

**GEORGE MASON UNIVERSITY  
COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT  
Counseling and Development**

**EDCD797.010 (2 credits)  
African American Women and Body Image  
Fall 2009  
Mondays, 12-2pm  
Robinson HallA343**

**Instructor: Dr. Regine Talleyrand Abrams  
Office Phone: 703-993-4419  
Office Location: Robinson Hall A343  
Office hours: Mondays, 3:30-4:30pm  
Email address: rtalleyr@gmu.edu**

**COURSE DESCRIPTION:**

Special Topics course EDCD 797: African American women and body image provides students with an in-depth look at African American women and body image. Students will learn about the specific risk/protective factors that contribute to eating disorders and body image satisfaction in African American and develop a research plan to study these issues qualitatively in a community population of African American women.

**NATURE OF COURSE DELIVERY:**

**Course delivery will include individual one-on-one weekly discussions.**

**LEARNER OUTCOMES:**

1. Understand the physical, psychological, and sociocultural, impact of eating disorders and body image in African American women.
2. Gain an understanding of the current research perspectives in this area.
3. Acquire comprehensive literature review skills in a specialized area.
4. Develop research summary, plan and introductory paper focused on African American women, eating disorders, and body image

**Relationship to Course and Program Goals and Professional Organizations**

EDCD 797 is a special topics course and meets the requirement that all masters students take 2-3 credits of special topics course work. This 2-credit course will contribute to counseling students' knowledge of a particular population of clients.

EDCD 797 fulfills the requirements of the following professional organizations:

- Virginia Department of Education requirement for school counseling licensure that candidates understand the knowledge, skills and processes of individual counseling.
- Virginia Department of Health Professions requirement that Licensed Professional Counselor candidates complete graduate study in theories and techniques of counseling and psychotherapy.
- Council for the Accreditation of Counseling and Related Educational Programs (CACREP) core requirement described in Section II.K.e: Helping relationships: An understanding of counseling and consultation processes.

- American Counseling Association Code of Ethics requirement that counselors establish counselor education and training programs that integrate academic study and supervised practice.

**REQUIRED TEXTS:**

1. Armstrong, Stephanie C. (2009). Not all Black girls know how to eat: A story of bulimia. Lawrence Hill Books: Chicago, IL.
2. Selected articles assigned by instructor.

**COURSE REQUIREMENTS:**

- **Active Participation** is expected in all class activities. Students are expected to attend all classes and come to class prepared having completed all reading and written assignments. Active participation is based on your presence in the class—one or more unexcused absence may result in course failure. [20 points].
- **Research Summary.** Student will summarize 10-15 articles based on African American women, body image, and eating disorders. Summary will be written in APA format. [20 points].
- **Research Plan.** Develop a qualitative research plan that focuses on the examining risk and protective factors related to eating disorders and positive body image in African American women. Research plan should method of study and development of research questions. [30 points].
- **Introduction Section/Final Paper.** Paper should be 8-10 pages and focus on providing a comprehensive introduction to the study of African American women, body image, and eating disorders which will serve as a tentative introduction to a research manuscript. [30 points].

**Summary of Grading System & Course Requirements**

<b>Class Participation</b>	<b>20 points</b>
<b>Research Summary</b>	<b>20 points</b>
<b>Research Plan</b>	<b>30points</b>
<b><u>Introducation Section/Final Paper</u></b>	<b><u>30 points</u></b>
<b>TOTAL:</b>	<b>100 points</b>

In accordance with the George Mason University Grading Policy, the following grades may be achieved:

A	97-100 points
A-	93-96 points
B+	88-92 points
B	84-87 points
C	75-83 points
F	74 points and below

**Counseling & Development Program Professional Dispositions:  
Professional Performance Criteria** (Effective February 25, 2003).

The American Counseling Association (ACA) code of ethics requires counselors and counselor trainees to maintain standards of professional competence and possess good moral character. The Counseling and Development Program in the Graduate School of Education at George Mason University has adopted a set of professional performance criteria that is consistent with the ACA code of ethics. Please refer to the dispositions found on the C & D Homepage at:

[http://gse.gmu.edu/programs/counseling/professional\\_performance.htm](http://gse.gmu.edu/programs/counseling/professional_performance.htm)

**COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT STATEMENT OF EXPECTATIONS:**

**All students must abide by the following:**

**Students are expected to exhibit professional behavior and dispositions. See <http://gse.gmu.edu/facultystaffres/profdisp.htm> for a listing of these dispositions.**

**Students must follow the guidelines of the University Honor Code. See <http://www.gmu.edu/catalog/apolicies/#Anchor12> for the full honor code.**

**Students must agree to abide by the university policy for Responsible Use of Computing. See <http://www.gmu.edu/facstaff/policy/newpolicy/1301gen.html>. Click on responsible Use of Computing Policy at the bottom of the screen.**

**Students with disabilities who seek accommodations in a course must be registered with the GMU Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester. See <http://www2.gmu.edu/dpt/unilife/ods/> or call 703-993-2474 to access the ODS.**

## CLASS SCHEDULE

<b>Date</b>	<b>Topic/Learning Experiences</b>	<b>Readings and Assignments</b>
8/30/09	Introduction to African American (AA) women, eating disorders and body image	Armstrong: Part I
9/14/09	Introduction continued	Armstrong: Part II
9/21/09	Assessment of Body Image	Armstrong: Part III
9/28/09	No class meeting-independent student research	Independent Research
10/5/09	No class meeting- independent student research	Independent Research
10/19/09	No class meeting-independent student research	Independent Research
10/27/09	Discussion of studies of eating disorders in AA women	Reading summary due
11/2/09	Continuation of discussion on research studies	
11/9/09	Discussion of introduction section/Development of research plan	Introduction section due
11/16/09	Review Consensual Qualitative Research (CQR) study design	Read CQR article
11/23/09	No class meeting-independent research	
11/30/09	Reflection on independent study experience/	Research Plan Proposal