EDCD 797: Creative Counseling Techniques (1 credit)
Section 002
Instructor: Tori Stone, Ph.D.
Spring 2011

Course Meets: Saturday February 19 & 26 9:00 AM – 4:30 PM
Location: Robinson A 101
Phone: (703) 309 - 6224 (cell) (540) 428 – 4310 (home)
E-mail: vstone@gmu.edu
Office hours: By appointment

Course Description
Special Topics course, EDCD 797: Creative Counseling Techniques provides an overview of
counseling theory and creative techniques such as the use of movement, chairs, props, writing and
drawing that can be used when counseling clients. The class will consist of lecture, group discussion,
experiential activities and case studies.

Course Objectives/Student Outcomes
Students will review several counseling theories and learn to integrate theory and creative counseling
techniques to add impact and depth to work with clients. Students will study the RCFF model and the
Depth Chart of Impact Therapy. Students will learn to use movement, metaphor, and the use of
visuals to make counseling more concrete.

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
credits of special topics course work. This 1-credit course will contribute to the 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 Text:

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
COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See http://academicintegrity.gmu.edu/honorcode/].

- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See http://ods.gmu.edu/].

- Students must follow the university policy for Responsible Use of Computing [See http://universitypolicy.gmu.edu/1301gen.html].

- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.

- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students’ personal experience and academic performance [See http://caps.gmu.edu/].

- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See http://writingcenter.gmu.edu/].
Course Structure:
A variety of lecture, reading material and experiential activities will be provided during the five weeks of the course. Students should come to class prepared to actively participate in class discussion, role play and activities. Class activities will include lecture, small group work, experiential exercises.

Course Requirements:
Active Participation & Technology Competence (25 points)

Attendance
Students are expected to attend and participate in all scheduled class sessions.

Discussion of Readings
Discussion of readings from the text will take place during each class meeting. Students are expected to come to class prepared to discuss all readings.

Skill Work
Active participation and high levels of performance are expected in all class and skill-work activities. Class participation is essential to successful completion of this course.

Technology Competence
Students are expected to be able to use a computer, send and retrieve email, open attachments, access the internet, use Blackboard, participate in online discussions, and conduct a library search online. Students are required to check their GMU email frequently.

Multimedia Resource Assignment (20 points)
Students will find a multimedia (e.g. movie clip, TV show, song, book, web resource, etc.) example that could be used as a creative technique with a client. Students will complete a discussion (no more than 2 pages) of how the resource could be used as a creative approach in counseling. The discussion should include what population the multimedia resource is best suited for, issue, age, cultural considerations, etc.

In-Class Practice Sessions [25 points]
Students will be required to spend 2 sessions practicing in class and be able to discuss the experience with the class. The first session will focus on Impact Therapy, specifically, the depth chart and RCFF. (a session is from 10-20 minutes). The second session will focus on the use of a creative technique, e.g. chair, prop, movement, writing/drawing etc. Students will process the practice session in small groups and we will process the exercise as a class.

Outside Practice Counseling Session [30 points]
Students will conduct a twenty minute counseling session outside of class using the integration of theory and a creative techniques (e.g. chair, small chair prop, movement, writing/ drawing etc). Students will write a two (2) page overview, analysis, and reflection of the session. The analysis will chronicle the theory and technique used, strengths, weaknesses and multicultural implications of the session. Classmates may be used as clients for the purpose of this session.

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<th>Assignment</th>
<th>Points</th>
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<tr>
<td>Active Participation &amp; Technology Competence</td>
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<td>Practice Counseling Sessions</td>
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<td>Total</td>
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NOTE: This syllabus is subject to change based on the needs of the class. The Americans with Disabilities Act (ADA) prohibits discrimination against individuals with disabilities. Under ADA a disability is defined as a physical or mental impairment that substantially limits a major life activity such as learning, working, speaking, or hearing. If you need course adaptations or accommodations because of a disability please inform your instructor at the beginning of the semester, or as soon as possible, so that arrangements can be made. Please call the Disability Resource Center (703) 993-2474 for information and the required documentation.

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

- A  95-100 points
- A- 90-94 points
- B+ 85-89 points
- B  80-84 points
- C  79  points and below
## Course Agenda

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<th>DATE</th>
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| Saturday, February 19th  | Syllabus                                            | **Read:** Jacobs 1 – 6  
**Assignments:**  
- Multimedia resource paper  
- Outside Practice Session Analysis and Reflection |
|                          | - Introductions                                    |                                                                                |
|                          | - Book                                             |                                                                                |
|                          | - Impact Therapy                                   |                                                                                |
|                          | - Review of REBT & TA                              |                                                                                |
|                          | - Props in Counseling                              |                                                                                |
|                          | In class practice session 1                        |                                                                                |
|                          | Focus: Impact Therapy, depth chart and RCFF        |                                                                                |
| Saturday, February 26th  | - Movement in Counseling                           | **Due:** Multimedia resource paper                                             |
|                          | - Chairs in Counseling                             | **Due:** Outside Practice Session Analysis and Reflection                      |
|                          | - Writing and Drawing in Counseling                |                                                                                 |
|                          | - Putting it all together                          | **Assignment:** BB discussion posting – reaction to class                      |
|                          | In class practice session 2                        |                                                                                |
|                          | Focus: Use of a creative technique                 |                                                                                |
|                          | e.g. chair, prop, movement, writing/drawing etc.   |                                                                                |