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CO 675 Group Counseling

Anthony J. Headley

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CO 675 GROUP COUNSELING

Wednesday: 8:00-10:45, SH 404
Office: 410 Stanger Hall
Phone: 858-2267
E-mail: tony_headley@asburyseminary.edu

This course offers an overview of the more common approaches to working with groups, especially groups that are formed for the practice of counseling. The key goal is to help course members develop a personal theory, framework, synthesis and some "tools" suitable to support their professional practice.

OBJECTIVES

As a result of completing this course, students shall:

1. Develop a biblical and theological understanding of groups and their role in therapy
2. Be aware of the major theoretical approaches to group counseling.
3. Understand the dynamics of group formation and process.
4. Acquire skills relevant to conducting group counseling
5. Experience the dynamics of a group by participating in and leading group experiences.

Classes will meet Wednesday in plenary session from 8:00 – 10:45. **Students will be required to participate as a client in an 8-week group with a contracted therapist for 8 weeks of the semester. During those weeks, class will run from 8:00-10:00. A laboratory fee of \$75.00 is required for this service and will be added to your account.** The time for these meetings for the semester will be indicated at the beginning of the semester but will be in the evening. No report will be made to the professor other than affirmation that each student has "fully participated" according to standards agreed upon by the therapy group.

REQUIRED READINGS

Texts:

Corey, G. (2000). *Theory and Practice of Group Counseling* (5th.edition). Pacific Grove, CA: Brooks/Cole Publishing Co. The text includes a rather thorough bibliography.

Corey, G., Corey, M., & Haynes, R. (2000). *Evolution of a Group* (workbook and videotape), Pacific Grove, CA: Brooks/Cole.

REQUIREMENTS

1. Full participation in the class process. This will include being part of a group that leads the class in a counseling experience, presenting one of the approaches to group counseling (10%).
2. Presentation of five (3 page) response/evaluation papers on assigned readings from the text (15%pts.). Please note that the schedule provides for 10 papers beginning in the second week, however, each student only needs to complete 5. Students should be familiar enough with the material to meaningfully contribute to class sessions on a weekly basis
3. View the video “Evolution of a Group” in its entirety on your own and fill out the workbook completely. Participate actively in class discussions of this assignment. (10%.) The video will also be shown in class.
4. With a group of peers, develop and present a 75-minute session on a topic of your choice (15%). You should support the presentation by notes for each class member along with a bibliography of 6-8 useful titles. The notes may be posted to the class folder for class members to download. Group sessions may be chosen from the following categories. Topics are suggestive:

Church Applications:

- Potential and boundaries for group counseling in a local church.
- Integrating counseling theory and the Christian worldview in a group counseling setting.
- Towards an integrated model for group counseling in a Christian context.

Specific Group Applications

- Group counseling with children
- Group counseling with adolescents
- Group counseling with adults

(Five groups will be formed during the first session and retained throughout the semester as a basic element in the class process.)

5. Drawing from at least five self-selected sources, read 700 pages in the area of group counseling and/or group process. Submit a 4-6 page log of this reading. Give special attention to assembling resources that may be helpful in your work with groups (10%).
6. Participate as a client in eight (1.25 hr.) group counseling sessions.

Group Counseling Sessions

A trained therapist will lead group counseling sessions. Each group leader will set the time. Sessions will generally be in the evening after 5. These times should be finalized by

the first class session. You will note that there are 8 group sessions throughout the semester. Please note that there is a \$75 lab fee for this experience. The class schedule will be modified to reflect this change. Instead of going until 10:45, class will end around 10:00.

7. Make arrangements for and lead a group for a minimum of 4 (1 hr.) group therapy sessions. Class members may pair together to arrange and co-lead the sessions. Details and supervision plans to be discussed in class. Each class member will then write a paper that evaluates and analyzes the group. (15%) Papers should include the following:

1. Conceptualize the dynamics in the group (e.g. group development stages), the ebb and flow, critical turning points.
2. Bring in any insights from the texts that illuminates the process:
Characteristics of group at each stage of development
Member interaction
Leader-member relations
Leader-co-leader dynamics
Members assessment of the group
Leader's assessment of the group
3. Group outcomes. Considerations might include the following:
What were the group's outcomes?
How do you explain the outcomes? Draw upon theoretical approaches (e.g. Adler, TA) to assist you in understanding and explaining the group process and outcomes and as a basis for you evaluation

A week by week summary should not be done and the paper should not focus on personal issues raised

8. Complete a midterm-exam on the course material. (25%)

Note: In class group interactions, self-disclosure and personal examination will occur. These interactions fall under the umbrella of confidentiality and members will be expected to abide by this ethical standard.

EVALUATION

Course grade will be determined in the following manner:

- Participation and leading 10%
- Five 3-page responses 15%
- Video and workbook 10%
- 75-minute presentation 15%
- Reading 10%
- Group leader paper 15%

- Mid-term exam 25%

Incomplete Policy

Incompletes will only be granted for emergency situations beyond your control. Work commitments are not considered emergency situations.

GRADE RANGES

A	93	C	73
A-	90	C-	70
B+	87	D+	67
B	83	D	63
B-	80	D-	60
C+	77	F	below 60

PROPOSED COURSE SCHEDULE

COURSE CALENDAR:

February 12

Class organization and introduction to group work
 Corey Chapter 1
Video- Portions of Gazda on Groups – 80 minutes

February 19

Professional Issues and Leadership
 Corey chapters 2-3, 16 (paper #1)
Group Therapy

February 26

Developmental Stages in Groups
 Corey chapters 4-5, 17 (paper #2)
Video - Evolution of a Group: An Integrative Approach - Corey et al.
Group Therapy

March 5

Video - Evolution of a Group: An Integrative Approach - Corey et al.
 Psychodynamic Approaches to Group: Adlerian Group Presentation - Tony Headley
 Chapters 6-7 (paper #3)
Group Therapy

March 12

Psychodrama Group Presentation: Group 1
 Chapters 8-9 (Paper #4)

Existential: Understanding Group Psychotherapy Series
Vignettes 1,2 - Yalom
Group Therapy

March 19

Existential: Understanding Group Psychotherapy Series
Vignettes 3,4 - Yalom
Person-Centered or Gestalt Group Presentation: Group 2
Chapters 10-11 (Paper #5)
Group Therapy

March 26

Transactional Analysis Group Presentation: Group 3
Chapter 12 (paper #6)
Skills and Techniques for Group Work with Children and Adolescents: Video 2 - Smead
Group Therapy

April 2

Behavioral Group Presentation: Group 4
Chapter 13 (paper #7)
Group Therapy

April 9

Spring Break

April 16

Rational Emotive Behavior Therapy Group Presentation: Group 5
Chapter 14 (paper #8)
Group Therapy

April 23

Reality Therapy Group
Chapter 15 (paper # 9)
Video - Smead- Skills and Techniques for Group work with Children: Conducting
Session One: Setting Guidelines and Getting Connected – 38 minutes

April 30

Video – Smead: Skills and Techniques for Group work with Children: Conducting
Subsequent Sessions: Group Leadership Skills that Teach and Heal – 24 minutes
Chapter 16-17 (paper #10)
75 minutes group presentation – Group 1

May 7

75 minutes group presentation – Group 2

75 minutes group presentation – Group 3

May 14

75 minutes group presentation – Group 4

75 minutes group presentation – Group 5

Exam Date - Tuesday May 21 8:00-10:00 am – Used as needed

The professor reserves the right to make modifications to this schedule.