George Mason University  
Graduate Course Approval/Inventory Form

Please complete this form and attach a copy of the syllabus for new courses. Forward it as an email attachment to the Secretary of the Graduate Council. A printed copy of the form with signatures should be brought to the Graduate Council Meeting. Complete the Coordinator Form on page 2, if changes in this course will affect other units.

<table>
<thead>
<tr>
<th>Please indicate:</th>
<th>_____ NEW</th>
<th>___ MODIFY</th>
<th>_____ DELETE</th>
</tr>
</thead>
</table>

Local Unit: Community College Education  
Graduate Council Approval Date:

Course Abbreviation: CTCH  
Course Number: 643

Full Course Title: Counseling Theory and Practice in Higher Education

Abbreviated Course Title (24 characters max.): HighEd Counsel Theory/Practice

Credit hours: 3  
Program of Record: DACCE

Repeatable for Credit?  
D=Yes, not within same term  
T=Yes, within the same term  
N=Cannot be repeated for credit

Activity Code (please indicate):  
__X_ Lecture (LEC)  
__ Lab (LAB)  
__ Recitation (RCT)  
__ Studio (STU)  
__ Internship (INT)  
__ Independent Study (IND)  
__ Seminar (SEM)

Catalog Credit Format 3 : 3 : 0  
Course Level: GF(500-600)  
__X_ GA(700+)

Maximum Enrollment: 18  
For NEW courses, first term to be offered: Fall 2004

Prerequisites or co requisites: CTCH 641

Catalog Description (35 words or less)  
Please use catalog format and attach a copy of the syllabus for new courses.: Study of historical contemporary approaches to counseling. Emphasis on applications of theoretical models as appropriate for higher education.

For MODIFIED or DELETED courses as appropriate:

Last term offered:  
Previous Course Abbreviation: HELA  
Previous number: 643

Description of modification: change course code and description as directed by CAS Council

APPROVAL SIGNATURES:

Submitted by: ________________________________  email: gkettlew@gmu.edu

Department/Program: ________________________________  Date: __________________

College Committee: ________________________________  Date: __________________

Graduate Council Representative: ________________________________  Date: __________________
Approval from other units: NONE

Please list those units outside of your own who may be affected by this new, modified, or deleted course. Each of these units must approve this change prior to its being submitted to the Graduate Council for approval.

<table>
<thead>
<tr>
<th>Unit:</th>
<th>Head of Unit’s Signature:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Graduate Council approval: ______________________________________________ Date: ____________

Graduate Council representative: __________________________________________ Date: ____________

Provost Office representative: ____________________________________________ Date: ____________
CTCH 643 Counseling Theory and Practice
Credit: Three Semester Hours

Course Description:
This course will explore contemporary approaches to counseling, emphasizing the application of theoretical models appropriate to counseling individuals in the higher education setting. The course will present an overview of the major theoretical perspectives on human behavior and individual counseling interventions, with a focus on understanding individual experience in a socio-cultural context. Counseling strategies and techniques associated with different theories will be discussed.

Course Objectives/Learning Outcomes:
Through active participation in this course, class members will:
1. Recognize major theories of human behavior and counseling.
2. Link emerging counseling practices and interventions to their theoretical bases.
3. Critically examine counseling theory in a socio-cultural context, including lenses of gender, class, race, and ethnicity.
4. Apply human behavior and counseling theory in the higher education setting
5. Develop their own working theoretical base for counseling practice within higher education settings.

Reading:
Primary Text:

In addition to Corey, students will purchase a course-pack of a variety of articles on theory and practices not addressed in the primary text.

Course Requirements:
1. Case Study – Class members will write an 8-10 page paper that describes a counseling situation involving college student(s) as client(s), and applies two contrasting theoretical approaches to understanding and intervening with the client situation.

2. Research paper (8-10 pages) OR Class presentation - Class members will write (or present to the class) about a topic of their choice, allowing them to more deeply explore a theory, set of theories, approach, population of college students, problem area or concern experienced by college students, or other topic relevant to the focus of the course.

3. Practice Working Theory - Each class member will begin developing their own treatment philosophy regarding counseling in higher education settings. An 8-10 page paper describing how they conceptualize the nature of human behavior, what they believe about the process of healing and change, how they view their role as counselor in the change process, and what they think that college students/young adults need in order to make changes.

Course Policies & Expectations:
Class members are expected to attend all class sessions if possible; enhancing the course experience for all students. Students are expected to be in class at the scheduled start time. We will be viewing videos that show examples of counseling utilizing selected theories. If a student misses one of these videos it is suggested that they make arrangements for viewing at a later time.

Timely completion of all assignments is required. Make up or late submission of any of the assignments will be possible only if both student and instructor have planned and agreed to it ahead of time.

Accommodations are available through George Mason's Disability Resource Center and other services for students who require additional assistance in meeting course requirements.

Everyone is expected to comply with the George Mason Honor Code.

**Grading:**

1. Case Study - 30pts.
2. Research Paper or Presentation - 30pts.
3. Working Theory Paper - 30 pts
4. Participation- 10pts.

**Course Outline / Content Areas:**

**Week One**
Introduction, Course Overview, Significance & Usefulness of Theory, Intro to Viewing Behavior (and Critically Examining Theory) in Socio-Cultural Context

**Week Two**
Psycho-dynamic, Psychoanalytic, & Self/Ego Psychological Theories

**Week Three**
Gestalt, Object Relations & Existential Models

**Week Four**
Cognitive/Behavioral and Social Learning Approaches

**Week Five**
**Case-Study Write-up Due**
Family and Systems Theories and Models

**Week Six**
Feminist Theory

**Week Seven**
Multicultural and Non-Western Theories and Approaches

**Week Eight**
Narrative and Constructivist Approaches

**Week Nine**
Strengths and Resiliency-Based Approaches
Week Ten
Integrative, Trans-theoretical, & Stages of Change Models
Research Paper Due

Week Eleven
Brief, Solution-Focused Approaches
Student Presentations

Week Twelve
Motivational Interviewing
Student Presentations

Week Thirteen
Harm Reduction
Student Presentations

Week Fourteen
Alternative Practices: Body/Mind/Energy-Centered Approaches
Course Wrap-Up, Evaluations
Working Theory Paper Due