

Lesson Plan: Ethics and Wellness Teaching Demonstration

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Lesson Theme Description: This lesson will be part of a series on ethics and the importance of wellness for professional counselor identity, to be incorporated as a part of the course CMHC 501, *Ethical and Legal Issues in Counseling*.

Learning Outcomes:

1. Students will be able to explain the importance of wellness in adhering to legal and ethical standards for the counseling profession.
2. Students will review the wellness wheel activity and discuss ways to apply their wellness plan in the upcoming week.
3. Students will be able to identify various examples of wellness in the six identified domains of physical, spiritual, financial, intellectual, social, emotional.

Resources: Internet connection, PowerPoint “Legal and Ethical Challenges in Counseling: Ensuring Wellness in Practice”

American Association for Christian Counselors (2023). *AACC code of ethics*.

https://aacc.net/wp-content/uploads/2023/10/AACC_Code-of-Ethics-2023_FINAL.pdf

American Counseling Association. (2014). *2014 ACA code of ethics*.

<https://www.counseling.org/docs/default-source/default-document-library/ethics/2014-aca-code-of-ethics.pdf>

American Association for Marriage and Family Therapy. (2015). *AAMFT code of ethics*.

Retrieved from https://www.aamft.org/AAMFT/Legal_Ethics/Code_of_Ethics.aspx

Council for Accreditation of Counseling and Related Educational Programs. (2024). *2024 CACREP standards*.

<https://www.cacrep.org/wp-content/uploads/2024/04/2024-Standards-Combined-Version-4.11.2024.pdf>

Remley, T. & Herlihy, B. (2024). *Ethical, legal, and professional issues in counseling* (7th ed.). Pearson.

Sanders, R. (2013). *Christian counseling ethics: A handbook for psychologists, therapists and pastors*. IVP Academic.

University of California, Irvine. (2015). *Assessing your life balance*. Retrieved from

<https://studentwellness.uci.edu/wp-content/uploads/2015/04/Assessing-Your-Life-Balance.pdf>

Class Knowledge: Students have already read the *ACA Code of Ethics*, *AACC Code of Ethics*, and the *AAMFT Code of Ethics*. They will have received three prior lessons and discussions regarding ethics in the counseling profession prior to this course, so ethics will only be reviewed

briefly at the beginning of the lesson, particularly highlighting the importance of self-care and wellness in the profession.

Strategies:

- *Pre-class work* – students will complete the *Assessing Your Life Balance* worksheet to be prepared for class discussion on wellness and their personal insights.
 - *Chart* – This pre-class assignment provided a visual representation of student’s wellness to increase self-awareness and insight.
- *Lecture* – I will use some lecture strategies to overview sections of the AACC, ACA, and AAMFT ethical codes that discuss wellness.
- *Think-Share* – I will pause on reflective questions to provide students time to think and then reflect on what various things mean to them. There was not enough time to ‘pair’, but I would likely use this with a longer class time.
- *Active learning* – students were encouraged to reflect on what they learned about themselves and how they can apply this to their wellness plan in the coming weeks.
- *Problem solving* – Class discussion included various barriers to completing self-care and how they can address this in their own lives.

Timeline:

Time allotted	Teaching Activity	Resources Needed	Rationale
1 minute	Introduction of topic, review of learning outcomes	PowerPoint introduction slide	I want to orient them to the topic and provide a quick overview of what they can expect to learn.
2 minutes (think), 3 minutes (share)	Prompt of “what do you think when you hear the word ‘wellness’?. Will also reflect on what they learned from the homework activity (Wellness Wheel), including a prompt on discussing their favorite wellness activities.	PowerPoint slide with question Homework activity: <i>Assessing your Life Balance</i> aka “Wellness Wheel”	I want to incorporate homework into the discussion and encourage reflection on new insights about their own wellness.
4 minutes	Lecture on 3 ethical codes (ACA, AACC, and AAMFT) and CACREP standards related to self-care in the profession.	2 PowerPoint slides with the material.	I want to encourage the students to think critically about the codes and the differences between them.

	Will encourage reflection on the codes via discussion – compare the differences between the codes. Will use the prompt “what do you notice about these codes”?		Which codes are clearer or provide additional directives? What is missing from the codes?
2 minutes (think), 3 minutes (share)	Prompt of “what do you think of when you hear the word ‘burnout’?” Will review previously identified warning signs of burnout.	PowerPoint slide with question	I want to encourage reflection and discussion on the personal meaning of burnout and potential warning signs as a professional counselor.
4 minutes	Review of why self-care is difficult with discussion on what this means for the students. Question of “what is most difficult for you to make time for self-care and wellness?”	PowerPoint slide with multiple examples of why self-care is difficult	I want to provide an opportunity to discuss and reflect on various challenges for self-care in order to help students see areas of growth in their own need for wellness.
4 minutes	Opportunity for biblical integration. Will read a few verses to encourage discussion.	PowerPoint slide with biblical descriptions of self-care.	I want to remind students that God calls us to take care of ourselves as well, and there are ways to do this that align with spiritual values and principles.
6 minutes	Review individual’s self-care plan from their homework. Discuss how individuals know they are not doing well in various areas. What are	PowerPoint slide with six principles of wellness. Homework activity: <i>Assessing your Life Balance</i> aka “Wellness Wheel”	I want to provide students with another opportunity to reflect on their own wellness and ways that they can apply what they

	more challenging areas for you?		have learned to future steps towards wellness.
1 minute	Personal reflection on the provided statement.	PowerPoint slide with this statement: “Instead of ‘not pouring from an empty cup’, we should be giving from the overflow of our cup”.	I want to remind students that they must be taking care of themselves first, and it’s not always best to give too much. How can we make sure our needs are best met (our cup is full) to better give to others?

Lesson Link: https://watch.liberty.edu/media/t/1_y3q673dy

Appendix A

Lesson Plan Rubric (50 points)

Lesson Plan Area	Unsatisfactory (0-10 pts)	Below Average (10-20pts)	Average (20-30 pts)	Good (30-40 pts)	Excellent (40-50pts)
Description					50
Comments	My description is succinct but provides enough information about the lesson and purpose.				
Learning Outcomes					50
Comments	Learning outcomes use verbs from Bloom's taxonomy and are appropriate for beginning Master's level students.				
Resources					50
Comments	I used a variety of resources for the assignment, and included the ethics textbooks I would use within the mini course.				
Class Knowledge					50
Comments	This lecture would be located at the end of the mini-course, so students would already have a base knowledge of ethics in the mental health profession.				
Strategies					50
Comments	I utilized a variety of teaching strategies to encourage connection with the material, personal application, and discussion.				
Timeline					40
Comments	The timeline did not provide me with enough time to cover the material I was trying to discuss. I was not expecting there to be as much discussion from the topics, although I am glad there was a lot of reflection.				