

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: 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. (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:

| | | | |
|-------------------|----------------------|-------------------|------------------|
| AS Degree: | Area | Effective: | Inactive: |
| CSU GE: | Transfer Area | Effective: | Inactive: |

| | | | |
|---------------|----------------------|-------------------|------------------|
| IGETC: | Transfer Area | Effective: | Inactive: |
|---------------|----------------------|-------------------|------------------|

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|----------------------|--------------|------------|-------------|-----------|
| CSU Transfer: | Transferable | Effective: | Spring 2006 | Inactive: |
|----------------------|--------------|------------|-------------|-----------|

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| UC Transfer: | | Effective: | | Inactive: |
|---------------------|--|------------|--|-----------|

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:

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:

- 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
 - D. Other
- III. Ethical and professional considerations
- IV. Skills for group leaders
- A. Reframing
 - B. Rephrasing
 - C. Reflecting
 - D. Blocking
 - E. Summarizing
 - F. Queing and linking
- V. Use of exercises in groups
- A. Breathing exercise
 - B. Introduction exercise
 - C. Other
- 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
 - F. Other
- VIII. Closing or ending a group
- A. Time management
 - B. Final check in
 - C. Summary

Assignment:

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

Required writing 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

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.

Class performances

Skill Demonstrations
5 - 35%

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

None

Exams
0 - 0%

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

Attendance

Other Category
10 - 25%

Representative Textbooks and Materials:

Substance Abuse Treatment: Group Therapy: A Treatment Improvement Protocol TIP 41; Georgi, Jeffrey M., Flores, Philip J. US Department of Health and Human Services Center for Substance Abuse Treatment: 2005.

Groups-Process and Practice. 9th Edition, Schneider Corey, Marianne, Corey, Gerald , Corey, Cindy. Brooks/Cole Cengage Learning Publications: 2012.

Instructor prepared materials.