EDCD 797 001 Special Topics
Counseling Interventions for Refugee Populations
Spring 2004 M 430-7:10 1/26-2/23
Class Location: Robinson A 350

INSTRUCTOR: Dr. Fred Bemak
A331 Robinson Hall
Office Phone: 703-993-3941
Email: fbemak@gmu.edu

COURSE DESCRIPTION:

This course is designed to provide an introduction to counseling refugees and refugee mental health. The course reviews the refugee situation, premigration and psychological distress, culture and mental health, and postmigration and psychosocial adjustment issues. There will be a review of counseling practices as they apply to various case studies. The course includes a global perspective and the contextual relationship to counseling practices in the United States.

COURSE OBJECTIVES:

1. Gain understanding of the global and national refugee situation.
2. Understand premigration experiences of refugees.
3. Understand the intersection of mental health and acculturation.
4. Learn about postmigration and adjustment issues.
5. Acquire and demonstrate an understanding of the Multi-Level Model Approach to Psychotherapy with refugees.
6. Gain an understanding of different case situations and the cross-cultural implications for working with refugees from different countries.
7. Acquire counseling skills to work with refugee populations.

RELATIONSHIP TO COURSES AND PROGRAM GOALS AND PROFESSIONAL ORGANIZATIONS:

Refugee mental health is integral to the changing demographics in the United States and globally. The Counseling and Development Program is committed to a focus on multicultural counseling and social justice, both key issues relevant to refugees. This course, therefore, addresses the program goals and mission and provides knowledge and information about how to more effectively work with refugees.

TEXTBOOKS:

ASSIGNMENTS:

1. Final Reaction Paper 40%

   The paper is a 3 page paper (no more than 3 pages maximum!) focusing on your reaction to the field of refugee mental health, class discussions, and readings. No references are needed for this paper. Papers are due on 2/23.

2. Attendance and Participation 30%

   Attendance and participation are essential in this class so that it is required that students are present and actively participate in all classes, including class discussions, exercises, and group experiences. If there is a scheduling conflict that interferes with attendance during any portion of the semester students should see the instructor during the first class to discuss continuing in the class this semester or taking the course during another semester. It should be noted that one unexcused absence during the five week course will result in not receiving credit for the class.

3. Reading Questions 12%

   There will be a weekly requirement to submit four questions derived from the readings with the first due date on January 27th. These questions must be computer written. No handwritten questions or late questions will be accepted.

4. Journal Article Summary 20%

   There will be a brief critique of 3 current journal articles on refugee mental health. The critique should be no more than ½ page per article (total of 1 and ½ pages). The critique should include a brief sentence or two on the focus of the article and your reaction to the merit or lack of merit of the article. This will be due on 2/16.
EVALUATION:

Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>97-100</td>
</tr>
<tr>
<td>A-</td>
<td>94-96</td>
</tr>
<tr>
<td>B+</td>
<td>91-93</td>
</tr>
<tr>
<td>B</td>
<td>87-90</td>
</tr>
<tr>
<td>B-</td>
<td>84-86</td>
</tr>
<tr>
<td>C</td>
<td>83-80</td>
</tr>
<tr>
<td>F</td>
<td>Below 79</td>
</tr>
</tbody>
</table>

HONOR CODE:

To promote a stronger sense of mutual responsibility, respect, trust, and fairness among all members of George Mason University and with the desire for greater academic and personal achievement, we, the members of George Mason University, have set forth the following code of honor. Any individual who is caught in the act of cheating, attempting to cheat, plagiarizing, or stealing will be brought forth before a council of peers. In the event that the individual is found guilty, he or she will be punished accordingly. For further information, please refer to the University Catalogue or website at www.gmu.edu.

SPECIAL ACCOMMODATIONS:

Any students with disabilities who need special accommodations should see the Instructor privately to make arrangements at the beginning of the semester.

CELL PHONES AND PAGERS: Students should turn off their pagers and/or cell-phones before class begins.

COURSE SCHEDULE:

<table>
<thead>
<tr>
<th>Date</th>
<th>Topics and Assignments*</th>
<th>Reading Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/26</td>
<td>Overview of Refugee Status, Introduction</td>
<td></td>
</tr>
<tr>
<td>2/2</td>
<td>Refugee mental Health, Premigration Global Approaches</td>
<td>Chapters 1,2,25,26</td>
</tr>
<tr>
<td>2/9</td>
<td>Culture and Mental Health, Acculturation, Post-Migration, Adjustment, Global Approaches</td>
<td>Chapters 3,4,27,28</td>
</tr>
<tr>
<td>2/16</td>
<td>Multi-Level Model Approach to Psychotherapy, Global Approaches, Case Studies</td>
<td>Chapter 5,29,30,6-14</td>
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PROFESSIONAL PERFORMANCE CRITERIA (EFFECTIVE FEBRUARY 25, 2003)

As posted on C&D homepage:
http://gse.gmu.edu/programs/counseling/professional_performance.htm

The American Counseling Association code of ethics requires counselors and counselor trainees to maintain standards of professional competence and possess good moral character. Therefore, the Counseling and Development Program in the Graduate School of Education at George Mason University requires its students to exhibit the following:

Communication Skills
· Clear presentation and demonstration of multicultural competencies in counseling skills
· Clear oral communication
· Clear written communication
· Clear ability to demonstrate effective and supportive helping skills
· Clear ability to demonstrate effective listening skills

Collaboration
· Respect for the opinion and dignity of others
· Ability to collaborate with others
· Ability to demonstrate effective interpersonal skills
· Ability to participate as a colleague and team member in all aspects of professional training

Professionalism
· Commitment to multiculturalism and diversity
· Commitment to social justice as it relates to counseling
· Respect of multiculturalism and diverse cultures
· Demonstration of openness, willingness to learn, and positive attitude about multiculturalism and diverse cultures
· Commitment to the psychological well-being, health, and wellness for all people
· Sound judgment
· Integrity and honesty
· Ability to accept personal responsibility
· Ability to receive and reflect upon constructive criticism
· Positive attitude
· Ability to meet deadlines
· Ability to maintain confidentiality with clients, students, and colleagues
· Appropriate assertiveness
· Ability to manage stress
· Ability to meet requirements as stated in course syllabi
· Adherence to ACA ethical guidelines
## Grading Rubric

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Excellent A/A-</th>
<th>Competent B+/B</th>
<th>Meets Minimal Requirements B-</th>
<th>Unsatisfactory C and Below</th>
</tr>
</thead>
<tbody>
<tr>
<td>Journal Article Summary</td>
<td>Indepth Review of the journal articles and clear critique. Excellent and Clear Presentation of the critique.</td>
<td>Good/Adequate journal article summary and critique. Good/Adequate Presentation of the critique.</td>
<td>Adequate/Inadequate journal article summary. Poor critique.</td>
<td>Inadequate and Poor journal article summary and critique.</td>
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<tr>
<td>Writing</td>
<td>No Spelling and Grammatical Errors, Clarity of Expression, Well Organized Paper, Includes: Introduction, well thought out reactions, and conclusion. Proper Use of Headings/ Subheadings and Paragraphs.</td>
<td>Some/Minimal Spelling and Grammatical Errors, Less Clarity of Expression, Good Organization of Paper.</td>
<td>More than 2 spelling and/or Grammatical Errors Limited Clarity Expression Adequate/Poor Organization of Paper.</td>
<td>Major Grammatical and/or Spelling Errors, Limited Clarity of Expression, Poor Organization of Paper.</td>
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</tbody>
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