

Justice Institute of British Columbia COURSE OUTLINE

Course Code: COUNS127

Course Title: Creating Hope: Explorations in Art for Reflective Practice in Counselling with Children, Youth, Families and Communities

Prerequisite Courses:

Sponsoring Division: Community and Social Justice Division, Centre for Counselling and Community Safety

Previous Course Code & Title:

Course Effective Date:

# of Credits:	1.0
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Course Description:

This course will explore philosophical principles, theories, and values behind creating hope in counselling and therapy. This will include an experiential use of art in reflective practice to explore the curative factor of hope in counselling. The course will provide an opportunity to be alongside colleagues utilizing art materials and group wisdom to cultivate the concept of hope in counselling and treatment. Group dialogue will be generated through instruction, exercises, and image making. The intention is to work within the practitioners' search for meaning when engaging in the precarious areas of child, adolescent, and adult self-harm as well as the multiple complex traumas of suicide, depression, and anxiety. We will also further identify what skills, attitudes, and knowledge we draw upon to generate hope in ourselves and the children, families, and communities with whom we work.

Course Goal(s):

The goal of this two day, fourteen hour course is to develop participants' ability to generate hope in counselling practice with children, youth, families and communities.

Course Learning Objectives:

Upon successful completion of this course, the learner will be able to:

1. Learn from each other/ share what we know and 'do'. The course will provide an opportunity to be alongside colleagues utilizing art materials and group wisdom to cultivate explorations of the benefits of hope in counselling and treatment in relation to the question: "What is hope, and how does it relate to my counselling practice?"
2. Identify what skills, attitudes, and knowledge we draw upon to generate hope in ourselves, the children, families and the communities with whom we work.
3. Review and identify core concepts and research exploring the intersection of hope and counselling.
4. Utilize art and writing exercises for reflective practice to generate self-reflection.

Course Topics/Content:

- Concepts of risk and hope within the interface of counselling practice.

- Practitioner's search for meaning when engaging in the precarious areas of child, adolescent and adult self-harm as well as the multiple complex traumas of suicide, depression and anxiety.

Text and Resource Materials: Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

Required:

Recommended:

Course Level:

x	First Year		Second Year		Third Year		Fourth Year
	Other (describe):						

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	14.0			

Comments on Delivery Methods:

Related Program(s): (where applicable)

Credit Transfer exists at: (List Institutions with official transfer agreements and name equivalent courses)

Course Grading System:

Check the system that applies to this course:

	Letter Grades		Percentage		Pass/Fail	X	Credit/No Credit
	Complete/Incomplete		Attendance Only		Not Applicable		

Passing Grade:	Credit Granted
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	F	0.00	0-49

Evaluation Activities and Weighing: (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation:

100% attendance in all classes.

Active contribution to small and large group discussions and activities.

Other Course Guidelines, Procedures and Comments:

View the Justice Institute of BC Policies listed below at:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy
Harassment Policy
Prior Learning Assessment Policy
Student Code of Conduct

Academic Appeals Policy
Intellectual Property Rights Policy
Research on Human Subjects: Ethics
Student Records