

Spring 2000

## CE 615 Syllabus: Group Theory and Practice

Winona State University

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**CE 615 - GROUP THEORY AND PRACTICE**  
**(Three Credit Hours)**

**1. CATALOG DESCRIPTION:**

In this course students are introduced to the theory and practice of group counseling. The course will provide students with an academic/theoretical overview of groups and group work as well as the opportunity to develop group leadership skills through applied experiential learning activities.

**2. STATEMENT OF THE MAJOR FOCUS AND OBJECTIVES OF THE COURSE:**

- \* Students will become familiar with the eleven therapeutic factors of group work as defined by Irvin Yalom.
- \* Students will become aware of the stages of the group process through reading classroom discussions, and experiential learning activities.
- \* Students will gain an understanding of the types of groups, groups structure, group dynamics, and different theories of group counseling.
- \* Students will experience being a member of a group.
- \* Students will explore significant issues regarding leading a group.
- \* Students will learn to plan and implement groups utilizing criteria for member selection, member assessment, goal setting, and termination of the group.
- \* Students will develop leadership interventions which emphasize leader responsibility for the group process.
- \* Students will develop observational skills for identifying constructive and inhibiting factors operating in groups.
- \* Students will become familiar with specific ethical issues relevant to the practice of group counseling.
- \* Students will become aware of the importance of demonstrated respect when working with individuals from diverse backgrounds (culture, gender differences, sexual orientation, disability, age, socioeconomic background, etc.).
- \* Students will develop a comprehensive group plan including member selection, advertisement, exercises, etc.

- \* Students will have the opportunity to set up and run a group (a minimum of eight hours of direct experience as a group leader and/or co-facilitator)

### 3. COURSE OUTLINE OF THE MAJOR TOPICS AND SUBTOPICS:

#### Week One

- Topic: Introduction  
Orientation and Overview to Group Work
- \* The Theory Behind the Practice
  - \* An Overview of the Various Types of Groups
  - \* A Multicultural Perspective on Group Work
- The Yalom Tapes
- Reading: Chapter 1 in text

#### Week Two:

- Topic: Ethical and Legal Issues in Group Work
- Ethical Issues in Group Membership
  - Confidentiality
  - Uses and Abuses of Group Techniques
  - The Role of the Leader's Values in the Group
  - Multicultural Awareness in Group Practice
  - Ethical and Legal Standards
- Reading: Chapters 2 in text

#### Week 3

- Topic: The Group Counselor: Person and Professional
- The Group Counselor as a Person
  - The Group Counselor as a Professional
  - The Co-Leadership Model
  - Professional Competence and Training
- Reading: Chapter 3 in text

#### Week 4

- Topic: Group Process: Stages of Development
- Forming a Group
  - Attracting and Screening Members
  - Practical Considerations in Forming a Group
  - The Uses of Pregroup Meeting
  - Co-Leader Issues at the Pregroup Stage
- Reading: Chapter 4 in text

#### Week 5

- Topic: Initial Stage of Group
- Group Characteristics at the Initial Stage
  - Creating Trust: Leader and Member Rules
  - Identifying and Clarifying Goals
  - Group-Process Concepts at the Initial Stage
  - Helping Members Get the Most from a Group Experience
  - Leader Issues at the Initial Stage
- Reading: Chapter 5 in text  
Assignment: Initial Stage Exercise

#### Week 6

- Topic: Transition Stage of a Group
- Characteristics of the Transition Stage
  - Problem Behaviors and Difficult Group Members
  - Interventions for Dealing with Resistance Therapeutically
  - Interventions for Dealing with Resistance by the Whole Group
  - Dealing with Transference and Countertransference
  - Co-Leadership Issues at the Transition Stage
- Reading: Chapter 6 in text  
Assignment: Transition Stage Exercise

#### Week 7

- Topic: Working stage of a Group
- Progressing from the Transition Stage to the Working Stage
  - Working with a Member's Fear
  - Characteristics of the Working stage
  - Therapeutic Factors that Operate in Groups
  - Co-Leader Issues During the Working Stage
- Reading: Chapter 7 in text  
Assignment: Working Stage Exercise

#### Week 8

- Topic: Ending a Group
- Task of the Final Stage: Consolidation of Learning
  - Termination of the Group Experience
  - Evaluation of the Group Experience
  - Co-Leader Issues as the Group ends
- Reading: Chapter 8 in text  
Assignment: Final Stage Exercise

Week 9

Topic: Group Practice: Some Specific Groups  
Groups for Children  
Groups for Adolescence  
Groups for Adults  
Groups for Older Adults  
Reading: 9 through 12 in text  
Assignment: Comprehensive Group Proposal

Week 10

Topic: Planning for Supervised Field Based Group Practicw  
Final Examination  
Reading: None

Week 11

Topic: Field Based Group Leadership Activities  
No Class  
Reading: None  
Assignment: Meet with Course Instructor on Individual Basis for Supervision

Week 12

Topic: Field Based Group Leadership Activities  
No Class  
Reading: None  
Assignment: Meet with Course Instructor on Individual Basis for Supervision

Week 13

Topic: Field Based Group Leadership Activities  
No Class  
Reading: None  
Assignment: Meet with Course Instructor on Individual Basis for Supervision

Week 14

Topic: Field Based Group Leadership Activities  
No Class  
Reading: None  
Assignment: Meet with Course Instructor on Individual Basis for supervision

Week 15

Topic: Integrating and Processing Field Based Group Leadership Learning  
Experience  
Final Class Meeting  
Reading: None

4. **BASIC INSTRUCTIONAL PLAN AND METHODS UTILIZED:**

- Didactic
- Applied and Experiential Learning Activities in the Classroom
- Supervised Field Based Group Leadership Instruction

5. **COURSE REQUIREMENTS AND MEANS OF EVALUATION::**

\* Each student will develop and implement a comprehensive group proposal (guidelines are attached) 400 points

\* Each student will prepare four group exercises to be integrated into their comprehensive group proposal. Students must also implement these activities into their supervised field based group leadership activities.

Exercise 1	Initial Stage Exercise	25 points
Exercise 2	Transition Stage Exercise	25 points
Exercise 3	Working Stage Exercise	25 points
Exercise 4	termination Stage Exercise	25 points

\* Each student will have the opportunity to serve as a group facilitator in the classroom and in a supervised field based experience. Demonstrated effectiveness as a group leader will be assessed and included in the student's final course grade. 300 points

\* Each student will complete a comprehensive final examination at the last meeting of the course.. 200 points

**GRADING:**

A = Excellent	900 to 1,000 points
B = Very good	800 to 899 points
C = Satisfactory	700 to 799 points
D = Passing	600 to 699 points
F = Failing	599 and below

6. **TEXTBOOKS:**

Corey, M., & Corey, G. (1997). Group process and dynamics (5<sup>th</sup> ed.). Pacific Grove, CA: Brooks/Cole Publishing Company.

7. **LIST OF REFERENCE AND BIBLIOGRAPHY**

Association for Specialists in Group Work (1996). Ethical guidelines for group Counselors. Alexandria, VA: Author.

Corey, G., & Corey, M. (1997). Group process and practice (5<sup>th</sup> ed.). Monterey, CA: Brooks/Cole Publishing.

Gazda, G. (1989). Group counseling: A developmental approach (4<sup>th</sup> ed.). Boston: Allyn & Bacon.

Gladding, S. ((1994). Group work: A counseling specialty (2<sup>nd</sup> ed.) New York: Macmillan Publishing Company.

Jacobs, D. Harvill, R. & Masson, R. (1994). Group counseling: Strategies and Skills (2<sup>nd</sup> ed.). Pacific Grove, CA; Brooks/Cole Publishing.

Kottler, J. (1994). Advanced group leadership. Pacific Grove, CA: Brooks/Cole Publishing Company.

Yalom, I. 1995). The theory and practice of groups psychotherapy (4<sup>th</sup> ed.) New York: BasicBooks.