

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

EDCD 619.002 Trauma and Crisis Counseling  
3 Credits, Spring 2023  
Thursdays, 4:30 – 7:10 PM  
Fairfax campus – Aquia Building, Room 213

**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, group work, and asynchronous modules.

**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" (Parts 1 & 2).	Assigned readings that discuss this Standard include: the <i>Psychological First Aid (PFA) Field Operations Guide (2<sup>nd</sup> 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 (2<sup>nd</sup> 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

Levers, L. L. (2022). *Trauma counseling: Theories and interventions for managing trauma, stress, crisis, and disaster* (2nd ed.). Springer Publishing Company.

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>

## Recommended Texts (Required chapters will be covered in PPTs)

Herman, J. L. (2022). *Trauma and recovery: The aftermath of violence – from domestic abuse to political terror*. 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.

## Required 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.

### **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**

### **Reading Journal Entries**

Reading journal entries are assigned for the asynchronous classes. They are worth 2.5 points each for a total of 10 points. Posts should generally address your thoughts on the assigned readings/materials for that class module. Posts are due 4 days *following* the asynchronous class in order to give you more time to complete the module and post.

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

### **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 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)? What are the strengths and limitations of the LEC?

The paper should be approximately 3 pages in length (double-spaced) and should adhere to APA format (current edition). 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 (preferably counseling journals) 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).

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

### **Professional Newsletter Article and Presentation**

Students will work in dyads or triads to write a brief newsletter article for a professional counseling association, such as the International Association for Resilience and Trauma Counseling's newsletter. Examples of newsletter articles and instructions for submission are available at <https://www.iartc.org/about-4>. With instructor approval, students can submit to another ACA division (e.g., IAAOC on trauma and addiction, or ACAC on children and crisis counseling) or ACA branch (e.g., Virginia Counseling Association's newsletter – *The Virginia Counselor*). Formatting and length requirements may vary based on the newsletter. If you are not choosing IARTC or VCA, you can identify which ACA division/branch newsletter may be the best fit for

your preferred population topic by starting here: <https://www.counseling.org/about-us/divisions-regions-and-branches>

For both the newsletter article and the presentation, a minimum of **five peer-reviewed journal articles published in the last 5 years** (preferably counseling journals) need to be included as references. Additional resources can include websites and the textbook.

Each dyad or triad will conduct a 15-minute presentation based on the information in the submitted newsletter article. Each student will submit the article, confirmation of the article submission, and the presentation materials in the assignment area.

### **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.

#### **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

Assignments for the course are to be **submitted electronically** via Blackboard prior to the beginning of class on the date due unless otherwise noted. Late assignments will be subject to a penalty of 20% for each day late. Additional assignments and assessments may be added at instructor's discretion.

## 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**

<b>Course Assignment/Requirement</b>	<b>Points</b>
Reading journal entries	10
Community Care Activity & discussion board post	5
Trauma and Crisis Counseling Reflection Paper	10
Traumatic Experience Article Review	15
Professional Newsletter Article and Presentation	40
Participation	20
<b>Total</b>	<b>100</b>

**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/polices-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:

Course Level	Courses
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	Required readings - Levers	Recommended Reading(s)	Assignment Due	Course Obj. #
1	1/26/23	In person	Introduction, History, and Ethics	Ch. 1, 29	Herman Ch. 1  Menakem Chs. 1, 3		
2	2/2/23	In person	Doing Our Own Work: Vicarious Trauma, Self-care, and Supervision	Ch 30-32	Rudick (Bb)  Menakem Ch. 2  Rothschild Ch. 8	<b>Trauma/ Crisis Counseling Reflection Paper [LEC completed]</b>	4
3	2/9/23	<b>Asynch online</b>	ACEs; Symptoms & Effects of Trauma; Attachment Theory; <b>Follow directions in the PPT for this class</b>	Collins & Collins (Bb)  Mikulincer et al. (Bb)  Herman Chs. 2-5 (see PPT for chapter summary)		Reading journal: <u><i>Due by following Monday</i></u>	1
4	2/16/23	In person	Tri-Phasic Model; Children & Adolescents	Ch 7-8, 21  Herman Ch. 7-8 (see PPT)	Herman Chs. 9-10  Play: Myrick article		2
5	2/23/23	<b>Asynch online</b>	Neuropsychology of Trauma; Establishing Safety, and Treatment Planning; Complex Trauma <b>Follow directions in the PPT for this class</b>	Ch 4, 5, 9	Rothschild Preface & Chs. 1-4	Reading journal: <u><i>Due by following Monday</i></u>	4
6	3/2/23	In person	Healing Resources, Creativity, & Resilience; Trauma Memory & Outlining; older adults	Ch 5, 11, 12  Rothschild Ch 5 (see PPT)	Rothschild Chs. 6-7		2, 4
7	3/9/23	In person	Trauma-Informed Care; Resilience;	Ch 13, 26-28	Goodman (Bb)		2, 5

			Addictions; assessment, interventions, and techniques	Raghavan & Sandanapit chai (Bb)			
<b>Spring Recess: No class on 3/16/22</b>							
8	3/23/23	<b>Asynch online</b>	Racialized & Intersectional Trauma; historical trauma <b>Follow directions in the PPT for this class</b>	Ch 19 Podcast & webinar (see PPT)  Comas- Díaz (Bb)	Menakem Chs. 4-9	Reading journal: <u><i>Due by following Monday</i></u>	5
9	3/30/23	In person	Healing Racialized & Intersectional Trauma	Ch 16-18	Menakem Part II (pgs. 137-233)	<b>Traumatic Stress Article Review Due</b>	2, 5
10	4/6/23	In person	Theories for Trauma Counseling: DBT, EFT, EMDR,	Ch 2  Haberstroh (eR)	IFS: Sweezy article  CBT: Baranowsky & Gentry		3, 4
11	4/13/23	In person	Crisis & Disaster Response	Ch 3, 22, 24  <i>Psychological First Aid (PFA) Field Operations Guide (2<sup>nd</sup> ed.)</i>	PFA pp. 5-95 (Bb)  COVID article of choice (see Bb)		3, 4
12	4/20/23	<b>Asynch online</b>	Criminal Victimization; Aftermath of homicide & suicide; mass violence <b>Follow directions in the PPT for this class</b>	Ch 14, 15, 20	Miller Ch. 3	Reading journal: <u><i>Due by following Monday</i></u>	
13	4/27/23	In person	Sexual Trauma; Intimate Partner Violence; Dyadic/Triadic Presentations	Ch 6, 10	McLucky & Teska	Present on Professional Newsletter Article	
14	5/4/23	In person	Political Violence and Military Veterans Class Closing; Dyadic/Triadic Presentations	Ch 23, 25, 33		Present on Professional Newsletter Article  <b>Article Due</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/>.**

**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 above).

## Assessment Rubric

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

Area Assessed	%	<b>Exceeds Standards 4 A [100-97]; A-[96-94]</b>	<b>Meets Standards 3 B+ [93-91]; B [90-87]</b>	<b>Approaching Standards 2 B- [86-84]; C [83-80]</b>	<b>Below Standards 1 F [79 and below]</b>
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.

5. Systemic factors & social justice [KPI A.3.a.1; CACREP 2.F.3.f]	20	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.	Demonstrates an understanding of how the traumatic event and relevant systemic and environment factors may intersect to effect human development, functioning, and behavior.	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.	Demonstrates no understanding of how the traumatic event and relevant systemic and environment factors may intersect to effect human development, functioning, and behavior.
6. General usefulness in counseling	15	Demonstrates excellent critical and complex thinking about how the content might be applied in counseling practice and the limitations.	Demonstrates critical and complex thinking about how the content might be applied in counseling practice and the limitations.	Demonstrates minimal or cursory thinking about how the content might be applied in counseling practice and the limitations.	Demonstrates limited or no thinking about how the content might be applied in counseling practice and the limitations.
7. Promoting resilience and wellness  [KPI A.3.a.1; CACREP 2.F.3.i]	20	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	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	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	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

\*\*Note: There is no rubric for the professional newsletter article and presentation, as each professional counseling association will have specific requirements for article submission.