

EDP 649: GROUP COUNSELING
FALL 1999
Thursday

Dr. Pam Remer
257-4158 (w); 271-4524 (h)
251 Dickey Hall Office Hrs.:Thursday 11:00 to 12:00

PURPOSE OF THE CLASS

The purpose of this course is to acquaint students with the theories and techniques of group counseling. Students will develop an understanding of differences in individual and group counseling, differences among purposes and techniques of various types of group counseling, factors to consider in determining the appropriateness of suggesting group therapy to a client, the advantages and disadvantages of group counseling/therapy, the applicability of various group approaches to diverse ethnic/cultural populations and will develop group leadership skills. It is hoped that through direct experiences as leaders and members of counseling groups, students will refine their ideas about group counseling/therapy and will increase their sensitivities to a variety of client issues.

This course will provide an opportunity to generalize the techniques EDP 652 and 661 (the prerequisites for this course).

RATIONALE

The requirements for this course are predicated on the assumption that in order to be an effective group leader, one must have exposure to three basic aspects: (1) a theoretical basis from which to operate, (2) actual experience as a group member, and (3) a supervised, controlled experience as a leader. In the class we will attempt to illustrate the theoretical aspects of group dynamics through laboratory short-term experiences coordinated with presentations and discussions.

GRADING

Grading will be on a semi-criterion referenced basis, "A", "B", or "I". An "I" will be given to anyone not meeting the criteria for a "B" or better. A student who receives an "I" grade must negotiate a new contract with Dr. Remer to satisfy the course requirement. This contract must be completed by the end of the semester following the one in which the student was enrolled in EDP 649. If the new contract has not been fulfilled at that time, then the professor will assign a grade (A thru E) which reflects the

work completed and the skills attained.

NOTE*

In the interaction between class members, self-disclosure and personal examination will occur. All interactions fall under the same umbrella of confidentiality as do client/counselor relationships. Any violations of the ethical standards will be dealt with accordingly.

Maintaining confidentiality is the primary ethical principle of psychologists. If a student fails to maintain the confidentiality of clients or classmates, the student will be given an automatic failing grade in this course. In addition, the breach of confidentiality will be referred to the Counseling Psychology Area Committee for possible disciplinary action, including probable dismissal from the program.

COURSE REQUIREMENTS

For a "B" grade--22 points or more (a minimum of 1 pt. in each requirement, 5 points on the GDP (#4) and on #3.

1. Active participation in class discussions and exercises. Participation is to be judged by the instructor and based, in part, on familiarity with assigned readings. The instructor reserves the right to add a final exam requirement to this syllabus if it becomes apparent that students are not completing the assigned readings on time. **4 points**

2a. Active participation in a personal/professional growth group. I will contact the leader of the group to determine that the student attended regularly. I will respect the student's privacy and will not inquire about specific group content. **3 points**

OR

2b. Write a 10 page paper on a topic related to group process, group dynamics, group roles or sociometry. Use references and APA format. (Due December 9) **3 points**

3. Active participation in a small supervision group which will meet while you are forming and leading your groups. Criteria: supervisor feedback. **7 points**

4.* Submission of a group development paper (GDP) about the group you are leading or co-leading. This paper is a critical commentary on the group interaction from one theoretical perspective. The format should include: (a) background--group title, goals, composition, structure, and other pertinent information for

understanding the group and its dynamics; (b) the progress notes from five consecutive sessions; (c) a summary of the experience in terms of how the group developed, the issues it faced or avoided, progress and failures, etc.; (d) discussion of your leadership style--strengths, weaknesses and plans for further personal/professional development. This submission will be graded as a formal paper. (See the criteria for the progress notes at the end of the syllabus.) (Due December 2) **9 points**

5.* The critique of an article (both methodological and substantive) on group research and the report of the application of these findings/techniques to your own group experience. (Due November 18) **2 points**

6. Class members will choose some theoretical approach to group counseling (see chapters 6-15 in Corey), some substantive group issue, or a group approach to a particular client population to report on orally during one class period. Presentations should be roughly an hour long. Students are encouraged to form dyad teams for these presentations and to lead the class in experiential exercises that fit the theoretical framework or issue they are presenting. **5 points**

7. Proof of professional liability insurance.

* This fulfills a folio requirement. Be sure to have the instructor sign-off on your record sheet.

FOR AN "A" GRADE:

1. Satisfactory completion of all "B" grade requirements with at least 22 points.

2. Submission of a 5 page paper from one of the following:

a. The observation of at least four sessions of a group, three of which must be consecutive. Critique and analyze the group interaction from a chosen and explicated perspective.

b. The critique of the use of one particular technique as applied in the group you are leading including theoretical and practical perspectives.

c. A comprehensive outline of a structured group experience including theoretical basis, rationale, exercises, techniques, etc.

d. Some other project as contracted for with the instructor.

"A" project due Tuesday, November 23.

READINGS

Required:

Corey, G. Theory and Practice of Group Counseling. (C)
Corey and Corey. Groups: Process and Practice. (C & C)
Hale, A. Conducting Clinical Sociometric Explorations. (H)

Recommended:

Yalom, I.D. The Theory and Practice of Group Psychotherapy. (Y)
Egan, G. Face to Face: The Small-Group Experience and Interpersonal
Growth. (E)
Library Reserve (LR)