

**GEORGE MASON UNIVERSITY**  
**College of Education and Human Development**  
**EDCD 602: Foundations In Counseling**  
**Spring 2010**

**Instructor:** Rita Chi-Ying Chung, Ph.D.

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**Class Location:** Robinson A349 – 4:30 to 7:10 p.m.

**Office Hours:** Monday and Tuesday 3:00 to 4:30 p.m. and by appointment.

**Course Description:**

This course is designed to provide students with an introduction to the field of professional counseling. The main objectives of the course are to provide graduate students in counseling with knowledge about the history and foundations of counseling, the professional identity and multifaceted role of the counselor, C&D 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, professional organizations and memberships, and APA style of writing.

**Course Objectives/Student Outcomes:**

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.

### **Relationship to Program Goals and Professional Organization:**

EDCD 602 is the core foundation course for master's degree students in the Counseling & Development [C&D] program. This course provides a framework in which to analyze assumptions underlying professional roles for which students are preparing to work. Emphasis will be placed on understanding the C&D's mission statement of Multicultural, Social Justice, Advocacy and Leadership and its relationship to the field of counseling and to the role and function of community agency and school counselors. The course provides a foundation for other courses in the program and addresses issues of research, technology, APA format, ethics, professional identity, basic counseling skills, professional portfolio, licensure, current trends in the field of counseling. As well as, understanding the C&D program requirements and program planning.

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).

### **Professional Dispositions**

The Graduate School of Education (GSE) expects that all students abide by the following:

Students are expected to exhibit professional behavior and dispositions. See [gse.gmu.edu](http://gse.gmu.edu) for a listing of these dispositions, as well as, the C&D professional Disposition, as posted on C&D homepage: [http://gse.gmu.edu/programs/counseling/professional\\_performance.htm](http://gse.gmu.edu/programs/counseling/professional_performance.htm)

**Professional Performance Criteria** (Effective February 25, 2003)

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 Graduate School of Education 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 guidelines

**Required Texts:**

Gladding, S. T. (2009). *Counseling: A comprehensive profession (6<sup>th</sup> ed)*. Columbus, OH: Pearson.

Conyne, R.K., & Bemak, F. (2005). *Journeys to professional excellence*. Alexandria, VA: American Counseling Association.

Corey, M.S., & Corey, G. (2007). *Becoming a helper (6<sup>th</sup> ed.)* Brooks/Cole.

Kottler, J. A. (Ed.). (2002). *Counselors finding their way*. Alexandria, VA: American Counseling

Association.

American Psychological Association. (2010). *Publication Manual of the American Psychological Association (6th ed.)* Washington, DC: Author.

**Selected articles from professional journals (e.g.)**

*Journal of Counseling and Development*  
*Journal of Multicultural Counseling & Development*  
*Journal for Social Action in Counseling & Psychology*  
*Journal of Specialist in Group Work*  
*Professional School Counseling*  
*Journal of Mental Health Counseling*  
*Journal of Counseling Psychology*  
*Journal of Cross-Cultural Psychology*  
*Cultural Diversity & Ethnic Minority Psychology*  
*Journal of Community Psychology*  
*Counselor Education and Supervision*  
*Child Development*  
*Journal of Consulting and Clinical Psychology*

Articles are NOT limited to the above journals.

**Honor Code:**

Students must follow the guidelines of the University Honor Code. See [http://www.gmu.edu/catalog/apolicies/#TOC\\_H12](http://www.gmu.edu/catalog/apolicies/#TOC_H12) for the full honor code.

To promote a stronger sense of mutual responsibility, respect, trust, and fairness among all members of George Mason University and with the desire for greater academic and personal achievement, we, the members of George Mason University, have set forth the following code of honor. Any individual who is caught in the act of cheating, attempting to cheat, plagiarizing, or stealing will be brought forth before a council of their peers. In the event that the individual is found guilty, he or she will be punished accordingly. For further information, please refer to the university Catalog or Website at [www.gmu.edu](http://www.gmu.edu).

**GMU's Plagiarism Policy:** <http://mason.gmu.edu/~montecin/plagiarism.htm#plagiarism>:

**The following two paragraphs are taken directly from GMU's website re: plagiarism.**

***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.*

### ***Plagiarism and the Internet***

*Copyright rules also apply to users of the Internet who cite from Internet sources. Information and graphics accessed electronically must also be cited, giving credit to the sources. This material includes but is not limited to e-mail (don't cite or forward someone else's e-mail without permission), newsgroup material, information from Web sites, including graphics. Even if you give credit, you must get permission from the original source to put any graphic that you did not create on your web page. Shareware graphics are not free. Freeware clipart is available for you to freely use. If the material does not say "free," assume it is not. Putting someone else's Internet material on your web page is stealing intellectual property. Making links to a site is, at this time, okay, but getting permission is strongly advised, since many Web sites have their own requirements for linking to their material. ([Virginia Montecino](#))*

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](http://www.gmu.edu/student/drc) or call 703-993-2474 to access the DRC.

NOTE: The Americans with Disabilities Act (ADA) prohibits discrimination against individuals with disabilities in the series, programs, or activities of all State and local Governments. Under ADA a disability is defined as a physical or mental impairment that substantially limits a major life activity such as: learning, working, walking, speaking, hearing, breathing, and/or taking care of oneself. **If a student has a disability and needs course adaptations or accommodations because of that disability, it must be established with the faculty, in writing, at the beginning of the semester** so arrangements can be made. Please call the Disability Resource Center for required documentation (703-993-2474).

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.

**Note:** GMU requested that students turn off their pagers, cell-phones, blackberries and other electronic devices before class begins.

## Evaluation and Grading

<u>Assignments</u>	<u>Points</u>	<u>Due</u>
Assignment 1	10	2/9/10
Assignment 2	10	3/2/10
Assignment 3	12	3/23/10
Assignment 4	10	4/6/10
<b>C&amp;D Students Only Submit Program Plan</b>		<b>4/6/10</b>
Assignment 5	20	4/13/10
Assignment 6	10	4/27/10
Blackboard Participation	13	
Participation/Attendance	15	
4 questions per week: 2 questions on Corey & Corey and 2 questions on Gladding assigned readings.		
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### 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.

### Grading Scale:

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

Course Schedule\*\*

<u>Date</u>	<u>Topic</u>	<u>Assignments</u>
Class 1 1/19/10	Introduction and Overview Historical Perspectives, C&D Program	Gladding (G.) Ch 1 Corey/Corey (C&C) Ch 1
Class 2 1/26/10	C&D Mission and Worldview Library Tour & Resources Research & Writing in Counseling Technology & Counseling	<u>Start Blackboard</u> Journeys (J) Ch 1-2 & Kottler Pt I G. Ch1- 2, C&C Ch 1
Class 3 2/2/10	Helping Relationship & Basic Skills	G. Ch 6-7 & C&C Ch 5, J. Ch 3 & Kottler Pt II
Class 4 2/9/10	Counseling Concerns: Dealing with Difficult Clients, Transference/Countertransference	G. Ch 7-8, C&C Ch 3-4 J. Ch 4 & Kottler Pt III <u>Assignment 1 Due</u>
Class 5 2/16/10	Traditional Counseling Theories/Approaches	G. Ch 9- 11, C&C Ch 6, 12 J. Ch 5 & Kottler Pt IV
Class 6 2/23/10	Multicultural Counseling	G. Ch 4-5, C&C Ch 7 J. Ch 6 & Kottler Pt V
Class 7 3/2/10	Multicultural Counseling (Continued)	G. Ch 4-5, C&C Ch 7 J. Ch 7 & Kottler Pt VI <u>Assignment 2 Due</u>
Class 8 3/9/10	Spring Break No Class - Blackboard Assignment Due	J. Ch 8 & Kottler Pt VII
Class 9 3/16/10	Non-Traditional Approaches to Counseling Traditional Healing and Indigenous Healers	J. Ch 9 & Kottler Pt VIII
Class 10 3/23/10	Values & the Helping Profession C&D students on ACA conference	C&C Ch 2 J. Ch 10, Kottler Pt IX <u>Assignment 3 Due</u>
Class 11 3/30/10	ACA/ASCA Visit	J. Ch 11 & Kottler, Pt X
Class 12 4/6/10	Ethical & Legal Issues in Counseling	G. Ch 3, C&C Ch 8-9 J. Ch. 12 & Kottler Pt XI <u>Assignment 4 Due, C&amp;D Students Program Planning</u>
Class 13 4/13/10	School Counseling Community Agency Counseling	G. Ch 17, 20, C&C Ch 13 J. Ch. 13-14 <u>Assignment 5 Due</u>
Class 14 4/20/10	Cross-Cultural Issues in Assessment & Diagnosis Group Counseling Experience	G. Ch13-14, C&C. Ch. 10-11 J. Ch. 15-17
Class 15 4/27/10	Trends & Special Issues in Counseling Stress, Burnout & Self-Care	<u>Assignment 6 Due</u> <u>Last Blackboard Posting Due</u>
Finals 5/4/10		

\*\* Content of the course is subject to change based on the unique characteristics of the class and course content.