

George Mason University
College of Education and Human Development
Counseling and Development Program

EDCD 602.002 - Foundations in Counseling
3 Credits, Fall 2018
Tuesdays 4:30 – 7:10 PM Robinson Hall Room B105
Fairfax Campus

Faculty

Name: Dr. Fred Bemak
Office Hours: By Appointment
Office Location: Krug Hall Room 201E
Office Phone: 703-993-2087 (C&D Office)
Email Address:

Prerequisites/Corequisites

None

University Catalog Course Description

Provides students with an introduction to the field of professional counseling. Provides graduate students in counseling with knowledge about the history and foundations of counseling, the professional identity and multifaceted role of the counselor, program mission statement, and its relationship to counseling.

Course Overview

This course is designed to provide students with an introduction to the field of professional counseling. Provides graduate students in counseling with knowledge about the history and foundations of counseling, the professional identity and multifaceted role of the counselor, program mission statement and its relationship to counseling, knowledge and understanding of the helping relationship, ethical and legal standards, familiarity with technological resources and its application to counseling, counseling research and writing, introduction into helping skills, practice of counseling in various settings, introduction to various trends in counseling, and professional organizations and memberships.

Course Delivery Method

This course will be delivered using a lecture format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Develop a working knowledge of what it means to be a counselor, including the historical, philosophical, theoretical, and professional foundations of counseling.
2. Develop a greater self-understanding of oneself in the counseling role through self-exploration and self-appraisal.
3. Gain knowledge about the definition of helping in terms of counseling and recognize basic counseling skills such as active listening and attending skills.
4. Identify and explore career possibilities within the counseling profession, and identify work setting in the profession.

5. Identify the role, function and professional identity of the community agency and school counselors.
6. Identify and explore the critical issues, trends, legal and ethical standards in the field of counseling.
7. Gain knowledge and understanding of community, environmental, and institutional opportunities that enhance, as well as barriers that impede client's personal/social success, academic, career, and overall development.
8. Gain knowledge and skills in the application of current and emerging technology and its relationship and implications to counseling.
9. Describe the relationship between the C&D program's mission statement and the current trends in counseling.
10. Become familiar with the requirements for professional counselor, the body of literature and research that is generic to the field, and professional preparation standards that impact the field as a whole.
11. Recognize the background, current requirements, and the impact of professional certification, licensure, accreditation practices, and public policy that impacts standards of the profession.
12. Become familiar with professional counseling organizations, their benefits, services, and the key role they play in support the profession, individual counselors, and clients.
13. Demonstrate a mastery of APA style.

Professional Standards (CACREP)

Upon completion of this course, students will have met the following professional standards: EDCD 602 fulfills the requirements and standards for Foundations in Counseling in the following professional organizations Virginia Department of Education, Virginia Department of Health Professions, American Counseling Association (ACA) Code of Ethics and Council for the Accreditation of Counseling and Related Educational Programs (CACREP-Section II.K.a: An understanding of all aspects of professional functioning; and CACREP-Section SCP.A: An understanding of professional functioning in School Counseling).

Required Texts

1. Gladding, S. T. (2013). *Counseling: A comprehensive profession* (7th ed). Columbus, OH: Pearson. (G)
2. Corey, M. S., & Corey, G. (2016). *Becoming a helper* (7th ed.). Independence, KY: Cengage Learning. (C&C)
3. Articles uploaded on Blackboard.
4. American Psychological Association. (2012). *Publication manual of the American Psychological Association* (6th ed.) Washington, DC: American Psychological Association.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

Assignments and/or Examinations

Details of Assignments will be handed out in the first day of class

<u>Assignments</u>	<u>Points</u>
Assignment 1	11
Assignment 2	6

Assignment 3	15
Assignment 4	10
C&D Students Only Submit Program Plan	Failure to hand in the C&D program planning will result in a nonpassing grade
Assignment 5	20
Assignment 6	10
Technology Participation	13
Participation/Attendance*	15

Other Requirements

***Classroom Participation and Attendance Policy:**

Classroom participation is a vital part of this course. Due to the limited time frame, class attendance is indispensable. Therefore it is expected that students will attend all classes (which includes arriving on time and staying for the entire class) and participate fully in class discussions and exercises. Grades for this portion will be assigned due to the quality of participation (See blackboard for participation rubric). If students miss more than 1 class without an acceptable reason (e.g., family emergency, illness with a doctor's certificate) they may not receive a passing grade for the course. If there is a scheduling conflict that interferes with attendance during any portion of the class students should see the instructor in the first class to discuss continuing in the class this semester or taking the course during another semester. The first day of class is mandatory. See Class Participation Rubric.

Written Assignments:

All written assignments must be completed on a word processor. Assignments are to be turned in at the beginning of class on the date due. All assignments must also be submitted to Safeassign via Blackboard to check for plagiarism by 4:30 p.m. on the due date. Late assignments will not be accepted without making prior arrangements with the instructor. In addition, all work submitted in this course must be your own or attributed to the proper author using the appropriate research reference format (APA). All assignments must be in APA style 6th edition. There will be a point/grade deduction for APA errors.

- **Other Requirements**

C&D Professional Performance Criteria

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 College of Education and Human Development 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 standards
- **Grading**

Grading Scale

A=100-97; A-=96-94; B+=93-91; B=90-87; B-=86-84; C=83-80; F=below 79

Grading Policy

Grading will be based primarily upon the significance, thoroughness, accuracy, relatedness, logic and degree to which points made are effectively supported. Papers receiving an “A” grade will be outstanding in each area. Grammar and style will be taken into account when they detract from the presentation or understanding of the professional arguments made. As noted above points/grade will be deducted from assignments that do not follow APA guidelines and/or exceed the page limit.

Professional Dispositions

See <https://cehd.gmu.edu/students/policies-procedures/>.

C&D Program Professional Dispositions (posted on BB) will be passed out and reviewed on the first day of class.

Class Schedule

<u>Date</u>	<u>Topic</u>	<u>Assignments</u>
Class 1	Introduction and Overview Historical Perspectives, C&D Program	
Class 2	C&D Mission & Worldview Research & Writing in Counseling Technology & Counseling	<u>Start Blackboard</u> C&D Program Article Corey/Corey (C&C) Ch. 1 Gladding (G.) Ch. 1-2
Class 3	Helping Relationship & Basic Skills	C&C Ch. 5, G. Ch. 6-7

Class 4	Helping Relationship & Basic Skills (continued) Counseling Concerns: Dealing with Difficult, Clients, Transference/Countertransference	G. Ch. 7-8, C&C 3-4 Ch. 3-4 <u>Assignment 1 Due</u>
Class 5	Traditional Counseling Approaches	G. Ch. 9-11, C&C Ch. 6, 12
Class 6	Values & the Helping Profession	C&C Ch. 2 <u>Assignment 2 Due</u>
Class 7	Ethical Issues in Counseling	G. Ch. 3, C&C Ch. 8-9
Class 8	Multicultural Counseling	G. Ch.4-5, C&C Ch. 7 <u>Assignment 3 Due</u>
Class 9	Multicultural Counseling (continued)	
Class 10	Non-Traditional Approaches to Counseling Traditional Healing & Indigenous Healers	
Class 11	School Counseling Community Agency Counseling	G. Ch. 15, 16, 17, 19, 20 C&C Ch. 14, J. Ch. 11 <u>Assignment 4 Due & C&D Student Program Planning Due</u>
Class 12	Cross-Cultural Issues in Assessment & Diagnosis	G. Ch. 13-14, C&C Ch. 10-11 <u>Assignment 5 Due</u>
<u>Date</u>	<u>Topic</u>	<u>Assignments</u>
Class 13	Stress, Burnout & Self-Care in the Counseling Profession	
Class 14	Trends and Special Issues in Counseling	<u>Assignment 6 Due</u>
Class 15	Finals	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://catalog.gmu.edu/polices/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>.