

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

EDCD 797.006 – Creative Counseling  
1 Credit, Fall 2021

Saturday, December 4<sup>th</sup> and Sunday, December 5<sup>th</sup> 9:00 AM – 4:30 PM  
Fairfax campus – Aquia Building Room 347

**Faculty**

Name: Victoria Stone, PhD, LPC  
Office Hours: By Appointment  
Office Location: Krug Hall Suite, 202 (Counseling Office)  
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**Prerequisites/Corequisites**

B or better in EDCE 603

**University Catalog Course Description**

Advanced topics in education

**Course Overview**

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 Delivery Method**

This course will be delivered using a lecture format.

**Course Objectives**

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

1. Expand their knowledge of counseling theory
2. Integrate counseling theory and creative techniques into counseling sessions
3. Gain an understanding of the tenants of Impact Therapy
4. Use creative techniques such as movement, metaphor and the use of visuals to enhance the effectiveness of counseling services.

**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**

None

### **Recommended Text**

Jacobs, E.E. &, Schimmel, C. (2013). *Impact therapy. The courage to counsel.* Star City, WV: Impact Therapy Associates.

### **Course Performance Evaluation**

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

- **Assignments and/or Examinations**

### **Active Participation & Blackboard Discussions (30 points)**

- **Attendance**
- Students are expected to attend and participate in all scheduled class sessions and stay for the entire class session.
- **Discussion of Readings**
- Discussion of readings from the text will take place during each class meeting and in the blackboard discussion forum. Students are expected to participate in the on-line discussion in the week between class meetings and 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; access Blackboard for class updates and to participate in online discussions; use YouTube; and conduct a library search online. Students are **required** to check their GMU email, and Blackboard frequently

### **In-Class Practice Sessions (30 points)**

Students will be required to spend two 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 25-30 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.

### Reflection (40 points)

- Students will write a 2-3 page reflection on the use of creativity in counseling. Tell me what you learned. Which techniques resonated with you? What would you like to learn more about? How will you infuse creativity into your future practice? What are your areas of strength (glows) and growths (grows) with respect to creativity in counseling?
- **Other Requirements**  
**Attendance:** In accordance with the policies of the Counseling 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**

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

**A [100-94]; A- [93-90]; B+ [89-87]; B [86-84]; B- [83-80]; C [79 - 70]; F [69 and below]**

### Professional Dispositions

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

Students must adhere to program professional dispositions:

<https://cehd.gmu.edu/assets/docs/forms/Professional%20Dispositions.pdf>

### Professional Dispositions Assessment

Professional Dispositions are assessed in all required courses. The minimum score (benchmark) is based on the level of the course, as described below.

Level of Assessment	CMHC	SC	Minimum Score
Basic	602, 609, 606, 601, 525, 603, 604, 656 654, 652, 658	602, 606, 609, 601, 525, 603, 604, 656 613, 611, 626	2
Intermediate	608, 750, 660, 628, 619, 610, 797	608, 751, 660, 628, 619, 610, 797	3
Advanced	792, 793	794, 795	4

Professional Dispositions assessments are scored as follows:

- **4: Consistently Evident** – The student demonstrates the disposition all or almost all of the time. This rank is considered exceptional, particularly for students who are at the beginning of their program. Students who are advanced in the program (i.e., in their last year of the program and enrolled in Internship I or II) should expect to achieve this rank.
- **3: Frequently Evident** – The student demonstrates the disposition often or most of the time. It is expected that students in the middle of the program (i.e., usually the second year for full time or third year for part time students) will achieve this rank. This reflects that they have moved beyond the initial phase of counselor training and are developing well towards being a professional counselor.
- **2: Sometimes Evident** – The student demonstrates the disposition sometimes or inconsistently. It is expected that students at the beginning of the program (i.e., first year for most students) will achieve this rank. Students at the beginning of the program are expected to be developing towards these professional dispositions as a part of their counselor training and preparation for their future as a professional counselor.
- **1: Seldom Evident** – The student demonstrates the disposition rarely or not at all. In some instances, this may also indicate a harmful demonstration of professional disposition(s). Students at the beginning of their program may achieve this rank, which can be developmentally appropriate as they learn the expectations for students and future professional counselors. Should this occur, students should expect to meet with their advisor, who will assist them in addressing the area of concern.
- **N/A: Not Applicable** – An instructor or supervisor may use this to note that they did not have the opportunity to observe the disposition or that it was not relevant in the given context. This is most likely to occur at the beginning of the program when some dispositions may not be germane to the particular class.

## Class Schedule

Class	Date	Topic(s)	Assignments
1	Saturday, December 4	Syllabus Review <ul style="list-style-type: none"> <li>• Impact Therapy</li> <li>• Review of REBT &amp; TA</li> <li>• Props in Counseling</li> </ul> In class practice session 1 Focus: Impact Therapy, depth chart and RCFF	Show up and be willing to try something new  <b>Jacobs 1-7</b>
2	Sunday, December 5	Movement in Counseling <ul style="list-style-type: none"> <li>• Chairs in Counseling</li> <li>• Writing and Drawing in Counseling</li> <li>• Putting it all together</li> </ul> In class practice session 2 Focus: Use of a creative technique e.g. chair, prop, movement, writing/drawing etc.	<b>Jacobs 8-14</b>  <b>Analysis &amp; Reflection</b>

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

## Counseling Program Mission Statement

The Counseling Program is committed to preparing counselors who promote the social, psychological, physical, and spiritual health of individuals, families, communities, and organizations in order to contribute to the advancement of global well-being. The program strives for national and international excellence in implementing a counseling perspective which provides a foundation in basic counseling skills and focuses on social justice, multiculturalism, international, advocacy and leadership. It is our belief that a global perspective on development across the life span, and an understanding and appreciation of multiculturalism, diversity, and social justice are integral to the preparation of professional counselors, requiring that professional counselors are prepared to assume leadership roles, be proactive change agents and become advocates for social, economic and political justice. The program is committed to accomplish this mission by working through interdisciplinary teams as well as promote the interconnectedness of teaching, research, service and professional practice. Through this mission faculty will facilitate a continued tradition of international, national and regional leadership

through the development of collaborative partnerships and projects, research, publications, presentations, consultation, and training.

### **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 <https://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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

#### *Campus Resources*

- Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

### **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730 or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

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