COUN 5540: Women’s Emotional Health
Course Syllabus

**CATALOG DESCRIPTION**

Examination of counseling intervention techniques that are effective with women who have emotional, physical or spiritual health concerns. Such concerns may include, but are not limited to, victims of domestic violence or rape; survivors of childhood abuse; and sufferers of eating disorders, body-image dissatisfaction, low self-esteem, cancer, premenstrual syndrome and menopause.

Prerequisite: Consent of instructor.

**GOALS OF THE COURSE**

Students will learn emotional, physical and spiritual health issues specific to counseling women throughout the life span.

**LEARNING OBJECTIVES**

- Understand how various traditional counseling theories support or discriminate against women.
- Gain knowledge of contemporary counseling theories to guide counseling of women clients.
- Identify a variety of women's emotional health issues and describe various counseling approaches that assist women to move through these issues and toward greater health.

**CORE CURRICULAR EXPERIENCES COVERED**

There are no CACREP core curricular experiences covered in this course. This course is an elective.

**Course content:**

Students will gain enhanced awareness and learn counseling approaches for a variety of women’s health issues, including:

- social and political discrimination, especially wage and job discrimination
- theoretical biases in traditional counseling
- gender sensitive counseling theories and therapy approaches
- abuse: emotional/verbal and physical abuse, domestic violence, rape, childhood molestation
- other violence against women, especially international concerns such as: sex trafficking/slavery, female
genital mutilation, women of war
• intimacy and healthy relationships
• eating disorders and body image dissatisfaction
• assertiveness training and effective communication
• self-esteem enhancement
• dealing with stress disorders, depression disorders and anxiety disorders, non-suicidal self-injury, seasonal affective disorder
• diversity: women of color, immigrant women, women with disability, lesbians, senior women, and adolescent women
• premenstrual syndrome, pregnancy, postpartum outcomes, menopause
• counseling women with physical illness, i.e., cancer, fibromyalgia, etc.

**METHODS OF INSTRUCTION**

Instructional methods might include lecture, discussion, films, readings, student presentations, and student written examination to reach learning objectives. The instructor only assumes responsibility for providing some of the conditions that allow or encourage involvement. The degree to which you, the student, become involved will be a function of your own goals for this experience and the responsibility and initiative you assume for implementing your choice of goals.

**REQUIRED TEXTS, READINGS, AND MATERIALS**


**STUDENT PERFORMANCE EVALUATION CRITERIA AND PROCEDURES**

Attendance & Participation 5 %
Completion of All Reading Assignments 5 %
Personal Power Project 25 % (includes class presentation)
Take Home Written Exam (open book) 65%
(You must do your own work, no sharing of ideas or answers is allowed for exam.)

**Tentative Course Schedule – For Official Class Calendar See Separate Document**

<table>
<thead>
<tr>
<th>Date</th>
<th>Reading Material to be Covered:</th>
<th>Lecture Topic</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Folder One contents on Blackboard Learn. Use the form posted in Folder One to rank films from the list to be shown on future dates – turn in form to instructor. Text 1 Chaps. 1 &amp; 2. Text 2 Chaps. 1 thru 7.</td>
<td>Gender Bias &amp; Discrimination; Social, Cultural, Historical, Political Issues.</td>
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<td>Week 2</td>
<td>Folder Two contents on Blackboard Learn. Text 1 Chap. 4 (from beginning thru Mindful Self-Exploration). Text 2 Chaps. 8, 9, 10, 44, 45, &amp; 46.</td>
<td>Women Balancing Biology and Opportunity; Relational Cultural Theory &amp; Therapy; Feminist Therapy.</td>
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<tr>
<td>Week</td>
<td>Folder/Documentary</td>
<td>Topic</td>
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| Week 4  | Folder Four contents on Blackboard Learn.  
Text 1 Chaps. 6, 7 & 9.  
Text 2 Chaps. 12 & 24.  
Text 3 pp. 1-153 (bring text 3 to class today). | Love, Intimacy & Healthy Relationships.  
Lesbian, Bisexual, Transgender Issues.  
Verbal/Emotional & Physical Abuse |
| Week 5  | Documentary Film Night One. | Film(s) will be shown that have been selected by the class as a group. |
| Week 6  | Folder Five contents on Blackboard Learn.  
Text 1 Chaps. 3, 4 & 8 (section on Body Image/Eating Disorders), and 10 & 11.  
Maintaining a Healthy Lifestyle.  
Media Representations of Women. |
| Week 7  | Folder Six contents on Blackboard Learn.  
Text 1 Chaps. 4 & 5  
Text 2 Chaps. 34, 35 & 36 | Stress, Depression & Anxiety.  
Non-suicidal self-injury, Seasonal Affective Disorder, Borderline Personality Disorder.  
Substance Use. |
| Week 8  | Folder Seven contents on Blackboard Learn.  
Text 2, Chap. 11. | Violence against women.  
Sexual assault. Sex trafficking. |
| Week 9  | Folder Eight contents on Blackboard Learn.  
Text 1 Chap. 1.  
Developmental concerns. |
| Week 10 | Folder Nine contents on Blackboard Learn.  
Text 1 Chap. 1.  
Text 2 Chaps. 13, 14 & 27 thru 33. | Workforce and Career Issues for Women.  
Poverty Issues.  
Normative Issues. |
| Week 11 | Documentary Film Night Two. | Film(s) will be shown that have been selected by the class as a group. |
| Week 12 | In-class Presentations | Personal Power Projects |
| Week 13 | In-class Presentations (continued) | Personal Power Projects |
| Week 14 | Last Class Meeting.  
Folder Ten contents on Blackboard Learn.  
Text 1 Chaps. 12 thru 16.  
Text 2 Chaps. 38, 39, 40, 41, 42 & 43 | Health Issues for Women. |
| Week 15 | No class meeting, final exam due by 8:20 p.m. by e-mail (if not already turned in) | Turn paper version of exam in at last class meeting, or e-mail it to me by deadline posted. You are welcome to turn in exam early time by paper or E-mail. |

**SYLLABUS ADDENDUM**

**Succeed at UNT:**

- Show Up
- Find Support
- Take Control
- Be Prepared
- Get Involved
- Be Persistent

**Academic Integrity and Academic Dishonesty**
Academic Integrity is defined in the UNT Policy on Student Standards for Academic Integrity. Academic Dishonesty includes cheating, plagiarism, forgery, fabrication, facilitating academic dishonesty, and sabotage. Any suspected case of Academic Dishonesty will be handled in accordance with University policy and procedures. Possible academic penalties range from a verbal or written admonition to a grade of “F” in the course. Further sanctions may apply to incidents involving major violations. The policy and procedures are available at: http://vpaa.unt.edu/academic-integrity.htm.

Acceptable Student Behavior

Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The university’s expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at www.deanofstudents.unt.edu

Disability Accommodation

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at http://www.unt.edu/oda. You may also contact them by phone at 940.565.4323.

EagleConnect

All UNT students should activate and regularly check their EagleConnect (e-mail) account. EagleConnect is used for official communication from the University to students. Many important announcements for the University and College are sent to students via EagleConnect. For information about EagleConnect, including how to activate an account and how to have EagleConnect forwarded to another e-mail address, visit https://eagleconnect.unt.edu. This is the main electronic contact for all course-related information and/or material.

Emergency Notifications and Procedures

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Blackboard for contingency plans for covering course materials.

Observation of Religious Holy Days

If you plan to observe a religious holy day that coincides with a class day, please notify your instructor as soon as possible.
Retention of Student Records

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Blackboard online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about students’ records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University’s policy.

Sexual Discrimination, Harassment, & Assault

UNT is committed to providing an environment free of all forms of discrimination and sexual harassment, including sexual assault, domestic violence, dating violence, and stalking. If you (or someone you know) has experienced or experiences any of these acts of aggression, please know that you are not alone. The federal Title IX law makes it clear that violence and harassment based on sex and gender are Civil Rights offenses. UNT has staff members trained to support you in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, helping with legal protective orders, and more.

UNT’s Dean of Students’ website offers a range of on-campus and off-campus resources to help support survivors, depending on their unique needs: http://deanofstudents.unt.edu/resources_0. Esther Oppong is UNT’s Student Advocate and she can be reached through e-mail at SurvivorAdvocate@unt.edu or by calling the Dean of Students’ office at 940-565-2648. You are not alone. We are here to help.

Student Perceptions of Teaching (SPOT)

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be made available during weeks 13 and 14 of the long semesters to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey they will receive a confirmation email that the survey has been submitted. For additional information, please visit the spot website at www.spot.unt.edu or email spot@unt.edu.

Campus Carry Notification [if applicable]

The class meets in a UNT facility in which the legal carrying of a concealed firearm by an LTC permit holder is prohibited. Please refer to campuscarry.unt.edu for more information.