

**COUN 92 Course Outline as of Spring 2006****CATALOG INFORMATION**

Dept and Nbr: COUN 92 Title: INTRO GROUP COUNSELING

Full Title: Introduction to Group Counseling

Last Reviewed: 3/25/2019

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	17.5	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:

**Catalog Description:**

An introduction to 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 100 or ESL 100

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

Description: Students will learn to function as leaders in a variety of group situations. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit: CSU;

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

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective: Spring 2006	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, students will 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:**

1. Introduction to Major Perspectives and Concepts of Group Dynamics
2. An Overview and Comparison of Generic Group Forms
3. Ethical and Professional Considerations
4. Understanding of Groups in Action
5. Planning and Forming of Groups
6. Basic Skills for Group Leaders
7. Use of Exercises in Groups
8. Transition States of the Group
9. Dealing with Problem Situations
10. Closing or Ending a Group

**Assignment:**

Class textbook and class reader on groups. 30 pages per week.

Required reading assignments:

1. One paper on being a Leader of the Group. 3-5 pages.
2. One paper on being a Member of the Group. 3-5 pages.
3. One paper on being an Observer of the Group. 3-5 pages.

Class Performance:

1. Demonstrate the necessary skills required to be a Group Leader
2. Demonstrate the necessary skills required to be a Group Observer

### 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.

Written homework, Evaluation papers, Essay exams

Writing  
20 - 70%

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

Homework problems

Problem solving  
5 - 20%

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

Class performances

Skill Demonstrations  
5 - 35%

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

Essay exams

Exams  
10 - 60%

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

Attendance

Other Category  
10 - 25%

### Representative Textbooks and Materials:

Group Counseling-Strategies and Skills, 5th edition; Ed E. Jacobs, Robert L. Masson, Riley L. Harvill. Thompson Pub., Copyright 2003

Group Leadership Skills-Interpersonal Process in Group Counseling and Therapy, 1st edition; Mei-Whei Chen, Christopher J. Rybak; Thompson Pub.; Copyright Oct. 2003

Group Work: A Counseling Sepcialty, 4th edition; Samuel T. Gladding, Publisher: Prentice Hall, Copyright: 2003.

Interactive Group Counseling and Therapy, William B. Kline; Publisher: Prentice Hall, Copyright 2003.

