

**The George Mason University
Graduate School of Education**

**EDCD 797 Self care for Counselors and other Human Service professionals
Mondays and Wed.4:30-7 PM.
Summer 2011**

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Course Description

The objectives of this course are:

- Learn techniques to counsel clients that minimize the risk of burnout.
- Learn Yoga and mediation techniques to energize yourself.
- Understand why burnout occurs and your personal vulnerability to burnout.
- Write a personal guide to avoiding burnout.

Learner Outcomes

1. Understand the causes of counselor burnout
2. Explore different counseling techniques that can energize and motivate the professional.
3. Practice and know yoga and meditation techniques that relieve stress.
4. Create and practice a program to stay engaged in professional activities and development and manage high stress situations and avoid burnout.

Course Requirements/Assignments

Each student will:

1. Attend each class and complete reading assignments for class. Two or more unexcused absences will result in course failure.
2. Participate and contribute to class discussions and activities.

All written assignments must be typed and must follow APA format unless indicated by instructor. Grading on written work will take into account the following factors: quality of written work and adherence to requirements of assignment. As a graduate student, it is expected that all of your work will be turned in on the assigned dates. A late assignment may be subject to a grade penalty.

1. **Write your personal guide to burnout prevention and being an effective counselor.**

The paper should describe what your own personal plan for remaining resilient and consists of the following . Describe the best counseling settings for you and the type of clients you believe you would be

best at working with. Describe in detail what you will do physically, socially, emotionally, nutritionally , for relaxation and intellectually that is realistic with who you are and your life situation.

2. What was your reaction to the Resilient Practitioner? Which parts rang true for you and which ones didn't?

Grading

EDCD 797 is a graded course. Attendance at all classes is required. Absences must be pre-arranged, unless due to an emergency. Please call or write instructor . Grades will be based on

- Active classroom participation, including providing constructive feedback and suggestions for classmates.
- The Grade on your remaining resilient paper and your reaction paper to the book.

Summary of Grading System & Course Requirements

Class participation	30%
Resiliency paper	50%
Paper on Book	20%

Grading

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

A [100-96] A- [95-92] B+ [91-87] B [86-82] C [82-78] F [77 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 Statements of Expectations

The College of Education and Human Development (CEHD) expects that all students abide by the following:

Students are expected to exhibit professional behavior and dispositions. See

http://gse/gmu.edu/programs/counseling/professional_performance.htm for a listing of these dispositions.

Students must follow the guidelines of the University Honor Code. See

http://www.gmu.edu/catalog/apolicies/#TOC_H12 for the full honor code.

Students must agree to abide by the university policy for Responsible Use of Computing. See

<http://mail.gmu.edu> and click on Responsible Use of Computing at the bottom of the screen.

Students with disabilities who seek accommodations in a course must be registered with the GMU Disability Resource Center (DRC) and inform the instructor, in writing, at the beginning of the semester. See www.gmu.edu/student/drc or call 703-993-2474 to access the DRC.

Plagiarism Statement

Plagiarism means using the exact words, opinions, or factual information from another person without giving that person credit. Writers give credit through accepted documentation styles, such as parenthetical citation, footnotes, or endnotes; a simple listing of books and articles is not sufficient. Plagiarism is the equivalent of intellectual robbery and cannot be tolerated in an academic setting. Student writers are often confused as to what should be cited. Some think that only direct quotations need to be credited. While direct quotations do need citations, so do paraphrases and summaries of opinions or factual information formerly unknown to the writers or which the writers did not discover themselves. Exceptions for this include factual information which can be obtained from a variety of sources, the writers' own insights or findings from their own field research, and what has been termed common knowledge. What constitutes common knowledge can sometimes be precarious; what is common knowledge for one audience may not be so for another. In such situations, it is helpful, to keep the reader in mind and to think of citations as being "reader friendly." In other words, writers provide a citation for any piece of information that they think their readers might want to investigate further. Not only is this attitude considerate of readers, it will almost certainly ensure that writers will never be guilty of plagiarism. (statement of English Department at George Mason University)

COURSE OUTLINE

- June 13** Introduction to class concepts and importance of avoiding burnout. Causes of burnout. Attachment, Involvement, and Separation cycle of counseling. Introduction to Yoga.
- June 15 Cognitive methods to remain resilient. Mind as healer, mind as slayer. Introduction to meditation.
- June 20 The advantages and disadvantages of the novice therapist. Working with Substance Abusing Clients. Yoga breathing/pranayama.
- June 22 Behavioral methods to remain resilient. How multiculturalism makes counseling better. Yoga postures/asanas. Insight meditation.
- June 27 Resiliency papers due. Massage therapy-how and why it works with Tracey Baroody. Yoga to revitalize with Maryam Ovissi of Beloved Yoga.
- June 29 Professional Growth. The long path from novice to experienced therapist. Mindfulness and Mindfulness meditation.
- July 4 Fourth of July Holiday!
- July 6 Success and challenges in carrying out plans of the resiliency program. Community and personal relationships that enhance work. Resilient Practitioner paper due. Yoga nidra.
- July 11 Summary and further practice of Yoga and meditation techniques learned
- July 13 Working with doctors, lawyers and other professionals. Ethical practice.
- July 18 Class presentations. Evaluation

Required Text

The Resilient Practitioner Thomas Skovholt Routledge 2nd edition isbn 9780415989398. 2011.

Suggested Text

Beginning Yoga Eric Schiffman Backyard series DVD.

College of Education and Human Development statement of expectations:

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/>].