

## Justice Institute of British Columbia COURSE OUTLINE

**Course Code:** EP214

**Course Title:** Mask and Mirror: The Many Faces of Shame

**Prerequisite Courses:**

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

**Previous Course Code & Title:**

**Course Effective Date:**

<b># of Credits:</b>	1.0
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### **Course Description:**

Shame is a primal human response to a loss of mutuality or of power within relationship. Changing power dynamics within family, groups or community is possible without a loss of dignity or individual integrity. Participants will examine the central role of shame in the dynamics of trauma, abuse, addictions, attachment, eating disorders and dissociative states of consciousness. Participants will gain knowledge and skills for addressing clients' experiences of shame through lecture, discussion, case presentations and experiential learning.

### **Course Goal(s):**

At the end of this two day, 14 hour course, participants will be able to discuss the dynamics of shame, in order to facilitate their ability to ameliorate the symptoms of shame within social contexts and in the clinical or coaching setting.

### **Course Learning Objectives:**

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

1. Explain cultural and psychological definitions of shame
2. Identify physical expressions of shame
3. Describe 3 models of the psychodynamics of shame;
  - a. Tomkin's affect theory;
  - b. Kaufman's need-identity theory; and
  - c. Jones-Callahan's mindfulness-based theory psychotherapy
4. Apply mindfulness-based counseling and coaching skills to client situations involving shame issues

### **Course Topics/Content:**

- Discussion of shame
- Review of shame in the context of trauma
- Introduction to mindfulness-awareness training
- Mindfulness-based developmental model of the psychodynamics of shame

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

**Required:**

**Recommended:**

**Course Level:**

<input checked="" type="checkbox"/>	First Year	<input type="checkbox"/>	Second Year	<input type="checkbox"/>	Third Year	<input type="checkbox"/>	Fourth Year
<input type="checkbox"/>	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			
<b>Total Class Hours</b>	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:*

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input type="checkbox"/>	Pass/Fail	<input checked="" type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

<b>Passing Grade:</b>	Credit Granted
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*JIBC Standard Grading Scale for Letter, Grade Point and % Grades:*

Letter Grade	Grade Points	% Range
A+	4.33	90-100
A	4.00	85-89
A-	3.67	80-84
B+	3.33	76-79
B	3.00	72-75
B-	2.67	68-71

Letter Grade	Grade Points	% Range
C+	2.33	64-67
C	2.00	60-63
C-	1.67	56-59
D	1.00	50-55
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