

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

**EDCD797.005 (1 credit)
Eating Disorders in Ethnically Diverse Women
Spring 2011**

Instructor: Dr. Regine Talleyrand Abrams
Office Phone: 703-993-4419
Office Location: Robinson Hall A333
Office hours: Mondays, 3:30-4:30pm
Email address: rtalleyr@gmu.edu

COURSE DESCRIPTION:

Special Topics course EDCD 797: This course focuses on culture-specific issues concerning eating disorders in Women of Color.. Students will learn about the culture- specific factors that contribute to the manifestations of eating disturbances and obesity in Women of Color..

NATURE OF COURSE DELIVERY:

Course delivery will include individual one-on-one discussions 3 times during the semester. Dates will be arranged with student at the beginning of the semester.

LEARNER OUTCOMES:

1. Understand the cultural factors related to the manifestation of eating disturbances in Women of Color.
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 paper focused on eating disorders in ethnically diverse women.

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. 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. [30 points].
- **Research Summary.** Students will summarize 5-10 articles based on eating disorders in ethnically diverse women literature and provide a written summary of the various variables related to the manifestation of eating disorders in women from diverse racial/ethnic groups. Summary will be written in APA format. [30 points].
- **Final Research Paper:** Paper should be 8-10 pages and focus on cultural specific variables (e.g., acculturation) that contribute to the manifestation of eating disorders in ethnically diverse women. This will differ from the summary in that it will provide and in depth analysis of the variables as well as provide implications for counseling research and practice. [40 points].

Summary of Grading System & Course Requirements

| | |
|------------------------------------|-------------------------|
| Class Participation | 30 points |
| Research Summary | 30 points |
| <u>Final Research Paper</u> | <u>40 points</u> |
| TOTAL: | 100 points |

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

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/>].
- For additional information on the College of Education and Human Development, Graduate School of Education, please visit our website [See <http://gse.gmu.edu/>].

CLASS SCHEDULE

| Date | Topic/Learning Experiences | Readings and Assignments |
|-------------|--|--|
| 02/28/11 | Introduction to course/review of syllabus | |
| 04//4/11 | Discussion of readings and themes in the current literature | Provide research summary based on readings; Choose final paper research topic |
| 5/2/11 | Discussion of final paper and future directions for research | Final Research Paper due |