

SWHS 92 Course Outline as of Fall 2025**CATALOG INFORMATION**

Dept and Nbr: SWHS 92 Title: INTRO GROUP COUNSELING

Full Title: Introduction to Group Counseling

Last Reviewed: 11/25/2024

Units	Course Hours per Week		Nbr of Weeks		Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: HUSV 92

Catalog Description:

Students will learn the dynamics of group interaction with emphasis upon the individual's firsthand experience as a group leader and member. The factors involved in problems of communication, effective emotional responses and personal growth will be highlighted. Emphasis will be placed on group process as a means of changing behavior. This course is designed to help students who will function as leaders in a variety of small group situations.

Prerequisites/Corequisites:**Recommended Preparation:**

Eligibility for ENGL C1000 or equivalent; and Course Completion of SWHS 90 (or HUSV 90) and SWHS 80 (or HUSV 80)

Limits on Enrollment:**Schedule of Classes Information:**

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Prerequisites/Corequisites:

Recommended: Eligibility for ENGL C1000 or equivalent; and Course Completion of SWHS 90 (or HUSV 90) and SWHS 80 (or HUSV 80)

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
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CSU GE:	Transfer Area	Effective:	Inactive:
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IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Spring 2006	Inactive:
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UC Transfer:		Effective:		Inactive:
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CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Construct and facilitate a group counseling exercise.
2. Examine and demonstrate the necessary characteristics of an effective group facilitator.
3. Interpret and explain the types of clients in a group.

Objectives:

At the conclusion of this course, the student should be able to:

1. Identify and describe the various stages of group development.
2. Compare and contrast the various strategies for addressing issues within a group.
3. Identify and analyze the various models of group leadership.
4. Determine appropriateness of experiential exercises in groups.
5. Identify and analyze the different types of people a group leader will encounter.
6. Evaluate and describe the unique characteristics of specialized groups.
7. Define and discuss ethical and professional behavior of group leaders.
8. Compare and demonstrate group counseling techniques.

Topics and Scope:

- I. Introduction to Major Components of Group
 - A. Member roles
 - B. Leader intervention
 - C. Group developmental stages

- D. Group structure
- E. Group setting
- F. Group models
- G. Theoretical approaches

II. Models of Group Leadership

- A. Psychoeducational group
- B. Support group
- C. Skills development group

III. Ethical and Professional Considerations

IV. Skills for Group Leaders

- A. Reframing
- B. Rephrasing
- C. Reflecting
- D. Blocking
- E. Summarizing
- F. Cueing and linking

V. Use of Exercises in Groups

- A. Breathing exercises
- B. Introduction exercises

VI. Transition Stages of the Group

- A. Beginning
- B. Middle
- C. Ending

VII. Dealing with Group Difficulties

- A. Emotional contagion
- B. Group manipulation
- C. Resistant member
- D. Silent member
- E. Group confrontation

VIII. Closing or Ending a Group

- A. Time management
- B. Final check-in
- C. Summary

Assignment:

1. Read assigned textbook and supplemental reading material of approximately 25-35 pages per week
2. Write 1-3 page reflection paper on being a member and observer of a simulated group counseling
3. Write a specific population research paper and determine appropriate group counseling approaches
4. Facilitate simulated group counseling and write self-evaluation paper about leading group counseling
5. Chapter quiz(zes) (0-5), exam(s) (1-2), and final

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Reflection paper, research paper, self-evaluation

Writing
40 - 70%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Facilitate simulated group counseling session

Skill Demonstrations
5 - 35%

Exams: All forms of formal testing, other than skill performance exams.

Quiz(zes), midterm exam(s), and final

Exams
5 - 10%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category
10 - 25%

Representative Textbooks and Materials:

Substance Abuse Treatment: Group Therapy: A Treatment Improvement Protocol TIP 41; Georgi, Jeffrey M. and Flores, Philip J. US Department of Health and Human Services Center for Substance Abuse Treatment. 2014. (classic).

Groups-Process and Practice. 10th ed. Schneider Corey, Marianne and Corey, Gerald and Corey, Cindy. Brooks/Cole Cengage Learning Publications. 2018. (classic).

Instructor prepared materials.