

CO5850.01 **CRN: 20119** **SEMINAR & INTERNSHIP IN SCHOOL COUNSELING**
UPDATED
Plymouth – Counseling Center
1 – 6 Credits
Gary Goodnough ggoodno@plymouth.edu
Shirley Jacob sjacob@plymouth.edu
Sandra Ramsay sandy@plymouth.edu

Please note that the December classes (12/4, 12/11 & 12/18) will meet in the Counseling Center. All other classes (January & February) will be held in Lamson 202.

Thursday 5:30PM – 7:30PM 12/4, 12/11, 12/18, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26

Personal, educational and career guidance and counseling experiences performed under supervision of a certified counselor and conducted in a public school setting. In addition to the required field experiences totaling 600 hours, students must attend seminar meetings on campus with fellow student interns and the Plymouth supervisor to exchange viewpoints and feedback. Designed to be the culminating experience in the Counselor Education program. Prerequisite: Completion of all required courses, school counseling and consent of instructor.

CO5880.COP **CRN: 20035** **SEMINAR & INTERNSHIP IN MENTAL HEALTH COUNSELING**
Concord (2 Pillsbury Street) – Off Campus Location
1 – 12 [Syllabus](#)
Credits
Heather McNally hmcnally@plymouth.edu
Wednesday 5PM – 7PM 12/3, 12/10, 12/17, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18

A 900-hour clinical counseling experience under supervision and conducted in a mental health counseling setting. Students must attend an on-campus seminar with fellow student interns that provides an opportunity for case presentation and professional development. Designed to be the culminating experience in the Mental Health Counseling concentration. Students must provide evidence of liability insurance. Prerequisites: completion of all required courses in the Mental Health Counseling concentration and consent of the Plymouth internship supervisor. Variable and repeatable.

HH - PATH (Paths and Approaches to Transformation and Healing)

HH5570.WV **CRN: 20051** **MINDFULNESS MEDITATION: THEORY & PRACTICE**
Silver Fox Inn, Waterville Valley, NH – Off Campus Location
3 Credits
Nancy Puglisi npuglisi@plymouth.edu
Students must register by 12/26/08. Mandatory pre-reading assignments are available in Blackboard (WebCT) which is accessible through the myPlymouth portal. This is a residential course packaged with an additional meals & room fee of \$345.
Friday 9AM – 9PM 1/9
Saturday 9AM – 9PM 1/10
Sunday 9AM – 5PM 1/11

Mindfulness Meditation Theory and Practice examines the theoretical basis for the use of meditation as a healing tool. In a meditative retreat format, participants learn and practice various types of meditation such as body scan, sitting, walking, eating and music meditation. Extended periods of practice and interspersed with discussion, reflection, presentation and small group work.

HL - Health Education

HL5150.01 **CRN: 20044** **EATING DISORDERS CLINICAL**
Plymouth – Draper and Maynard Hall 404
1 – 3 Credits
Margaret Burckes-Miller margaret@plymouth.edu
Please contact instructor (margaret@plymouth.edu) to arrange additional meeting dates & times.
Friday 5PM – 9PM 12/5

This clinical experience is a capstone course for those enrolled in the eating disorders certificate program. Students will be able to choose a focus on awareness, prevention, and education experience or a clinical experience working in an eating disorders treatment facility for 120 hours. Prerequisite: 12 credits of Eating Disorders certificate program.

HL5560.OL **CRN: 20042** **ST:ISSUES IN HEALTH & FITNESS**
Online Course
3 Credits [Syllabus](#)
Carla Maslakowski cmaslakowski@plymouth.edu

This is an online course using Blackboard (WebCT). Online sessions begin 12/1/2008 and end 2/28/2009.

This course will review some of the major disorders and issues in health today and agents used to treat them. This includes the following: hypertension, asthma, migraine, cholesterol, constipation, insomnia, performance enhancing drugs, weight control, pain management, sports injuries, and the common cold.

HL5560.01 **CRN: 20139** **ST:MIND BODY TECHNIQUES**
Plymouth – Draper and Maynard Hall 404
3 Credits
Margaret Burckes-Miller margaret@plymouth.edu
Friday 5PM – 9:30PM 12/5, 1/2
Saturday 8:30AM – 4:30PM 12/6, 1/3
Sunday 8:30AM – 4:30PM 12/7, 1/4

The focus of this course will be to introduce the student to mind-body techniques for stress management and health issues. Some of the techniques will include yoga, breathing, meditation, progressive relaxation, imagery and massage as well as an introduction to the field of integrative medicine. Some of the therapies discussed will include energy medicine, aromatherapy and acupuncture.

HP - Health Promotion

HP5090.01 **CRN: 20047** **MIND BODY TECHNIQUES FOR STRESS & HEALTH**
Plymouth – Draper and Maynard Hall 402 Margaret Burckes-Miller margaret@plymouth.edu
3 Credits
This course has an online component using Blackboard (WebCT).
Friday 5PM – 9:30PM 12/5, 1/2
Saturday 8:30AM – 4:30PM 12/6, 1/3
Sunday 8:30AM – 4:30PM 12/7, 1/4

The focus of this course will be to introduce the student to mind-body techniques for stress management and health issues. Some of the techniques will include yoga, breathing, meditation, progressive relaxation, imagery, and massage as well as an introduction to the field of integrative medicine. Some of the therapies discussed will include energy medicine, aromatherapy, and acupuncture. Will be accepted as one credit in stress management. Offered Spring Term of even years.

HP5240.01 **CRN: 20046** **FIRST AID AND CPR**
Plymouth – Draper and Maynard Hall 404 Margaret Burckes-Miller margaret@plymouth.edu
1 Credit
Monday 5PM – 9:30PM 1/5
Wednesday 5PM – 9:30PM 1/7
Friday 5PM – 9:30PM 1/9

First Aid and CPR is designed to certify individuals in cardiopulmonary resuscitation and basic first aid. Includes breathing and cardiac emergencies for adults, children and infants, and advanced airway management skills. Students will have the opportunity to be certified in First Aid and CPR at the end of the course. Offered Spring Term of even years.

HP5250.OL **CRN: 20149** **CONSUMER HEALTH**
Online Course Irene Cucina icucina@plymouth.edu
1 Credit
This is an online course using Blackboard (WebCT). Online sessions begin 12/1/08 and end 2/28/09.

The focus of this course is to identify content, resources, materials, and instructional strategies for providing consumer education to various populations. Students will discuss key issues including legal and ethical considerations, curriculum development and resources for the school and community setting. The relationship of consumerism and health will be the underlying theme of this professional preparation course. This is an online course and is offered each term.

HP5560.01 **CRN: 20048** **CPR/AED AND FIRST AID INSTRUCTOR**
Plymouth – Draper and Maynard Hall 404 Margaret Burckes-Miller margaret@plymouth.edu
1 – 4 Credits
Friday 5PM – 9:30PM 1/16
Saturday 5PM – 9:30PM 1/17
Sunday 9AM – 5PM 1/18, 1/25

This course will cover various topics in Health Promotion.

SY - School Psychology

SY6300.01 **CRN: 20036** **SOCIAL/EMOTIONAL/BEHAVIORAL ASSESSMENT**
Plymouth – Rounds Hall 107 Leo Sandy lsandy@plymouth.edu
3 Credits [Syllabus](#)
Tuesday 5PM – 8:45PM 12/2, 12/9, 12/16, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17

To provide a clear, balanced presentation of the learner's social/emotional characteristics. The student will be introduced to the areas of assessment of behavior by interview, observation and norm-referenced techniques. Functional behavior assessment will also be addressed. Objective and projective techniques will be introduced and the student will have the opportunity to learn about the history and practical administration of these instruments.

SY6800.01 **CRN: 20092** **SEMINAR & INTERNSHIP IN SCHOOL PSYCHOLOGY**
Plymouth – Rounds Hall 104 Jonas Taub jtaub@plymouth.edu
4 Credits
Monday 5PM – 8:45PM 12/1, 12/8, 12/15, 12/29, 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23

As the culminating component in the School Psychology Program, this field experience will be done in a public school setting under the supervision of a certified school psychologist. Students will also attend a seminar on campus to discuss their experiences, present psychological evaluations and interventions, and engage in mutual problem solving relative to dilemmas and issues encountered in the field experience. Prerequisites include completion of all required courses and permission of the internship instructor.