

Valdosta State University

Department of Psychology and Counseling

PSYC 7450: Group Counseling

3 Credit Hours

REQUIRED TEXTS

Yalom. The Theory and Practice of Group Psychotherapy.

COURSE DESCRIPTION: Group dynamics and their importance in the counseling process and counseling outcome are studied. Emphasis is given to the application of various counseling and psychotherapeutic approaches in the group setting.

M.S. CLINICAL COUNSELING OUTCOME

1. The prospective group counselor will learn to appreciate the great diversity of individuals likely to enter group counseling and how to address those differences in an appropriate manner.
2. The prospective group counselor will come to understand both individual and group motivation and interactional patterns to create a counseling environment that encourages positive social interaction, active engagement, and intrinsic motivation.
3. The prospective counselor will learn to use effective verbal and non-verbal communication techniques to foster active inquiry, collaboration, and supportive interaction in group counseling sessions.
4. The prospective group counselor will learn the value of ongoing and frequent self-evaluation and will learn to seek out frequent opportunities for professional growth and development.

SCHOOL PSYCHOLOGY PROGRAM OBJECTIVES

2.7 School psychologists have knowledge of human development and psychopathology and of associated biological, cultural, and social influences on human behavior. School psychologists provide or contribute to prevention and intervention programs that promote the mental health and physical well-being of students.

2.8 School psychologists have knowledge of family systems, including family strengths and influences on student development, learning, and behavior, and of methods to involve families in education and service delivery. School psychologists work effectively with families, educators, and others in the community to promote and provide comprehensive services to children and families.

COURSE OBJECTIVES

1. Students will demonstrate group counseling skills including ethical considerations by preparing and conducting a group exercise. (C/C 1 – 4; S.P. 2.7, 2.8)
2. Students will demonstrate an understanding of group concepts including ethical considerations by completing a group proposal that will be presented to the class. (C/C 1 – 4; S.P. 2.7, 2.8)
3. Students will participate in an experiential group counseling experience to apply knowledge base (C/C 1 – 4; S.P. 2.7, 2.8)
4. Students will complete two examinations that allow the students to demonstrate a comprehensive understanding of the knowledge base. (C/C 1, 2, 4; S.P. 2.7, 2.8)

ACTIVITIES AND REQUIREMENTS

Activities:

1. Chapter Presentations (1)
2. Group Psychotherapy Presentations (2)
3. Paper
4. Class Participation

This leads to a total of 5 grades. All assignments will be equally weighted, and graded on a traditional percentage scale.

90% and Above = A

80% - 89% = B

70%-79% = C (failing in Graduate School)

60%-69% = D

Below = F

Requirements, General:

1. Always keep in mind the gravity of the issues with which you will deal as practitioners, the importance of developing a professional identity, the necessity of learning to take responsibility for your own life-long professional development, and the rapidly approaching onset of your lives as counselors. You have a very brief window of education during which you can take advantage of the accumulated knowledge of your professors and peers, prior to being individual practitioners.

2. The information being taught in a course such as this must be learned in a manner so that it can be applied during the context of social interaction, so traditional testing and lecture formats are ineffective in teaching or assessing progress. Such is the case with all interview-based skills.

3. These presentations are assignments in a GRADUATE COURSE IN CLINICAL PSYCHOLOGY. The amount of effort necessary to adequately prepare for a class presentation is akin to the amount required to write a 20 page paper, or study for a comprehensive final.

4. At a minimum: a) you must relate the material in an effective and engaging manner, b) add to the material provided by Yalom text with peer-reviewed journal articles concerning theory, research, and practice in psych, c) prepare specific, concrete examples, and d) integrate all of this into a cogent and cohesive presentation designed to grab and maintain the attention of your colleagues as you lead a class discussion.

5. Avoid "too much technology", or other presentation mechanics that will hinder the social and interactive nature of this work.

These requirements are not difficult for people of your level of education, intellect, and social skills. Also, I am always available for consultation via email or through meetings, and I will help each of you during the presentations by commenting, giving examples, and playing "Co-therapist."

Requirements, Specific:

Yalom Chapter: Students will outline, present, and discuss an assigned chapter from the Yalom text. These will usually be done in partners.

Group Exercise: Students will develop and conduct two (2) group exercises to facilitate as a group co-leader in class.

ATTENDANCE POLICY

Valdosta State University policy requires class attendance. A student who **misses more than 20%** of the scheduled classes of a course will be subject to receiving a failing grade in the course.

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PLAGIARISM AND CHEATING POLICY:

The full text of this policy is available in the College of Education Dean's Office, EC room 227. The following penalties will be enforced, as stated in the Policy:

FIRST OFFENSE: The student will earn a "0" on the assignment, test, project, etc.

SECOND OFFENSE: The student will earn the letter grade "F" for the course.

THIRD OFFENSE: The student will earn the letter grade "F" for the course, and further action involving referral of the matter (with documentation) to the appropriate college (university) officials within the administrative structure will be taken. (Please see page 39 of the VSU Student Handbook.)

SPECIAL NEEDS STATEMENT:

Valdosta State University is an equal opportunity educational institution. It is not the intent of the institution to discriminate against any applicant for admission or any student or employee of the institution based on the sex, race, religion, color, national origin, handicap, veteran status, or sexual orientation of the individual. It is the intent of the institution to comply with Title VI of the Civil Rights Act of 1964 and subsequent Executive Orders as well as Title IX and Section 504 of the Rehabilitation Act of 1973.

http://www.valdosta.edu/catalog/0506/ugrad/ungrad_whole_catalog.pdf

Students requesting classroom accommodations or modifications because of a documented disability must contact the Access Office for Students with Disabilities (<http://www.valdosta.edu/ssp/>) in 1115 Nevins Hall, 229.245.2498 (voice) and 229.219.1348 (tty).

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INSTRUCTOR

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