

NIAGARA UNIVERSITY
DEPARTMENT OF LEADERSHIP and COUNSELING
SUMMER 2009

A. Course Number and Title

EDU 659-Wellness and the Counseling Process

B. Number of Credits

Three (3) credit hours

C. Course Description

This course will focus on the personal wellness/innate mental health of the helper as being a primary resource for helping. Students will be introduced to the personal wellness counseling experience as active participants utilizing Niagara University's Counseling Services personal wellness resources. Personal wellness counseling will facilitate a student's healthy, psychological functioning and their unique experiential awareness of the core inner dimension of helping: genuineness, unconditional positive regard, empathy and presence. This inner experiential awareness will support and encourage a dialogue way of living, a life long personal process of listening and responding to self, others and community.

D. Methods of Teaching

This course is based on a student centered, experiential learning model, utilizing personal wellness resources that evoke innate mental health and the healthy, psychological functioning/well being of the student. Teaching approaches are directed towards facilitating students experiencing their personal inner process, utilizing personal wellness readiness, relaxation training, meditation, journaling, judgment-free witnessing, visualizations, affirmations, releasing skills, emotional self-regulation and coherence-building techniques, brief therapy self-care techniques, healing gift of laughter, person-to-person support and community service.

E. Course Objectives

The overall objective of the course provides students with inner experiences that engage them in a process of developing ways of being that foster healthy, psychological functioning and the realization of innate personal wellness. The following competencies will be developed in the student as a result of his/her participation in the course:

1. Developing ways of being that pay attention to self, others and community
2. Developing ways of being that are compassionate to self, others and community
3. Developing ways of being that are optimistic to self, others and community
4. Developing ways of being that appreciate and experience the healing gift of laughter regarding self, others and community
5. Developing ways of being that celebrate differences
6. Developing ways of being that are creative

7. Developing ways of being that are person-centered
8. Developing ways of being that are beauty seeking
9. Developing ways of being that are servicing

F. Outline of Course Content

Experiencing Personal Wellness Counseling Process

1. Entering Inner Atmosphere
 - a. Inner process meditation
2. Working in Life Process
 - a. Inner process journaling
3. Personal Wellness Resources
 - a. Experiencing Counseling Services personal wellness resources
4. Person-To-Person Support
 - a. Silence
 - b. One-to-one
 - c. Group
5. Sharing Inner Atmosphere (community service)
 - a. Self
 - b. Another
 - c. Community

G. Course Requirements

1. Guidelines for Working/Learning/Being Together
 - a. confidentiality
 - b. respect self and others
 - c. suspend judgment
 - d. commitment to experiencing
2. Regular Attendance
The course being primarily experiential, a student's attendance is essential. Attendance will be taken. Poor attendance will affect the final grade for the course.
3. Assignments
 - a. Daily practice:
 - Experiencing personal wellness readiness
 - Working in inner process journal
 - Experiencing personal wellness resources
 - Experiencing Community Services
 - b. Readings:

- Anam Cara, A Book of Celtic Wisdom, by John O'Donohue
 - Transforming Stress, by Doc Childre and Deborah Rozman, Ph.D.
 - Slowing Down to the Speed of Life, by Carlson & Bailey
 - The Relaxation and Stress Reduction Workbook by Davis, Eshelman & McKay
 - Tapping The Healer Within by Roger Callahan, Ph.D.
 - Suggested texts
 - Class handouts
 - Self directed
- c. Tapes:
- Counseling Services Resource Library
 - Self directed
4. Term Project
- a. Keeping a Personal inner process journal (not to be handed in or evaluated any way by anyone)
- b. Process Report on your personal growth during the course experiences: personal wellness readiness, relaxation training, meditation, journaling, judgment-free witnessing, visualizations, affirmations, releasing skills, emotional self-regulation and coherence-building techniques, brief therapy self care techniques, healing gift of laughter, person-to-person support and community service, working in small and large groups, and any other self observation you might have from other personal growth activities as part of the course or outside course. Please type or clearly write your process report. Prepare 2 copies, one for yourself and one to be handed in).
- c. Personal Wellness Project you choose to do
- d. Student Portfolio: Students are encouraged to choose from materials in the above term project for entries in their portfolio
5. Grading System
- a. Satisfactory
- b. Unsatisfactory

H. Student Disclosure

Any student eligible for and needing academic adjustments or accommodations because of a disability is requested to speak with the professor no later than the first two weeks of class. Students should also notify the Coordinator of Specialized Services located in Seton Hall of their particular situation and special needs. The University will make reasonable accommodations for persons with documented disabilities.

I. Attendance:

Attendance is considered an indicator of professional commitment and responsibility. Candidates are expected to attend all classes. Absences are permitted only for illness or serious personal matters. Excessive absences may jeopardize a

student's course grade. A phone call, e-mail message, or not delivered to the instructor is required if you expect to miss a class.

J. Other

1. Office hours – as scheduled with the professor by appointment in advance.
2. Location of office – Lower level Seton Hall Counseling Services
3. Phone Office - 716-286-8536
Home – 716-754-7849
4. Email tmm@niagara.edu