

**Group Counseling with Adults, CPSY 515 - 02, Fall 2016**  
**York Graduate Center, Room 121**  
**Wednesdays 1:00-4:15 pm**

Lewis & Clark College  
Professional Mental Health Counseling &  
Professional Mental Health Counseling – Specialization in Addictions  
**Professor: Julianna Vermeys, MA, RYT**  
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**Required Objectives:**

Professional Counseling Identity (CACREP 2016 Standards)

- 6a. theoretical foundations of group counseling and group work
- 6b. dynamics associated with group process and development
- 6c. therapeutic factors and how they contribute to group effectiveness
- 6d. characteristics and functions of effective group leaders
- 6e. approaches group formation, including recruiting, screening, and selecting members
- 6f. types of groups and other considerations that affect conducting groups in varied settings
- 6g. ethical and culturally relevant strategies for designing and facilitating groups
- 6h. direct experiences in which students participate as group members in a small group activity, approved by the program, for a minimum of 10 clock hours over the course of one academic term

Entry-Level Specialty: Clinical Mental Health Counseling (CACREP 2016 Standards)

- C2l. legal and ethical considerations specific to clinical mental health counseling

**Key Required Assignments/Student Learning Outcomes**

**These assignments are required for the course, but will not be the only requirements/expectations. The chart below lists the assignment, method of submission, and benchmark score/grade. These assignments are set up for upload to Taskstream and/or instructor provides rating for assignment. See syllabus for details.**

<b>Clinical skill</b>		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
Goal 3 of 5							
Students develop an understanding of group development, dynamics, counseling theories, group counseling methods and skills, and other group work approaches .	Practicum Year	Course Grade 90-100%	Course grade 80-89%	Course grade 70-79% and	Course grade below 70%	CPCE Score average/ above average or CPCE score below average and course grade of A in CPSY 514 or 515	Assessment Chair Review/ Referral to BRC or ARC
	Practicum Year	Assignment grade 90-100%	Assignment grade 80-89%	Assignment grade 70-79% and	Assignment grade below 70%	CPSY 514 or CPSY 515: Group facilitation assignment	Assessment Chair Review/ Referral to BRC or ARC

## Required Text

Yalom, I & Leszcz, M. (2005). *The Theory and Practice of Group Psychotherapy, 5th Edition*, Basic Books, New York, NY.

## Course Guidelines

### CATALOG DESCRIPTION

Introduction to the major schools of group therapy and the common factors associated with positive outcomes. Covers group dynamics, obstacles to success in group therapy, and the stages of group process. Role-playing and demonstrations illustrate principles of effective group leadership.

Prerequisite: CPSY 503 or 569

Credit: 3 semester hours

### COURSE DESCRIPTION AND OUTCOMES

This is a graduate level course designed to provide students with the theories, concepts and experiences that will increase their competency of group counseling with adults. Students will engage in lecture, readings, in-class activities and observation as well as experiential presentation and training groups. The content and experiences in this course provide concepts and skills necessary to satisfy the group work competencies stipulated in the Council for Accreditation for Counseling and Related Programs (CACEREP) Standards (2001) as outlined above. Students will gain knowledge of group counseling theory and demonstrate the practical skills necessary for the dynamic application to various adult group-counseling settings. Students will understand how to adapt various theories and skills to the unique circumstances they find themselves in as professionals and citizens.

### CPSY DEPARTMENTAL ATTENDANCE POLICY

Class attendance is expected and required. ***It is important to note that although you will be expected to make up missed course content, any missed class time will lower your ability to earn full professional participation points and potentially jeopardize your ability to complete the requirements for this course.*** Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met.

### STUDENTS WITH DISABILITIES POLICY

Lewis & Clark College is committed to serving the needs of its students with disabilities. Professional staff in the office of Student Support Services ensure that disabled students receive all of the benefits of a comprehensive selection of services, and a formal Student Disability Grievance Procedure provides prompt and equitable resolution of any complaints arising out the College's responsibilities under the ADA Amendments Act, the Americans with Disabilities Act (ADA), Section 504 of the Rehabilitation Act of 1973, and other pertinent federal, state, and local disability anti-discrimination laws. Please see the Student Support Services website for more information: [http://www.lclark.edu/offices/student\\_support\\_services/rights/disability\\_policy/http://www.lclark.edu/offices/student\\_support\\_services/rights/disability\\_policy/](http://www.lclark.edu/offices/student_support_services/rights/disability_policy/http://www.lclark.edu/offices/student_support_services/rights/disability_policy/)

## **CONFIDENTIALITY POLICY**

Confidentiality is extremely important to the integrity of this course. Confidentiality cannot be guaranteed in any situation but we are collectively accountable to maintain a safe, trusting environment throughout the course including the experiential groups, activities and conversations. While it can be compelling to share personal information about class members with others, all students are bound by the ACA ethical code of confidentiality with respect to any material shared by other members of the class. The disclosure of personal information to anyone outside this class would be considered unethical. Please explore any concerns you have about confidentiality during class time, after class or during a experiential group.

## **SPECIAL CONSIDERATIONS WITH COURSE FORMAT**

The class will be a platform for demonstrating and examining the group process and experience through didactic and experiential teaching methods. While this is not a therapy group or personal growth group, experiential activities will bring the group process into our awareness with a focus on your ongoing counseling training and your professional development. Students are not required to share personal information as part of the classroom dynamics, or as a requirement for any evaluation or for grading purposes. Grades will be based on your effort and ability to explore and apply the group concepts and experiences in this course towards the needs of adults in a group counseling setting. Your ability to use personal reflection, critical thinking and your ability to share the comments, questions and challenges that come out of this reflection and thought are essential in earning a successful grade in this course. Evaluation in this course is not based on the content of your personal experiences, specifically, how much you self disclose, but on your participation in the process of learning about group dynamics. Students are asked to be intentional about what they choose to share with other students in the class during activities. However, by taking this course, you agree to the opportunity to challenge yourself to become familiar with the territory of group work through participation in the activities provided—including the experiential training groups. If you become uncomfortable and feel as though you are unable to continue or participate during any aspect of this course, you may exercise your right to pass. If you find yourself repeatedly doing so, please discuss this with me or another trusted colleague. Your participation is vital to your learning.

**ADDITIONAL SUPPORT:** Should you have emotional difficulty throughout the course, the following measures are available to support you:

- Please feel free to contact me to discuss your concerns or thoughts. We can meet outside of class time. I'm available via email, phone and to meet up in person. You can expect fair, direct and open communication from me as your instructor.
- Feel free to contact your advisor or another administrative ally in the counseling program to discuss your concerns or thoughts.
- You may also work on these concerns in the context of outside private therapy.

## **POTENTIAL RISKS OF ENGAGING IN THIS COURSE**

- Confidentiality cannot be guaranteed by the instructor.
- While not intended to be a therapy group or process, you may stumble upon personal material that may warrant further exploration.
- While your instructor is taking on a dual role of both training and grading your performance in this course, you will not be graded on the content of your participation but on the intention you put forth to understand group process. If you have concerns about this at any point throughout the course, please discuss them with the instructor.

- Please discuss any questions or concerns that come up during the course with the instructor in class time or through a scheduled appointment. Your communication and feedback are important to the integrity of this course.

### **OTHER CLASSROOM EXPECTATIONS**

- As a therapist in training you are expected to approach your classmates and instructor with respect and empathy. Reactions to your peers or course material are understandable and expected, but please take responsibility for your reactions and own them as yours rather than judge others harshly, shut down or write anyone off.
- Honesty and direct communication are honored in this course. Do your best to practice and experiment with these.
- You are expected to participate fully in group projects with your peers. Should you have any interpersonal difficulties collaborating throughout the course, please contact me and I'd be glad to mediate as needed.
- Please be respectful about the use of technology in the classroom. Laptops should be used for note taking purposes only during lecture time. If this becomes problematic, the use of laptops will no longer be acceptable during class time for all students. Please keep your cell phones put away during class time. For special considerations please talk with professor.
- Late assignment policy: Inability to facilitate on assigned date without previous permission from instructor will result in a drop in a full grade. Late assignments will result in a loss of 3 points deduction per day following the assignment due date.

## **Course Requirements**

### **CLASS PARTICIPATION (10 pts)**

Participation in full class discussions, small group discussions, assigned activities, group projects and participation in the group demos, both as a member and a facilitator is expected.

While you are expected to attend each class on time and in completion, please inform me if you are going to be absent via email or phone so we can make arrangements for an assignment that will serve as hours needed to fulfill class requirements. In addition to required attendance, your class participation is crucial to the class being a successful and meaningful aspect of your education, growth as a counselor, and your personal development. It is my hope through various modes of learning and dynamic experiences between you and your classmates, this class will synthesize an understanding of your growth and personhood and the ways in which your life and group experiences influence your practice of helping others through counseling. Should class participation prove challenging for you, please contact me outside of class time to discuss.

Small group work on assigned course text and lectures is required. You will utilize small groups throughout the semester to discuss and analyze course readings. Your participation in these conversations is part of your class participation grade.

### **WEEKLY LOGS (1 pt x 10= 10 pts.)**

An opportunity to synthesize your thoughts around readings and the class experience, for each week of reading, you will write a 1-2 page log engaging in critical thinking and integration of theory, application of interventions and personal reflections. You will utilize concepts from the text,

independently found or shared articles/videos/readings, and classroom experiential learning to support your thoughts and conceptualizations of successful group therapy practice. These logs will be used to guide small group discussion. **A hard copy of your logs are due at the beginning of each class.**

### **GROUP FACILITATION (30)**

Each student will be given a chance to facilitate a small group (determined by group formation in the first class). Group type will be determined by your area of interest. You will be encouraged to challenge yourself with materials or group type development. You will develop a group theme, type and format to assist you in staying on track and focused during your facilitation time. While you facilitate your small group, the remaining students and professor will observe. There will be a constructive feedback session at the end of the group observation.

### **GROUP PRESENTATION (20 pts.)**

Small groups will be determined on the first day of class. You will develop a presentation together on 2 types of groups and/or related theories. You will include a multimedia and experiential component to the presentation and develop materials that would be used in the group format. The types of groups can be related, sequential, or not related. (For example: writing group followed by process or CBT group; movement-based group followed by psycho-education group.) You will present on what you found, questions and concerns that arise, and how you would lead with specific populations. Class participants will act as group members in your experiential portion. You may divide class into smaller groups or remain a large group. You will team lead and then coordinate and facilitate feedback discussion. Group members will provide an outline with credit to each member for their role in the presentation.

### **GROUP PARTICIPATION (10 pts.)**

When part of a group session, you will be expected to actively engage in personal, meaningful work that enhances and supports the group experience. This class will be part of an ongoing opportunity for you to know where your limits of disclosure and comfort are. You will not be required to disclose personal information about yourself or your life experience that is outside of the boundaries of your comfort, but you will be asked to challenge yourself to disclose in an appropriate and effective manner. The hope is that this participation generates thoughtful learning and personal growth critical to your developmental integrity as a professional counselor and caregiver.

### **REFLECTION PAPER (20 pts)**

A 4-6 page paper reflecting on the experience of the class as a facilitator, a group member and presenter and how it informs your development as a counselor, inspires your area of interest and generates desire for further consideration of application, materials, theory and group development.

Grading scale:

93 - 100 = A	77 - 79 = C+
90 - 92 = A-	73 - 76 = C
87 - 89 = B+	70 - 72 = C-
83 - 86 = B	69 and below = F
80 - 82 = B-	Total possible 100 points

Week	Date	Class Content	Assignments due
Week 1	September 7	Introductions, Class expectations, Small group formation, Experiential learning and discussion	none
Week 2	September 14	Discussion of readings/log shares, Experiential learning and discussion, Small group presentation sign-up, Group facilitation sign-up	Reading: Ch 1-2, pgs. 1-52 <b>Log 1 due</b>
Week 3	September 21	Planning/Q&A Group Facilitation, Discussion of readings/log shares, Experiential learning and discussion	Reading:Ch 4-5, pgs. 77-140 <b>Log 2 due</b>
Week 4	September 28	Group 1/2 facilitation and feedback, Experiential learning and discussion, Discussion of readings/log shares	Reading: Ch. 15, pgs. 475-524 <b>Log 3 due</b>
Week 5	October 5	Group 3/4 facilitation and feedback, Experiential learning and discussion, Discussion of readings/log shares	Reading:Ch. 6, pgs. 141-200 <b>Log 4 due</b>
Week 6	October 12	Group 5/6 Facilitation and Feedback, Experiential learning and discussion, Discussion of readings/log shares	Reading:Ch. 7 & 9, pgs. 201-230, 259-280 <b>Log 5 due</b>
Week 7	October 19	Group 7/8 Facilitation and Feedback, Experiential learning and discussion, Discussion of readings/log shares	Reading: 8, pgs. 231-258 <b>Log 6 due</b>
Week 8	October 26	Group 9/10 Facilitation and Feedback, Experiential learning and discussion, Discussion of readings/log shares	Reading:Ch.13, pgs. 391-428 <b>Log 7 due</b>
Week 9	November 2	Group 11/12 Facilitation and Feedback, experiential learning, Q&A about presentations, Discussions of readings	Reading: Ch. 14, pgs. 429-474 <b>Log 8 due</b>
Week 10	November 9	Group 13 Facilitation and Feedback, Discussion of readings/log shares	Reading: Ch. 16, pgs. 525-542 <b>Log 9 due</b>
Week 11	November 16	Group 1 Presentation, Discussion of readings/log shares	Reading: Ch. 17, pgs. 543-566 <b>Log 10 due</b>
	November 23	NO CLASS	find one video or article of interest, observe group dynamics
Week 12	November 30	Group 2 Presentation, Discussion of readings/log shares	work on paper
Week 13	December 7	Group 3 Presentation	work on paper
Week 14	December 14	Group 4 Presentation , Reflection paper discussion, Experiential learning, closing	<b>Reflection Paper due</b>

\*Videos will be shown throughout the semester. Should you find something of relevance you'd like to share with the class (i.e. a video, article or book) please let me know so it can be added to schedule.

\*No Class November 23rd