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CO 675 Group Counseling Theories and Techniques

Janet B. Dean

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CO 675: Group Counseling Theories and Techniques Spring 2004

Mondays, 6:15-9:00 pm

Stanger Hall 404

3 credits

Janet B. Dean, Ph.D., Instructor

Affiliate Faculty in Counseling and Pastoral Care

Office: Off-campus; Counseling Student Lounge during office hours

Office Hours: TBA and by appointment

E-mail: janet_dean@asburyseminary.edu

Phone: 859-858-2220

Course Objectives:

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.

Course Goals:

Upon completion of this course, the student will:

- Understand and discuss a biblical and theological understanding of groups and their role in therapy.
- Be aware of the major theoretical approaches to group counseling.
- Understand the dynamics of group formation and process.
- Utilize skills relevant to conducting group counseling
- Experience the dynamics of a group by participating in and leading group experiences.

Course Schedule:

After two-three sessions of class, you will be required to attend class from approximately 7:00 to 9:00 with a 75-minute therapy group meeting either before or after class or some other evening in the week (exact schedule will be determined during the first class session). **Students are required to participate as a client in an 8-week group with a contracted therapist for 8 weeks of the semester.** 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. Note: a laboratory fee of \$75.00 is required for this service and will be added to your account.

Required 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.

Recommended Texts:

Lecture outlines from ATS intranet. [Print them with room to take notes.]

Prerequisite / Enrollment Limits: CO601 and CO655 / No more than 18 students

Course Requirements:

1. **Full participation in the class process (10%).** This includes regular participation in class discussion and being part of a group that leads the class in a counseling experience, presenting one of the approaches to group counseling.

2. **Presentation of five response/evaluation papers on assigned readings from the text (15%).** Please note that the schedule provides for 10 papers beginning in the second week, however, each student only needs to complete 5 of these 3-page papers. Students should be familiar enough with the material to meaningfully contribute to class sessions on a weekly basis.
3. **Viewing of the video "Evolution of a Group" and completion of the workbook (10%).** View the video in its entirety and fully complete the workbook on your own; the video will also be shown in class.
4. **Group presentation (15%).** With a group of peers, develop and present a 75-minute session on a topic of your choice. 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. **Collateral Reading (10%).** 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.
6. **Participation in Group Counseling Sessions (No grade but required to pass the class).** 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.

7. **Leading Group Counseling Sessions (15%).** 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. Papers should include the following:
 - Conceptualize the dynamics in the group (e.g. group development stages), the ebb and flow, critical turning points.
 - 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
 - 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 your evaluation.

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

8. Midterm Exam on the course material (25%).

Course 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%

The grading guidelines found in the 2002-2003 catalog will be used for letter grade assignment.

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

Course Policies

- 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.
- All papers should have your name and your SPO number on them.
- All written material should conform to style and form set forth in the Publication Manual for the American Psychological Association, 5th ed. Also, all written material should be produced with a standard 12-point font, typed, double-spaced with a one-inch margin.
- Grades for written material will be partially based on quality of writing, clarity of thought, and logical development.
- All written material is to be submitted in printed form. Any materials submitted email will receive no written comments, but will not result in grade reduction.
- Students should submit written material on time; late papers will receive no written comments and the grade will be reduced.
- An "incomplete" denotes the work of a course has not been completed due to an unavoidable emergency, which does not include delinquency or attending church work or other employment. Please plan your time accordingly.
- You are responsible for signing the attendance sheet regularly. If you fail to sign, it will count as an absence.
- If you are having difficulty in this course for ANY reason, please speak to me as soon as possible.
- All materials can be made available in alternate formats. Please inform me of any special needs you may have.
- The instructor reserves the right to make modifications to the course schedule as necessary.

Course Schedule

February 9	Class organization and introduction to group work Video- Portions of Gazda on Groups – 80 minutes	Chapter 1
February 16	Professional Issues and Leadership Group Therapy #1	Chs. 2-3, 16 (paper #1)

February 23	Developmental Stages in Groups Video - Evolution of a Group - Corey et al. Group Therapy #2	
March 1	Video - Evolution of a Group - Corey et al. Psychodynamic Approaches to Group Adlerian Group Presentation – Group # _____ Group Therapy #3	Chs. 6-7 (paper #3)
March 8	Psychodrama Group Presentation - Group # _____ Existential: Understanding Group Psychotherapy Series Vignettes 1,2 - Yalom Group Therapy #4	Chs. 8-9 (Paper #4)
March 15	Existential: Understanding ... Vignettes 3,4 - Yalom Person-Centered or Gestalt Group Presentation - Group # _____ Group Therapy #5	Chs. 10-11 (Paper #5)
March 22	Transactional Analysis Group Presentation - Group # _____ Skills/Techniques for Group Work with Children/Adolescents: Video 2 - Smead Group Therapy #6	Chs. 12 (paper #6)
March 29	Spring Break	
April 5	Behavioral Group Presentation - Group # _____ Group Therapy #7	Ch. 13 (paper #7)
April 12	Rational Emotive Behavior Therapy Group Presentation - Group # _____ Group Therapy #8	Ch. 14 (paper #8)
April 19	Reality Therapy Group Video - Smead- Skills and Techniques for Group work with Children: Conducting Session One: Setting Guidelines and Getting Connected – 38 minutes	Ch. 15 (paper # 9)
April 26	Video – Smead: Skills and Techniques for Group work with Children: Conducting Subsequent Sessions: Group Leadership Skills that Teach and Heal – 24 minutes 75 minutes group presentation – Group 1	Ch. 16-17 (paper #10)
May 3	75 minutes group presentation – Group 2 75 minutes group presentation – Group 3 Video and Workbook DUE	
May 10	75 minutes group presentation – Group 4 75 minutes group presentation – Group 5 Group Leader Report DUE Collateral Reading Report DUE	
May 17	FINAL EXAM	