**Introduction to Prevention and Mental Health Promotion**

**Summer 2023**

**SYLLABUS**

Course Number: COUN 4010-D01

Prerequisites: COUN 2000 or COUN 2007

Credit Hours: 3 Semester hours credits/Graded

Class Meeting Times: Wednesdays 8-10 AM virtually on the following days:

 May 24, June 7 & 21, July 12 & 26

Class Location: https://auburn.zoom.us/j/85983810794

Instructor: Fatmah AlQadfan, MA, RDT (She/Her/Hers)

Office Hours: By appointment

**E-mail: FHA0006@auburn.edu**

*The course syllabus is a general plan for the course. Deviations may be necessary and will be communicated to the class in a timely manner.*

***REVISED – MAY 2023***

**Course Description:**

Addressing the ideas of prevention and health promotion in counseling psychology. We will address such concepts as play, stress, body image, meditation, social justice, and advocacy.

**Respect for Diversity:**It is my intent that students from all diverse backgrounds and perspectives be well-served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that the students bring to this class be viewed as a resource, strength, and benefit. **Your suggestions are encouraged and appreciated.** Please let me know ways to improve the effectiveness of the course for you personally or for other students.

I attempt to foster an environment in which each class member can hear and respect each other. It is critical that each class member show respect for all views expressed in class. It is expected that some of the material in this course may evoke strong emotions, please be respectful of others' emotions and be mindful of your own. Let me know if something said or done in the classroom, by myself or other students, is particularly troubling or causes offense. While our intention may not be to cause discomfort or offense, the impact of what happens throughout the course is not to be ignored. If this occurs, there are several ways to alleviate some of the discomforts:

1. Discuss the situation privately with me. I am always open to listening to students’ experiences and want to work with students to find acceptable ways to process and address the issue.
2. Discuss the situation with the class. Chances are there is at least one other student in the class who had a similar response to the material. Discussion enhances the ability of all class participants to have a fuller understanding of the context and impact of course material and class discussions.
3. Notify me of the issue through another source such as your advisor, a trusted faculty member, or a peer. If you do not feel comfortable discussing the issue directly with me, I encourage you to seek out another, more comfortable avenue to address the issue.

*Diversity Statement Adapted from Lynn Hernandez, Behavioral and Social Sciences, School of Public Health, Brown University*

**Student Learning Outcomes**:

1. Understanding of how the ideas of prevention and promotion apply to counseling psychology, as well as how these ideas apply to psychology in general.
2. Gain an understanding of what science has shown to be worth promoting.
3. Gain an understanding of what science has shown to be worth preventing.
4. Gain a cross-cultural perspective of health, growth, and community.
5. Understand the impact of social justice and advocacy.

**Required Reading:**

***All these articles will be uploaded on Canvas.***

Bohlman, A. F. (2022). Next Time Won’t You Sign with Me: Joan La Barbara on Sesame Street. *TEMPO*, *76*(301), 50–60. https://doi-org.spot.lib.auburn.edu/10.1017/S0040298222000055

Conroy, J., & Perryman, K. (2022). Treating trauma with child-centered play therapy through the SECURE lens of polyvagal theory. *International Journal of Play Therapy*, *31*(3), 143–152. https://doi-org.spot.lib.auburn.edu/10.1037/pla0000172

Davies, E., Read, J., & Shevlin, M. (2022). The impact of adverse childhood experiences and recent life events on anxiety and quality of life in university students. *Higher Education (00181560)*, *84*(1), 211–224. https://doi-org.spot.lib.auburn.edu/10.1007/s10734-021-00774-9

Discovering the Importance of Play through Personal Histories and Brain Images: An Interview with Stuart L. Brown. (2009). *American Journal of Play*, *1*(4), 399–412.

Gerhardt, L. (2020, February 5). *The rebellious history of the Fat Acceptance Movement*. Center For Discovery. Retrieved January 10, 2022, from https://centerfordiscovery.com/blog/fat-acceptance-movement/

Haney, A. M., & Rollock, D. (2020). A Matter of Faith: The Role of Religion, Doubt, and Personality in Emerging Adult Mental Health. *PSYCHOLOGY OF RELIGION AND SPIRITUALITY*, *12*(2), 247–253. https://doi-org.spot.lib.auburn.edu/10.1037/rel0000231

Kay, T. (2022). Culture in transnational Interaction: how Organizational Partners Coproduce Sesame Street. *THEORY AND SOCIETY*. https://doi-org.spot.lib.auburn.edu/10.1007/s11186-022-09484-2

Marks, D. F. (1996). Health Psychology in Context. *Journal of Health Psychology*, *1*(1), 7–21. https://doi.org/10.1177/135910539600100102 **(please read pages 4-15 only)**

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| **COURSE CONTENT OUTLINE** |
| **Topic** | **Assignments and Articles** |
| **Week 1**  |
|  | Introductions; Review of Syllabus  |  |
| **Week 2**  |
|  | Mental health promotion and prevention | READ: Marks, 1996 (4-15) |
|  | The Autonomic Nervous System & Polyvagal Theory | **May 24th, class on Zoom** |
| **Week 3**  |
|  | The Benefits of Play | READ: Discovering the Importance of Play Interview with Brown |
|  | **SUBMIT: Vlog 1** |
| **Week 4**  |
|  | Fostering Healthy Attachment | **SUBMIT: Journal 1****June 7th, class on Zoom** |
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| **Week 5**  |
|  | The Impact of Stress:ACES, PTSD, C-PTSD | READ: Conroy, 2022 |
|  | READ: Davies, 2022 |
| **Week 6**  |
|  | Body Image and relationships | **SUBMIT: Vlog 2** |
|  | READ: Gerhardt, 2020**June 21st, class on Zoom** |
| **Week 7** |
|  | Eating Disorders | **SUBMIT: Journal 2** |
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|  **Week 8**  |
|  | Sesame Street and the role of television | **July 12th, class on Zoom** |
|  | READ: Kay, 2022 and Bohlman, 2022 |
|  **Week 9** |
|  | Mindfulness, Spirituality, and Religion |  |
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|  **Week 10**  |
|  | Self-care and restorative well-being | **July 26th, class on Zoom****Final Presentation** |
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**Assignments:**

Assignments are due at 11:59 PM on Tuesday night of each week. Canvas is considered the official time stamp for assignments. Assignments turned in after the indicated time on Canvas are subject to point deduction. Late papers/assignments will receive a 10% deduction in grade for each business day they are late.

**A. Vlog 1**

(10 pts) - Record and upload a 3–5-minute **video (audio with the camera on)** where you define three terms that you learned in this class *in your own words*. Then discuss how you are going to apply what you learned to your own life. How does learning about the brain and the nervous system benefit you personally? What insights have you gained? What questions are you pondering?  The goal is for you to be honest, direct, and thoughtful about what you’re learning.

**B. Journal 1**

(10 points) – Write a brief reflection on the importance of play. What information was new to you? Where do you disagree/agree? *What life circumstances have shaped your opinions?* Discuss your play personality and explain what shaped it. How did you play as a child? How do you play as an adult? **Your journal must be at least TWO pages long and utilize APA format (typed, double-spaced, 12-point Times New Roman, and use 1.0-inch margins).**

**C. Vlog 2**

(10pts) - Record and upload a 3–5-minute **video (audio with the camera on)** where you define three terms that you learned in this class about ACES (use your own words). How does learning about ACES benefit you personally? What insights have you gained? What questions are you pondering?  The goal is for you to be direct and thoughtful about what you’re learning.

**D. Journal 2**

(10 points) - Summarize what you have learned about body image. *What life experiences have shaped* ***your*** *opinions?* Discuss how the material we covered in class has influenced the way you understand your relationship with food, movement, and your body. What is your understanding of body politics, body liberation, and body respect? **Your journal must be at least TWO pages long and utilize APA format (typed, double-spaced, 12-point Times New Roman, and use 1.0-inch margins).**

**E. Class Activity**

(50 points) - You will be graded upon participation and completion of a set number of exercises. You must be in class on the days noted in the syllabus to receive participation points.

**F. Presentation**

(10 points) – You will select a topic related to mental health prevention and promotion. You will present for 20 minutes on this topic, covering the following aspects:

* Define and explain your topic of interest (2)
* Provide a literature review on the topic (3)
* Explain how this topic impacts different people and their intersecting identities. Attend to and explain cultural contexts, multicultural aspects, and social justice (3)
* Discuss future directions that research could expand on (1)
* Discuss how your own identities and life experiences shape and influence your understanding of this topic (1)

**H. Extra Credit Opportunities** The College of Education has a subject pool operated through SONA. The system provides students access to sign up for research studies for extra credit. These studies can be in person or online. You received an email from the SONA administrator asking that you log in to the system and create a password. If you are struggling to access this, please email sona@auburn.edu.

For every SONA credit you earn, you earn 2 cumulative bonus points **(NOT points on your final grade)**. No more than 6 extra credit points can be applied to your grade through SONA. If you have questions about how these extra credit points are applied, please email me. If you have questions about participating in studies, please email sona@auburn.edu

**Grading Scale:**

All assignments must be completed. Grades will be based on total point accumulation in the course:

Journal 1 10

Journal 2 10

Vlog 1 10

Vlog 2 10

Final Presentation 10

Class Participation 50

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Total Points 100

A 90-100%; B 80-89%; C 70-79%; D 60-69%; F <60%

**Class Policy Statements**

**Name/Pronoun Statement:** Please advise me of your name and pronouns early in the semester (either via email or in person).

**Attendance:** Attendance is expected and crucial. You are responsible for all class material covered in your absence. I appreciate that emergencies happen but do not happen each week. Please use good manners regarding your cell phone.

**Excused Absences**: When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall notification occur more than once a week after the absence. Appropriate documentation for all excused absences is required. Please see university policies for additional information on absences.

**Religious/Cultural Observance**: Persons with religious or cultural observances that coincide with this class should let me know in writing before the date of said religious or cultural observance.  I strongly encourage you to honor your cultural and religious holidays!  However, if I do not hear from you, I will assume that you plan to attend all class meetings.

**Personal Technology**: The use of a laptop, tablet or any other device for taking notes or otherwise participating in class is permitted. However, please do not use a personal device for any purpose unrelated to our class. All devices should be silenced. Cell phones should be put away, except in the rare instance that I ask you to use them for an activity. If there is a serious need to leave your cell phone on, such as a family emergency, please let me know.

**Email**: Outside of class, I will communicate primarily through Canvas. Therefore, all students are expected to regularly check their Canvas inbox and announcement section for class updates. Additionally, if you have any questions regarding class material, feel free to email me using your official Auburn email. If you do not receive a response from me within 24 to 48 hours of sending an email, please be sure to follow up with me.

**Recording**: To create a safe classroom and learning environment and to respect students’ rights to privacy, recording of class is prohibited. This includes audio and video recordings.

**Class Cancellation**: If a class is canceled or the university closes, I will post the planned class activities on canvas, and students are responsible for completing these assignments.

**Make-Up Policy**: Arrangements to make up a missed in-class activity, or presentation due to **properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absence(s).**

**Late papers/assignments will receive a 10% deduction in grade for each day they are late.**

**Academic Honesty**: The University Honesty Code and the university policies, see the website at https://sites.auburn.edu/admin/universitypolicies/default.aspx for more information, pertaining to cheating will apply to this class. Much plagiarism occurs because of missteps in regard to reading, note-taking, and citation practices, procrastination, and/or panic. Care, timeliness, and communication will eliminate most of the risk. If you have questions about whether you should give credit to a source in your work, you may clarify it with me. In general, though, I recommend always citing sources you have consulted as well as those you borrow from directly. If you have difficulty with an essay, please contact me immediately!

**Disability Accommodations**: Students who need accommodations are asked to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

**Student Mental Health and Well-Being:** If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available. For help, contact **Student** **Counseling and Psychological Services (SCPS)** at **(334) 844-5123and** <http://wp.auburn.edu/scs> during and after hours, on weekends and holidays, or through its counselors physically located in the Medical Clinical and Haley Center. The East Alabama Mental Health Center has a toll-free number that may be called 24 hours a day, 365 days a year for emergencies **800-815-0630**.

**Professionalism**: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:

a. Engage in responsible and ethical professional practices

b. Contribute to collaborative learning communities

c. Demonstrate a commitment to diversity

d. Model and nurture intellectual vitality

**Title IX:**  Auburn University is committed to providing an environment that is free from discrimination and harassment based on protected class. If you believe you have been the victim of harassment or discrimination based on race, color, religion, national origin, disability, age, or sex (including sexual orientation, gender identity, and gender expression), we encourage you to report it. If you report sexual assault or sexual misconduct to a faculty member, the faculty member is obligated to notify the University’s Title IX Coordinator about the basic facts of the incident. For more information about your Title IX reporting and resource options at Auburn University, please go to: [www.auburn.edu/titleix](http://www.auburn.edu/titleix)

*Course Policies Adapted for Use from CRLT, University of Michigan.*