

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

EDCD 797.002 – Strength Based Counseling
1 Credit, Spring 2019
Saturday, March 2nd & Sunday, March 3rd 9:00 AM – 4:00 PM
Krug Hall Room 107 - Fairfax

Faculty

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Prerequisites/Corequisites

Admission to the CNDV program, EDCD 603

University Catalog Course Description

Advanced topics in education

Course Overview

The overall learning objective of this course is give students an understanding of how to approach counseling from a strength-based approach that aligns with the wellness model and moves away from the medical model. Students will learn how to think critically about current research and their assessment of themselves and apply the resulting insights into improving the quality of their counseling work. This course will consist of lecture, group discussion, experiential activities and case studies.

Course Delivery Method

This course is taught through a combination of lecture, class discussion, small group discussion, assigned readings, experiential exercises, multi-media presentations, dyadic practice, and guest lecture to advance and evaluate students' knowledge and skills.

Learner Outcomes or Objectives

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

1. Develop an understanding of the strength-based approach to counseling and wellness
2. Critical analysis of trends in the application of the wellness model in counseling
3. Acquire awareness about the importance of assessing the impact of the self and one's biases to provide counseling
4. Identification of strengths
5. Exposure to the history of the strength-based approach to counseling
6. Experiential implementation of the strength-based approach

7. Gain skills to more effectively work with diverse populations using this approach
8. Achieve a sense of personal awareness that promotes more effective counseling

Professional Standards (CACREP)

EDCD 797 is a special topics course and meets the requirement that all master's students take 2-3 credits of special topics course work. This 1-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

Readings as Assigned

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 Examinations

- **Active Participation:** is expected in all class activities. Students are expected to attend both classes and come to class prepared having completed all readings and written assignments. Active participation is based on your presence in the class—given the nature of the class (weekend course) missing any of the two classes will result in course failure. [30 points].
- **Reflection paper (2 pages maximum):** This brief paper should include sharing the most impactful insights taken from the strength-based approach, what you have learned about yourself, and the ways in which you engage with others in a therapeutic context. [40 points]. **Due Sunday, March 10, 2019 by 11:59pm—upload to Blackboard**
- **Creative Project (1-2 pages):**
 - Generate a piece that communicates and/or highlights at least one aspect of this course in a modality that optimizes your ability to display your insight, realization, and/or plan for next steps. Some examples include: a poem about identifying strengths, a list of key concepts that resonated with you about the strength based approach to counseling, a story from your life that helps you understand the strength based approach more fully, or anything that accesses your

emotions and thoughts connected to the material of this course [30 points]. **Due Sunday, March 10, 2019 by 11:59pm—upload to Blackboard**

- **Other Requirements**

Attendance: In accordance with the policies of the Counseling and Development Program, on-time attendance at every class meeting is expected. Late arrival to class will be considered an absence. Due to the short nature of this class, **any unexcused absences will result in loss of course credit.** Attendance is required for all classes. Excused absences are permitted for illness, religious holidays, or emergency situations only; documentation is required for the absence to be considered excused. Work-related absences are not considered excused.

Course Requirements: Each student is expected to: (1) attend each class, (2) arrive on time and stay for the entire class period, (3) participate in discussions and in-class exercises (4) submit assignments by the end of day on the Sunday one week after the class.

- **Grading**

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

All CEHD undergraduate and graduate students are held to the university grading policies as described in the Academic Policies section of the current catalog, which can be accessed at <http://catalog.gmu.edu>. Those students enrolled in a CEHD Licensure Graduate Certificate program, however, must earn a B- or better in all licensure coursework. A degree-seeking graduate student will be dismissed after accumulating grades of F in two courses or 9 credits of unsatisfactory grades (C or F) in graduate courses. A 3.0 grade point average is required for completion of the graduate degree.

Professional Dispositions

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

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

Given the workshop nature of the course, students are expected to maintain confidentiality about material shared by one another.

Class Schedule

Class	Date	Topic(s)	Assignments
1	March 2, 2019	<ul style="list-style-type: none"> • History and critical analysis of the strength-based approach • Assessment of the self • In-class exercises 	Readings on Blackboard

2	March 3, 2019	<ul style="list-style-type: none"> • Insight and application • Working with clients • In-class exercises 	Readings on Blackboard
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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 <https://catalog.gmu.edu/policies/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/>.