

George Mason University
College of Education and Human Development
Counseling Program

EDCD 619.001 Trauma and Crisis Counseling
3 Credits, Fall 2021
Mondays 4:30 – 7:10 PM Fairfax campus – Krug Hall 107

Faculty

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Prerequisites

B or better in 525; B or better in EDCD 606 or B or better in EDCD 609

University Catalog Course Description

Provides an introduction to trauma and crisis counseling using theories and techniques from bioecological and multicultural-social justice perspectives. Covers assessments and interventions with individuals, families, and communities who have experienced trauma/crisis.

Course Overview

This course explores the nature and experience of trauma and related crises and natural disasters. Multiple theories are explored regarding the effects of traumatic impact on individuals, families, and communities. Theoretical constructs are analyzed, from an ecosystemic perspective, for their potential application in the area of trauma, crisis, and disaster; various examples of interventions and counseling techniques are examined for their usefulness in working with survivors of trauma and crises. The course is designed to provide students with an opportunity for incorporating theoretical and philosophical counseling positions and for beginning to practice the techniques of counseling individuals who have been traumatized as well as to intervene appropriately in crisis and disaster situations. The unique experiences of trauma/crisis among various populations are addressed from a multicultural-social justice perspective, including the experiences of childhood trauma, discrimination, and interpersonal violence.

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. Develop an understanding of the impact of crisis, trauma, disaster, and systemic/environmental factors on diverse individuals, families, and communities across the lifespan (CACREP 2.F.3.g; 2.F.3.f; 5.C.2.f.);
2. Identify relevant assessment and treatment issues that pertain to survivors of trauma/crisis, are ethical and culturally relevant, and promote resilience/wellness across the lifespan (CACREP 2.F.3.i);
3. Develop an understanding of multiple theories of crisis intervention, disaster response, trauma-informed practices, and trauma recovery (CACREP 2.F.5.m)

4. Develop an understanding of the roles and responsibility of counselors within trauma counseling and crisis management (CACREP 2.F.1.c); and
5. Apply trauma and crisis counseling concepts to diverse populations and practice settings utilizing a multicultural-social justice framework.

Professional Standards

Council for Accreditation of Counseling and Related Education Programs (CACREP) 2016

Upon completion of this course, students will have met the following professional standards:

CACREP Standard	Course Objective Coverage	Course Activities
counselors' roles and responsibilities as members of interdisciplinary community outreach and emergency management response teams (CACREP 2.F.1.c)	This Standard is part of Course Objective #4, which is addressed in Classes 10 and 11 on "Crisis & Disaster Response; EMDR" (Parts 1 & 2).	Assigned readings that discuss this Standard include: the <i>Psychological First Aid (PFA) Field Operations Guide (2nd ed.)</i> and the chapter by Haberstroh entitled <i>Fundamental Theories and Skills for Crisis Counseling</i> .
systemic and environmental factors that affect human development, functioning, and behavior (CACREP 2.F.3.f)	This Standard is part of Course Objective #1, which is addressed in Class 3 on "Symptoms & Effects of Trauma; Attachment Theory."	Assigned readings that discuss this Standard include: chapter by Collins & Collins on assessment and chapter by Mikulincer et al. on attachment. Additionally, this Standard is measured as part of the Traumatic Experience Article Review Key Assignment, which assesses KPI A.3.a.2.
effects of crisis, disasters, and trauma on diverse individuals across the lifespan (CACREP 2.F.3.g)	This Standard is part of Course Objective #1, which is addressed in Class 3 on "Symptoms & Effects of Trauma; Attachment Theory."	Assigned readings that discuss this Standard include: Herman's <i>Trauma and Recovery</i> (chapters 2-5); chapter by Collins & Collins on assessment; and chapter by Mikulincer et al. on attachment.
ethical and culturally relevant strategies for promoting resilience and optimum development and wellness across the lifespan (CACREP 2.F.3.i)	This Standard is part of Course Objective #2, which is addressed in Classes 4, 6, 7, and 9 on "Tri-Phasic Model; Children & Adolescents", "Healing Resources, Creativity, & Resilience", "Trauma-Informed Care; Resilience", and "Healing Racialized & Intersectional Trauma"	Assigned readings that discuss this Standard include: Chapter 5 in Rothschild (2017); Chapters 7 and 8 in Herman's <i>Trauma and Recovery</i> ; resilience article by Raghavan & Sandanapitchai. Additionally, this Standard is measured as part of the Traumatic Experience Article Review Key Assignment, which assesses KPI A.3.a.2.
crisis intervention, trauma-informed, and community-based strategies, such as Psychological First Aid (CACREP 2.F.5.m)	This Standard is part of Course Objective #3, which is addressed in several classes, but is of particular focus in Classes 10 and 11 on "Crisis & Disaster	Assigned readings that discuss this Standard include: the <i>Psychological First Aid (PFA) Field Operations Guide (2nd ed.)</i> and the chapter by Haberstroh entitled <i>Fundamental Theories and Skills for Crisis Counseling</i> .

	Response; EMDR” (Parts 1 & 2).	
impact of crisis and trauma on individuals with mental health diagnoses (CACREP 5.C.2.f)	This Standard is part of Course Objective #1, which is addressed in Class 3 on “Symptoms & Effects of Trauma; Attachment Theory.”	Course content that addresses this Standard includes “Poster Girl” and “Gabe” videos and associated reflections/discussion; Assigned readings that discuss this Standard include: chapter by Collins & Collins on assessment and chapter by Mikulincer et al. on attachment.

Required Texts

Brymer, M., Jacobs, A., Layne, C., Pynoos, R., Ruzek, J., Steinberg, A., Venberg, E., & Watson, P. (2006). *Psychological First Aid: Field operations guide* (2nd ed.). National Child Traumatic Stress Network and National Center for PTSD.

Available for free download: <https://www.nctsn.org/resources/psychological-first-aid-pfa-field-operations-guide-2nd-edition>

Herman, J. (1997). *Trauma and recovery*. Basic Books.

Menakem, R. (2017). *My grandmother’s hands*. Central Recovery Press.

Rothschild, B. (2021). *Revolutionizing trauma treatment: Stabilization, safety, & nervous system balance*. Norton Professional Books.

Additional Readings (available online)

Baranowsky, A. B., & Gentry, J. E. (2015). *Trauma practice: Tools for stabilization and recovery*. Hogrefe. [Section 1 available on eReserves]

Collins, B. G., & Collins, T. M. (2005). Assessment: A developmental-ecological perspective. In *Crisis and trauma: Developmental-ecological intervention* (pp. 19-43). Brooks/Cole.

Comas-Díaz, L. (2016). Racial trauma recovery: A race-informed therapeutic approach to racial wounds. In A. N . Alvarez, C. T . H. Liang, & H. A . Neville (Eds.), *The cost of racism for people of color: Contextualizing experiences of discrimination* (pp. 249-272). <http://dx.doi.org/10.1037/14852-012>

Goodman, R. D. (2014). A liberatory approach to trauma counseling: Decolonizing our trauma-informed practices. In R. D. Goodman & P. Gorksi (Eds.), *Decolonizing “multicultural” counseling through social justice* (pp. 55-72). Springer.

Haberstroh, S. (2020). Fundamental theories and skills for crisis counseling. In T. Duffey & S. Haberstroh (Eds.), *Introduction to crisis and trauma counseling* (pp. 91-112). American Counseling Association.

McLucky, L., & Teska, J. (2016). *Intimate partner violence: Effects on health*. Cinahl Information Systems.

- Mikulincer, M., Shaver, P. R., & Solomon, Z. (2015). An attachment perspective on traumatic and posttraumatic reactions. In M. P. Safir, H. S. Wallach, & A. Rizzo (Eds.), *Future directions in post-traumatic stress disorder* (pp. 79-96). Springer.
- Miller, A. L., Rathus, J. H., & Linehan, M. M. (2007). *Dialectical behavior therapy with suicidal adolescents*. Guilford Press. [chapter 3 available Bb]
- Myrick, A. C., & Green, E. J. (2014). Establishing safety and stabilization in traumatized youth: Clinical implications for play therapists. *International Journal of Play Therapy*, 23(2), 100–113. DOI: 10.1037/a0036397
- Raghavan, S., & Sandanapitchai, P. (2020). The relationship between cultural variables and resilience to psychological trauma: A systematic review of the literature. *Traumatology*. Advance online publication. <http://dx.doi.org/10.1037/trm0000239>
- Rudick, C. D. (2012). Therapist self-care: Being a healing counselor rather than a wounded healer. In L. L. Levers (Ed.), *Trauma counseling: Theories and interventions* (pp. 554-568). Springer.
- Sweezy, M. (2011). The teenager's confession: Regulating shame in internal family systems therapy. *American Journal of Psychotherapy*, 65(2), 179-188.

Recommended Readings

TBA

Course Performance Evaluation

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

- **Assignments and/or Examinations**

Reading Journal Entries

Reading journal entries are assigned for the following classes: 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, and 13. Entries should generally address your thoughts on the assigned readings/materials for that class module. Entries are due prior to the class for which the reading is assigned, except as noted on the syllabus (for asynchronous classes, they are due 4 days *following* the class in order to give you more time to complete the module and entry).

To receive full credit, your entries should demonstrate comprehension of assigned readings and course materials and offer meaningful and thoughtful reflections. Points will be deducted for entries that are cursory or do not demonstrate that you read the course materials. **No credit will be given for late entries.**

Community Care Activity & Discussion Board Post

As part of establishing systemic practices that facilitate self-care, we will begin and end each class meeting with a short (~5 minutes) community care practice. Students will sign up to facilitate one community care session during the semester. Creativity is encouraged! The practice can be anything that will bring relaxation, fun, mindfulness, centering, connectedness, calm, peacefulness, or joy to the class (e.g., breathing, meditation, guided imagery, music, art, chanting, singing, movement, humor). Please make sure to practice the activity several times before you lead the class.

In addition to facilitating the activity, you will post on Bb discussion board: (1) information about the activity (e.g., instructions, scripts, visual aids) and (2) a short narrative (about 2-3 paragraphs). The narrative can address: how the activity can be used for self/community care, why it would be helpful for self/community care, and your own reflections on using the activity. You must include at least one citation from course readings or another professional source.

Trauma and Crisis Counseling Reflection Paper

As you begin learning about trauma and crisis counseling in this course, reflect on any reactions you have to doing trauma/crisis counseling work or working with trauma/crisis survivors, including the following questions:

- What is your interest in this topic generally and specifically (e.g., types of traumatic events or counseling approaches)?
- What experience do you have with trauma and crisis counseling, either personally or professionally?
- What concerns do you have about providing trauma/crisis counseling and/or learning about these topics in class?
- What stands out to you from the readings so far?
- What thoughts do you have after completing the Life Events Checklist (LEC)?

The paper should be approximately 3 pages in length (double-spaced) and should adhere to APA format. To help frame your response, complete the readings for Classes 1 and 2 and the LEC prior to the writing the paper.

Traumatic Experience Article Review *Performance Based Assessment (PBA) & Key Assignment: Submit on Bb and VIA (CACREP Standards 1, 2)*

Select an article from a peer-reviewed journal published in the last 5 years that addresses a type of traumatic experience that is of interest to you. Examples include survivors of a particular type of disaster, crisis, or traumatic event (e.g., a tsunami, school shooting), and you might also narrow down to a particular population of interest (e.g., women survivors of IPV, Native Americans experiencing intergenerational trauma). You may want to select an article that can assist you with your group project (see TIC SLP below).

The paper should be approximately 4-5 pages in length (double-spaced). In reviewing the article, you should refer to readings from the course and include at least two in text citations from these or other relevant readings. See the rubric for additional details. To ensure you cover all rubric requirements, these subheaders are recommended (following your summary of the article): Multiculturalism; Systemic factors and social justice; Usefulness in counseling; and Resilience and wellness

Trauma Informed Care Service Learning Project (TIC SLP)

In small groups, you will develop a presentation on *trauma-informed care*. You will partner with a group of professionals from identified SLP sites and deliver a training based on their needs, population served, and work activities. A TIC-SLP Handbook with additional details will be provided in class; the following is a brief overview. Groups will:

- Meet with the site leader and then develop/submit a draft presentation
- Submit a finalized presentation prior to delivery of presentation (graded)
- Conduct the presentation and submit a recording (graded)
- Collect and submit feedback from the site (graded)
- Share their experience and lessons learned with the class

Participation

Students in Counseling courses are expected to demonstrate a high level of participation consistent with graduate-level education. Students are expected to:

- be on time and present for the duration of the class
- demonstrate engagement (e.g., ask questions, share thoughts, participate in activities)
- be respectful and attentive
- give thoughtful feedback and demonstrate receptiveness to feedback (see Professional Dispositions)
- demonstrate preparedness for each class meeting (e.g., discussion board posts and contributions to discussions)

• **Other Requirements**

Course Expectations

APA Format: Students in Counseling courses are expected to use APA style (7th ed.) for written papers. In this course, “student paper” format is expected (instead of “professional paper” format).

Electronic Devices

Turn off and put away all electronic communication devices during class. Cell phones, pagers, and other communicative devices are not allowed in this class. Please keep them stowed away and out of sight. Laptops or tablets (e.g. iPads) are generally not permitted, but you may submit a request in writing if you wish to do so. Engaging in activities not related to the course (e.g. gaming, email, chat, text, etc.) will result in a significant deduction in your participation grade. **Notify the instructor prior to class if you have an emergency situation that requires accommodation.**

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. **Two or more unexcused absences will result in loss of course credit.** Attendance on the first day of class is required. 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 do the following: (1) attend each class, (2) complete all reading assignments before class, (3) arrive on time and stay for the entire class period, (4) participate in discussions and in-class work groups, (5) regularly check GMU email, and (6) submit or access documents via Blackboard as assigned.

Assignments

Course assignment should be **submitted electronically** via Blackboard unless otherwise noted on the syllabus. **Late assignments will not be accepted.** You should contact the instructor if an emergency situation arises and you need to request accommodation. Additional assignments and/or assessments may be added at the instructor’s discretion.

When submitting assignments to Blackboard, you should review the SafeAssign report which will indicate if there are any concerns of plagiarism. You should also review the document after it’s uploaded to Blackboard to ensure that the information and formatting uploading correctly. It is recommended that you upload in a PDF file so that the formatting is retained. If you find errors after

submission but before the due date, you are permitted to upload a new due document, as assignments are set to allow multiple attempts. **Only the last attempt submitted before the due date will be graded.**

Plagiarism

Plagiarism is a violation of both the George Mason University code of honor and the expected professional dispositions of the Counseling Program. The GMU English Department has developed the following statement regarding plagiarism: “Plagiarism means using the exact words, opinion, or factual information from another person without giving that person credit. Writers give credit through the use of accepted documentation styles, such as parenthetical citation, footnotes, or end notes; 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 to this include factual information which can be obtained from a variety of sources, the writer's own insights or findings from their own field research, and what has been termed common knowledge. What constitutes common knowledge can sometimes be precarious, and what is common knowledge for one audience may 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 and establishes credibility, it will almost certainly ensure that writers will never be guilty of plagiarism.”

- **Grading**

Course Performance Evaluation Weighting

Course Assignment/Requirement	Points	% of Grade
Discussion board posts (5 points each)	55	25%
Community Care Activity	15	7%
Trauma and Crisis Counseling Reflection Paper	10	5%
Traumatic Experience Article Review	30	14%
TIC SLP Presentation Final Submission (group)	35	16%
TIC SLP Presentation Recording (group)	25	11%
TIC SLP Feedback from Site & Thank you to lead (group)	10	5%
Participation	40	18%
Total	220	100%

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]

How to calculate your grade:		
Grade	Lower Limit %	Lower Limit points
A	94%	207
A-	90%	198
B+	87%	191
B	84%	185

B-	80%	176
C	70%	154
F	anything lower	

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 Assessment are completed by instructors in all courses except electives and field experience courses (Practicum: 750/751; Internship 1: 792/793; and Internship 2: 794/795). In electives and field experience courses, instructors or supervisors may choose to complete a Professional Disposition Assessment should the need arise. In field experience classes, University and Site Supervisors will assess students on a Student Evaluation that is specific to P&I.

A developmental approach to PD Assessment is used, understanding that students are developing in their awareness, skills, and abilities throughout the course of the Counseling Program. In general, students in “basic or pre-practicum level” courses may demonstrate the disposition sometimes or inconsistently. Students in “intermediate or practicum level” courses should demonstrate the disposition more often or frequently. The courses are assigned to levels as follows:

<i>Course Level</i>	<i>Courses</i>
Basic (Pre-Practicum)	Core: 602, 601, 525, 603, 609, 606, 604, 656 CMHC: 654, 652, 658 SC: 613, 611, 626
Intermediate (Practicum)	Core: 608, 660, 628, 619, 610, 797

Class Schedule

Class	Date	Format	Topic	Reading(s) Due	Assignment(s) Due	Course Obj. #
1	January 24, 2022	In person	Introduction and History	<ul style="list-style-type: none"> • Herman Ch. 1 • Menakem Chs. 1, 3 		
2	January 31, 2022	In person	Doing Our Own Work	<ul style="list-style-type: none"> • Rudick (Bb) • Menakem Ch. 2 • Rothschild Ch. 8 	<ul style="list-style-type: none"> • Trauma/Crisis Counseling Reflection Paper • LEC completed (not uploaded) 	4
3	February 7, 2022	In person	ACES; Symptoms & Effects of Trauma; Attachment Theory	<ul style="list-style-type: none"> • Herman Chs. 2, 3, 4, 5, 6 • Collins & Collins (Bb) • Mikulincer et al. (Bb) 	<ul style="list-style-type: none"> • Reading journal entry 	1
4	February 14, 2022	In person	Tri-Phasic Model; Children & Adolescents	<ul style="list-style-type: none"> • Herman Chs. 7, 8, 9, 10 	<ul style="list-style-type: none"> • Reading journal entry • Have met with TIC SLP lead 	2
5	February 21, 2022	In person	Neuropsychology of Trauma, Establishing Safety, and Treatment Planning	Rothschild Preface & Chs. 1, 2, 3, 4	<ul style="list-style-type: none"> • Reading journal entry 	4
6	February 28, 2022	In person	Healing Resources, Creativity, & Resilience; Trauma Memory & Outlining	Rothschild Chs. 5, 6, 7	<ul style="list-style-type: none"> • Reading journal entry 	2, 4
7	March 7, 2022	TIC SLP Group Meetings w/ Dr. G	Trauma-Informed Care; Resilience	<ul style="list-style-type: none"> • Goodman (Bb) • Raghavan & Sandanapitchai (Bb) 	<ul style="list-style-type: none"> • Reading journal entry • TIC SLP presentation draft due 	2, 5
	March 14, 2022	Spring Break				
8	March 21, 2022	Asynch online	Racialized & Intersectional Trauma Follow directions in the PPT for this class	<ul style="list-style-type: none"> • Menakem Chs. 4, 5, 6, 7, 8, 9 • Article of choice • Podcast & webinar (see PPT) 	<ul style="list-style-type: none"> • Reading journal entry: <u>Due by Friday, Oct. 22</u> 	5
9	March 28, 2022	In person	Healing Racialized & Intersectional Trauma	<ul style="list-style-type: none"> • Menakem Part II (pgs. 137-233) • Comas-Díaz (Bb) • <i>Bring Menakem book to class; pick a</i> 	<ul style="list-style-type: none"> • Reading journal entry 	2, 5

				<i>practice to work with</i>		
TIC SLP can occur between classes 9 & 13; Final presentation due at least 7 days in advance						
10	April 4, 2022	Asynch online	Crisis & Disaster Response; EMDR (Part 1) Follow directions in the PPT for this class	<ul style="list-style-type: none"> • Haberstroh (eR) • PFA pp. 5-19 (Bb) 	<ul style="list-style-type: none"> • Reading journal entry: <u>Due by Friday, April 8</u> 	3, 4
11	April 11, 2022	In person	Crisis & Disaster Response; EMDR (Part 2) <i>Guest Speaker</i>	<ul style="list-style-type: none"> • PFA pp. 21-95 (Bb) • COVID article of choice (see Bb) 	<ul style="list-style-type: none"> • Reading journal entry • Have EMDR questions 	3, 4
12	April 18, 2022	Asynch online	Theories for Trauma Counseling Pick 2: IFS, CBT, DBT, or Play Follow directions in the PPT for this class	See "MAIN PPT" and complete modules (PPT & reading) for 2 (Bb): <ul style="list-style-type: none"> • IFS: Sweezy article • CBT: Baranowsky & Gentry • DBT: Miller Ch. 3 • Play: Myrick article 	<ul style="list-style-type: none"> • Reading journal entry: <u>Due by Friday, April 22</u> • Traumatic Stress Article Review Due 	
13	April 25, 2022	In person	Intimate Partner Violence; Theory Practice	<ul style="list-style-type: none"> • McLuckey & Teska • PPT with short videos (see Bb) 	<ul style="list-style-type: none"> • Reading journal entry 	
14	May 2, 2022	In person	Class Closing; Sharing of TIC SLPs		<ul style="list-style-type: none"> • TIC SLP: Recording & Site Feedback Due • Community care post (or earlier) • Group contribution form 	

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>

Appropriate content for practice counseling sessions

Practice counseling sessions are used to teach relationship building and to facilitate personal growth and development, rather than to explore serious mental health concerns. It is important to remember that student **counselors-in-training are *not* licensed professional counselors and lack the expertise to handle serious mental health concerns**. Information shared in practice counseling sessions that raises concerns regarding the safety of the student-client should be shared immediately with the course instructor. Student-clients should recognize that any disclosure that indicates a danger to themselves or others will be disclosed (as appropriate per CEHD policy) to the police and GMU Student Academic Affairs. Disclosures of sexual assault, interpersonal violence, and stalking must be reported to Mason’s Title IX Coordinator per University Policy 1202 (see below).

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 703-993-3686, Counseling and Psychological Services (CAPS) at 703-993-2380, or the 24-Hour Sexual and Interpersonal Violence Crisis Line at (703) 380-1434. You may also seek assistance from Mason's Title IX Coordinator by calling 703-993-8730 or emailing titleix@gmu.edu.

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

Assessment Rubric(s)

Traumatic Experience Article Review Rubric –(Key Assignment: KPI A.3.a.2; CACREP 2.F.3.f & 2.F.3.i)

Area Assessed	%	Exceeds Standards 4 A [100-97]; A- [96-94]	Meets Standards 3 B+ [93-91]; B [90-87]	Approaching Standards 2 B- [86-84]; C [83-80]	Below Standards 1 F [79 and below]
1. Article parameters	5	Article in peer-reviewed journal in last 5 years on a traumatic experience.	Article in peer-reviewed journal not in last 5 years on a traumatic experience.	Article not from peer-reviewed journal but on appropriate topic.	Article not from peer-reviewed journal and not on appropriate topic.
2. Writing style, grammar, & APA format	10	Adheres to APA format (current ed.) and is clear, understandable, exceptionally well organized, and grammatically correct. No APA errors. Language is appropriate for the type of paper. Adheres to paper requirements for page limit and headers/sub-headers.	Adheres to APA format (current ed.) with only a few errors; is clear, well organized, understandable, and grammatically correct with only a few errors. Language is mostly appropriate for the type of paper. Adheres to paper requirements for page limit and headers/sub-headers with only a few errors.	Has errors in APA format (current ed.), lacks clarity, not well organized, and has grammatical errors. Language is somewhat appropriate for the type of paper. Adheres to some of paper requirements for page limit and headers/sub-headers.	Does not follow APA format, is unclear, is poorly organized, and has many grammatical errors. Language is generally not appropriate for the type of paper. Adheres to few or none of the paper requirements for page limit and headers/sub-headers.
3. Summary	15	Excellent, clear, and thorough summary of the article's purpose and information presented on the population.	Good summary of the article's purpose and information presented on the population.	Some summary of the article's purpose and information presented on the population.	Poor or limited summary of the article's purpose and information presented on the population.
4. Multicultural	15	Multiculturalism is addressed and assessed exceptionally well (meaningful, relevant, accurate, and unique ideas) in terms of the article's attention to or lack of attention to multiculturalism	Concept is addressed and assessed meaningfully in terms of the article's attention to or lack of attention to this concept.	Concept is addressed and/or assessed minimally or superficially in terms of the article's attention to or lack of attention to this concept.	Concept is not addressed or assessed meaningfully in terms of the article's attention to or lack of attention to this concept.

<p>5. Systemic factors & social justice [KPI A.3.a.1; CACREP 2.F.3.f]</p>	<p>20</p>	<p>Demonstrates a thorough and in depth understanding of how the traumatic event and relevant systemic and environment factors may intersect to effect human development, functioning, and behavior.</p>	<p>Demonstrates an understanding of how the traumatic event and relevant systemic and environment factors may intersect to effect human development, functioning, and behavior.</p>	<p>Demonstrates minimal or cursory understanding of how the traumatic event and relevant systemic and environment factors may intersect to effect human development, functioning, and behavior.</p>	<p>Demonstrates no understanding of how the traumatic event and relevant systemic and environment factors may intersect to effect human development, functioning, and behavior.</p>
<p>6. General usefulness in counseling</p>	<p>15</p>	<p>Demonstrates excellent critical and complex thinking about how the content might be applied in counseling practice and the limitations.</p>	<p>Demonstrates critical and complex thinking about how the content might be applied in counseling practice and the limitations.</p>	<p>Demonstrates minimal or cursory thinking about how the content might be applied in counseling practice and the limitations.</p>	<p>Demonstrates limited or no thinking about how the content might be applied in counseling practice and the limitations.</p>
<p>7. Promoting resilience and wellness [KPI A.3.a.1; CACREP 2.F.3.i]</p>	<p>20</p>	<p>Provides an exceptional analysis of how to the article's content may or may not be used to develop ethical and culturally relevant strategies for promoting resilience and optimum development and wellness across the lifespan</p>	<p>Provides an accurate analysis of how to the article's content may or may not be used to develop ethical and culturally relevant strategies for promoting resilience and optimum development and wellness across the lifespan</p>	<p>Provides some analysis of how to the article's content may or may not be used to develop ethical and culturally relevant strategies for promoting resilience and optimum development and wellness across the lifespan</p>	<p>Provides limited or no analysis of how to the article's content may or may not be used to develop ethical and culturally relevant strategies for promoting resilience and optimum development and wellness across the lifespan</p>