

**CNS 742  
Group Procedures  
Spring, 2009**

This course is intended for students admitted to the graduate program in the department of counseling. It is designed to develop a basic familiarity with the theories, procedures and techniques of group counseling. It is designed to provide an understanding of group process and dynamics from both an experiential and a didactic perspective. Ethical guidelines for group practice will be emphasized.

The course will have two basic components. One will focus on didactic information and discussion. The other will be devoted to students' participation in a group that will be facilitated by the University Counseling Center.

**OBJECTIVES**

The following is a list of some of the main ideas and skills students should gain knowledge about:

- Advantages and disadvantages of group counseling and circumstances under which it is indicated or contra-indicated; i.e. when other referrals should be made
- Ethical guidelines and problems related to group work
- Various theoretical approaches to group counseling
- Group stages - process and dynamics
- Characteristics of group leaders that affect group process; personal awareness of own strengths, weaknesses, values, prejudices, etc. and the effects on others.
- Theoretical rationales which support the use of various group counseling procedures or techniques
- Research on group counseling
- Development of a personal, carefully thought out theory of group counseling
- Ability to facilitate group process from a member's standpoint
- Methods to continue learning about group process and group leadership

Successful completion of this course does not imply ability to run groups, but rather is a foundation of information and skills upon which to build. Students should always supplement this course with supervised group experience during their practica and internships.

## **REQUIREMENTS**

- Attendance and constructive participation in all classes
- E mail reflections on each chapter of the books to be submitted on a regular and timely basis. A minimum of **10** emails for the Gladding book and a minimum of 15 for the Yalom book are expected. Some chapters may be combined and information about which chapters may be combined will be offered in class.
- A final paper which will be an examination of a particular issue, figure or theory in group work. This must be an APA style referenced paper, and articles from research journals must be used.

The grade for this class is based on the listed requirements. It is NOT based on the content of your personal work within the group itself, but on the above considerations (40% quality of emails, 40% for paper and 20% for presence and participation in class and completion of logs

## **TEXTS**

Gladding, Samuel T. (2008). *Groups: A Counseling Specialty*. Fifth Edition. New York: Merrill/Prentice-Hall.

Yalom, Irvin D. (2005). *The Schopenhauer Cure*. Harper Collins.

## **INCLEMENT WEATHER POLICY**

In the event of snow, ice etc. please call the University weather number **(758-5935)** to obtain information on class cancellation.

Anderson  
CNS 742

GROUP COUNSELING

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### Schedule of Didactic Sessions

<b>January</b>	W	14	Introduction/Ethics; History & Models – G1, 2, 9, Appendix A
	W	21	Therapeutic Factors & Group Dynamics – G3; Y1-4
	W	28	Group Leadership & Group Topics – G4; Y5-9
<b>February</b>	W	4	Psychoanalytic Theories of Defense & Group Topics – G5; handout; and Y10-14
	W	11	Group Topics: G6, G7
	W	18	Group Topics: Gestalt & Psychodrama – G8, 17; Y15-18
	W	25	Group Topics: G10, 11; Y19-22
<b>March</b>	W	4	Group Topics: G12, 13; Y23-27
	W	11	Spring Break
	W	18	Group Topics: G14, 15, 16, 18; Y28-31
	W	25	Group Topics: Y32-36
<b>April</b>	W	1	Group Topics: Handouts; Y37-42
	W	8	Group Topics: Discussion and Yalom in-class writing of the reaction to the Schopenhauer Cure
	W	15	Wilfred Bion/Review
	W	22	Review
	W	29	Final Exam and Papers Due