed to work with homeless, the poor, the mentally ill, those with disabilities, those with intellectual impairments, and more.
 - ✧ Most associate and bachelor level (some master's level)
 - ✧ Credentialing: Human Services—Board Certified Practitioner (HS—BCP)

Professional Standards: Program Accreditation

- ✧ CSHSE: Accrediting body for human services
- ✧ The process of obtaining accreditation is rigorous

Professional Standards: Ethical Standards

- ✧ Development of ethical codes, most recently updated in 2015 in the *Ethical Standards of Human Services Professionals (NOHS, 2015b)*

Professional Standards: Skills Standards

✧ Skills Standards

- ✧ “define the competencies used by direct service workers in a wide variety of service contexts in community settings across the nation. Designed to be relevant to diverse direct service roles (residential, vocational, therapeutic, etc.), the standards are based upon a nationally validated job analysis involving a wide variety of human service workers, consumers, providers, and educators” (NOHS, n.d.a., para. 3)

Professional Standards: Wellness

- ✧ Human service professionals have to be careful to take care of themselves and their own mental well-being
- ✧ Be careful of compassion fatigue and vicarious traumatization syndrome
 - ✧ Empathy, exhaustion, stress
 - ✧ Cynicism, burnout, and health problems
- ✧ Remember the Indivisible Self model
 - ✧ Creative self
 - ✧ Coping self
 - ✧ Social self
 - ✧ Essential self
 - ✧ Physical self

Ethical, Professional, and Legal Issues: Continuing Education

- ✧ Part of our ethical code to be competent (see p. 43)
- ✧ We all should:
 - ✧ Become a member of a professional association
 - ✧ Take coursework and/or earn an advanced degree
 - ✧ Continue education by participating in workshops and conferences
 - ✧ Obtain credentials
 - ✧ Other?

The Effective Human Service Professional: Anxious About Change, Desirous of Change, Hopeful

- ✧ Open to giving up an old system and accommodating to a new world view
- ✧ Take on challenges
- ✧ Commitment to the profession
- ✧ Open and welcoming of change

Summary

- ✧ The history of helping one another
- ✧ How psychology, social work, and counseling have affected the human service profession
- ✧ The emergence and development of the human service field
- ✧ Several standards:
 - Program accreditation, credentialing, and crisis, disaster, and trauma training
 - Ethical standards, evidence-based practice and common factors, and skill standards
- ✧ Multicultural counseling and a global perspective, technology, and wellness