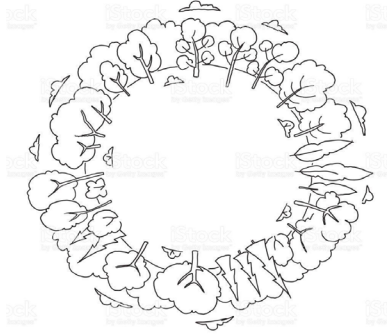


Lewis and Clark College
Graduate School of Education and Counseling
Fall Semester 2023

CPSY 514: Group Counseling with Children and Adolescents



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General Information

Place and Time

This class will meet at two locations: For the first two sessions of the class as well as the last session, we will be meeting in York 116 on the Graduate Campus. On all other Wednesday mornings this term, this class will meet at: Earl Boyles Elementary School, which is located at 10822 SE Bush St, Portland, OR 97266 (503-256-6554). During the term, we will also be walking over to the adjoining middle-school to run counseling groups with sixth graders at Ron Russell Middle School which is located at 3955 Southeast 112th Avenue, Portland, OR 97266 (503-256-6519).

Text

All readings are assigned in the *Class Calendar* and are available in the shared class Google folder: “CTSP 514-Group Counseling with Children and Adolescents 2023”

Catalogue Description and Course Goals

Instruction and practice in developing group treatments for children and adolescents in clinical and school settings. Students explore group dynamics, potential problems encountered when running children's groups, and generalization and maintenance of behavioral change. Specific issues including divorce, substance use, grief, and social skills will also be addressed.

In this class, we will address topics ranging from very practical “how to” applications of group counseling to more theoretical constructs of group dynamics and group interaction. There will be a heavy emphasis placed on the experiential and dialogic aspects of group learning in this class. The primary goal of this class is to help participants increase skills, comfort level, and flexibility as group leaders and group counselors.

Course Requirements

Pre-Assessment-Part One

As a major component of this course, you will be supervised as you co-lead a social skills counseling group for children with students from Ron Russell Middle School in the David Douglas school district on nine scheduled days during class time. So that we can make appropriate group leadership pairings, please write briefly on these questions (400 words total): 1) your history/experience/familiarity with group counseling or leading groups; 2) skills you imagine are most important in group counseling leadership; 3) strengths and challenges you bring to group leadership; 4) why group counseling is important. This assignment is to be completed as a Google Doc entitled **514 Pre-Assessment, Last Name**. This Google Doc is to be completed and shared with both Diane Gans and Laura Barbour by **Monday, September 11, by 9:00 am**.

Pre-Assessment-Part Two

As you co-lead the sixth-grade groups, you will receive supervision and evaluation on your participation, efforts and growth within these group sessions. In part, your skills will be evaluated in reference to those listed in the *Group Leadership Dialectical Skills* (page 5). You are asked to evaluate yourself on each of the four main dialectical skill listed, including the following: 1) use a four-point scale (i.e. 4=exceptionally competent, 1=most challenged by); 2) add a few sentences for each dialectical skill in addition to the rating, describing your strength or challenge with it; 3) also add comments regarding any of the additional dialectical skills listed as relevant to your own skill development or areas of challenge; 4) complete this on the same Google Doc as above and share with instructors by **Monday, September 18th, 9:00 am**.

Mid-Term and End-of-Term Evaluation Rubric The criteria listed on this document will be used in this course to evaluate students at both the mid-term and at the end of the course. The professors will be identifying both strengths as well as challenges, adding appropriate comments and goals that will facilitate further personal and professional development. Students are expected to implement supervision and feedback from the mid-term evaluation in the remainder of the term.

514 Journal

Co-leaders are required to complete 10 journal entries this term reflecting on their developing leadership skills and in which they successfully address the following criteria in clear and well organized writing:

- **Sharing:** Co-leaders share with both supervisors (via *Google Docs*) one document named “**514 Journal F23, Last Names**” in which all journal entries will be included. Co-leaders include # of journal entry and date for each entry, adding the entry above all previous entries and leaving the previous week’s supervisor comments. Co-leaders share the entries with supervisors by **9am on the Monday it is due**. Supervisors will send back comments before the next group. Co-leaders add additional comments to the shared document reflecting on supervisor feedback, asking for additional supervision if needed. Supervisors will grade each paper (i.e. 4=Exceeds; 3=Meets; 2=Approaches; 1=Does not meet) based on the following criteria:

- **Looking Back:** Co-leaders include: 1) a **brief narrative description** of a positive or challenging moment in the past group session and includes relevant information about group setting, members, session, and the piece of the curriculum being addressed; 2) **reflection on the dialectical leadership skills utilized and a summary of what was learned as a person and professional**; 3) a **brief description of an interesting idea from the reading that relates to your group work** 4) **description of what potential challenges** may arise, ideas for proactively addressing those challenges and setting goals for practice addressing “growing edges” as a group leader; 5) **any relevant questions/concerns/requests** for supervision.

- **Looking Forward:** Co-leaders include: 1) a **session plan** for the next group session (including text copied from the “brief curriculum” in the shared folder regarding activities for opening, body, energizers, and closing); 2) **information on which co-leader** will take the lead on each item; 3) any **modifications to the session** as well as a rationale for changes based on identified group needs; 4) helpful information gained from viewing the lecture.

Practicum Group Data Presentation

On the last day of class, students are asked to present qualitative and quantitative group evaluation data (maintaining anonymity for group members) to the class and school professionals for reflection and discussion. Students create and present a brief, 5-minute presentation of 5-7 slides regarding group data and findings (using a shared in the class *Google Slides* presentation) including the following:

- Introduction Slide: Image of group, group name, demographic information, etc.
- Quantitative data: Provide one or more images/graphs that represents the cumulative results of the weekly survey data you collected each week in your group: Focus on relevant aspects of the data (e.g. whole group change over time reflected in pre/post data or weekly survey data, individual student comparisons, etc.)
- Qualitative: Provide 3-5 relevant examples of visual images and/or verbal transcripts from the weekly sessions or the closing card activity that speak to or stand out from the overall experience in your group.
- Summary reflections: Briefly address: 1) what the data tells you in terms of group effectiveness; 2) What you have learned in the process of leading this group; and 3) What you would recommend for the sixth-grade group project moving forward.

CPSY Departmental Attendance Policy

Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor (see below). 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 are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.

Make-up Assignment

Any significant missed class time will require a standard make-up assignment, due the following week: A three page paper in which the student: 1) describes what was learned from interviewing two individuals who attended the missed class time; 2) discusses the readings due during the week missed and includes comments, questions and what was learned; 3) discusses challenges/successes encountered in leading the practicum group that week (approx. 400 words). This assignment is to be shared with both Gans and Barbour on the student's shared Google doc.

Disability Services Statement:

If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (x7156). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify the instructor of the accommodations for which you are eligible.

Non-Discrimination Policy and Special Assistance

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws. If you need course adaptations or accommodations because of a disability and/or you have emergency medical information to share please make an appointment with the instructor.

Graduate School Grade Policy

"The grade of B- is the lowest grade that carries graduate credit. Courses receiving grades lower than B- will not carry graduate credit, but will be included in the student's cumulative G.P.A. A student receiving a grade below B- in a required course must repeat the course and earn a passing grade."

CPSY 514: Class Calendar

Readings and lectures found in the shared Google Folder "1 CTSP 514 F23"

Date	Readings (R) & Assignments (A)	Location (@), Lectures (L) & Practicum (P)
1 Sept 6	R1 Syllabus R1 McDowell - Critical Social Theories R1 NASP: The Importance of Addressing Equity, Diversity, and Inclusion in Schools	@ LC York 116 L1 Orientation P Practicum Prep
2 Sept 13	R2 Mortola/Gans - Belong & Be You (1-31) R2 Guth article--Ten strategies for group work to transform hate R2 NASP-Bullying Prevention and Intervention Among School-Age Youth A 514 Pre-assessment, Part One (9/11, 9 am)	@ LC York 116 L2 Dialectal Skills P Practicum Prep
3 Sept 20	R3 Mortola/Gans - Belong & Be You (33-87) R3 Mortola/Gans - Fierce in a Good Way A 514 Pre-assessment, Part Two (9/18, 9am)	@ DDSD L3 Belong & Be You P Practicum Prep & Teacher/ Counselor Consult
4 Sept 27	R4 Mortola/Gans - Belong & Be You (88-142) R4 Herbstrith-Best Practices in Group Counseling A 514 Journal Entry #1 - due 09//25, 9am	@ DDSD L4 Narrative & Bibliotherapy P Practicum Group 1
5 Oct 4	R5 Diamond/Gans/Mortola –Groups In Schools R5 ASGW Guiding Principles for Group Work A 514 Journal Entry #2 - due 10/02, 9am	@ DDSD L5 Session #2 P Practicum Group 2
6 Oct 11	R6 Oaklander - Working with Groups R6 Best Practices - Positive Psych. in the Schools R6 Mortola-Talking Cards A 514 Journal Entry #3 - due 10/09, 9am	@ L&C York 116 L6 Session #3 no groups~ Outdoor School
7 Oct 18	R7 Beasley-Reclaiming the System R7 Ceballos-Culturally Diverse Middle School Students' Perceptions No journal this week	@L&C York 116 No groups~ Family Conferences
8 Oct 25	R8 Oregon's Transformative Social and Emotional Learning Framework & Standards R8 NASP-Supporting Social and Emotional Learning A 514 Journal Entry #4 (Reading Reflection) due 10/23, 9am	@ DDSD L8 Session #4 P Practicum Group 3
9 Nov 1	R9 ASGW - SJ Competence R9 NASP-Prejudice, Discrimination, and Racism A 514 Journal Entry #5 - due 10/30, 9am	@ DDSD L9 Session #5 P Practicum Group 4
10 Nov 8	R10 NASP-Bullying Framework R10 Bullying: Brief Facts and Tips for Children and Adults A 514 Journal Entry #6 - due 11/6, 9am	@ DDSD L10 Session #6 P Practicum Group 5
11 Nov 15	R11 Oaklander - Therapeutic Process A 514 Journal Entry #7 - due 11/13, 9am	@ DDSD L11 Session #7 P Practicum Group 6
Nov 22	Fall Break/No class	
12 Nov 29	R12 Steen-A Systematic Literature Review A 514 Journal Entry #8 - due 11/27, 9am	@ DDSD L12 Session #8 P Practicum Group 7
13 Dec 6	A 514 Journal Entry #9 - due 12/4, 9am	@ DDSD L13 Session #9 P Practicum Group 8
14 Dec 13	A 514 Practicum group data presentation A 514 Journal Entry #10 - due 12/11, 9am	@ York 116 Course evaluations

CPSY 514: Group Leadership Dialectical Skills

Skills	Description	Examples
1 Support & Challenge	Student provides adequate levels of both warm support and appropriate challenge	<ul style="list-style-type: none"> • empathy, universalizing, active listening, warmth & • fierceness, blocking, confrontation, questioning
Playfulness & Seriousness	Student is able to appropriately navigate between a helpful sense of play and a mindful seriousness	<ul style="list-style-type: none"> • creating a "play frame," use of imagination & • sustaining a challenging conversation, clear intent
2 Integration & Differentiation	Student helps group members gain both a stronger sense of self and group membership	<ul style="list-style-type: none"> • facilitates individual voice, participation, identity & • helps group members see, respect, include others
Whole & Part	Student is able to address aspects whole (goals, process) while attending to the parts (activities, individual needs)	<ul style="list-style-type: none"> • keeping in mind the good of the "whole" & • attending to individual needs and moments
3 Immediacy & Structure	Student is able to appropriately navigate between immediacy and the needs of curriculum	<ul style="list-style-type: none"> • use of extending questions and focusing & • adherence to step-by-step processes
Task & Process	Student can demonstrate skills in facilitating both the tasks of a group as well as the processing of tasks.	<ul style="list-style-type: none"> • competently leads activities outlined in curriculum & • facilitates processing and "unpacking" of activities
Theory & Practice	Student clearly understands and implements appropriate theory into practice	<ul style="list-style-type: none"> • ability to explain why actions were taken when & • acting and leading through clear moves
4 Personal & Professional	Student negotiates personal & professional boundaries appropriately	<ul style="list-style-type: none"> • use of well-edited "strategic stories" and disclosure & • ability to assume a professional role in context
Verbal & Nonverbal	Student is able to produce clear and helpful verbal and nonverbal communication	<ul style="list-style-type: none"> • congruence in tone and word selection & • physical orientation and expression of self in group
Leading & Supporting	Student is able to appropriately navigate between leading and supporting roles	<ul style="list-style-type: none"> • providing clear explanations and directions & • helping to summarize, focus or redirect
Giving & Receiving Feedback	Student is able to give, receive and appropriately apply helpful feedback into practice	<ul style="list-style-type: none"> • respectful use of the "sandwich" form of feedback & • demonstrated examples of changing behavior

CPSY 514 Mid-Term & End-of-Term Evaluation Rubric

Student:

The following criteria will be used in this course to evaluate student expectations in attendance, participation, professionalism, and assignments at mid-term and at the end of the course. The professors will be identifying both strengths as well as adding appropriate comments and goals that will facilitate further personal and professional development of the student. Rating Scale: 4=Exceeds; 3=Meets; 2=Approaches; 1=Does not meet.

	Professional Standards				
1	Student demonstrates ability to relate to peers/professors/supervisors/other professionals in a respectful, ethical and appropriate manner, particularly in relation to cultural, familial, and individual differences relating to age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, & socioeconomic status.	1	2	3	4
2	Student demonstrates a continuing capacity for humility and openness to points of view, theories, experiences and perspectives different from their own and also demonstrates the ability to receive, integrate/utilize feedback from peers and supervisors and is able to give such feedback respectfully.	1	2	3	4
3	Student exhibits appropriate levels of self-assurance and confidence, and the ability to assume a professional and appropriate role in the context of practice.	1	2	3	4
4	Student demonstrates appropriate emotional self-regulation and conflict resolution in interpersonal relationships with peers, supervisors, faculty, and others.	1	2	3	4
	Professional Skills				
5	Student consistently shows strong and effective skills in verbal, nonverbal, and written communication in assignments and practicum.	1	2	3	4
6	Student demonstrates an ability to helpfully use attentive and reflective listening skills as well as concise and clear verbal and nonverbal leadership skills in practice.	1	2	3	4
7	Student demonstrates an ability to helpfully balance the ability to be both supportive/warm/ playful and challenging/fierce/serious in practice.	1	2	3	4
8	Student demonstrates an ability to structurally facilitate and verbally process the counseling activities as modeled during class as well as be appropriately creative and flexible in practice.	1	2	3	4
9	Student demonstrates an ability to helpfully balance both personal and professional boundaries in practice (e.g. strategic stories, differentiating personal issues, assuming a professional role)	1	2	3	4
10	Student demonstrates an ability to helpfully balance facilitating both integration and differentiation of practicum group members	1	2	3	4
11	Student demonstrates an ability to helpfully balance both leadership and co-leadership skills (e.g. stating needs, resolving challenges, offering and receiving constructive feedback) in practice.	1	2	3	4
12	Student demonstrates thoughtful, timely, responsible and effective engagement in all aspects of the class and makes the effort to contribute positively.	1	2	3	4
	Course Assignments				
13	Student demonstrates ability to meet the criteria and requirements of 514 Pre-assessment, pt. 1	1	2	3	4
14	Student demonstrates ability to meet the criteria and requirements of 514 Pre-assessment, pt. 2	1	2	3	4
15	Student demonstrates ability to meet the criteria and requirements of 514 Journal Entry #1	1	2	3	4
16	Student demonstrates ability to meet the criteria and requirements of 514 Journal Entry #2	1	2	3	4
17	Student demonstrates ability to meet the criteria and requirements of 514 Journal Entry #3	1	2	3	4
18	Student demonstrates ability to meet the criteria and requirements of 514 Journal Entry #4	1	2	3	4
19	Student demonstrates ability to meet the criteria and requirements of 514 Journal Entry #5	1	2	3	4
20	Student demonstrates ability to meet the criteria and requirements of 514 Journal Entry #6	1	2	3	4
21	Student demonstrates ability to meet the criteria and requirements of 514 Journal Entry #7	1	2	3	4
22	Student demonstrates ability to meet the criteria and requirements of 514 Journal Entry #8	1	2	3	4
23	Student demonstrates ability to meet the criteria and requirements of 514 Journal Entry #9	1	2	3	4
24	Student demonstrates ability to meet the criteria and requirements of 514 Journal Entry #10	1	2	3	4
25	Student demonstrates ability to meet the criteria and requirements of Group Data Presentation	1	2	3	4
	100 total points possible. A = 80+, A- = 75+, B = 70+, B- = 65+	25	50	75	100

CPSY 514 Journal Example: "Looking Back"

"The following is a transcript from the recording of our group session during week six. At this point in the session, we had been creating a list of the things that students get teased for and then we were discussing each of those items on the list. In this case, we were specifically talking about how students can get teased for what they wear, or more generally, their appearance:

Leader: "Who has ever been teased for their clothes or appearance?"

Miguelito: "It happens a lot, like if you wear sketchers."

Cherise: "I love sketchers, I think they are comfortable."

Leader: "Who decides what is cool or uncool?"

Cherise: "I'll tell you. See Jake's? (Cherise pointing to Jake's shoes.) How they are like stylish. Sketchers like light up and people say that they are like childish. Has to be *Jordans* or *Nikes* or *Adidas* or *Tims* or *Concordes*."

Leader: "I bet if all of the other kids wore sketchers then they would be cool. What would happen if everyone started wearing sketchers?"

Cherise: "Then everyone would think they were cool. Now that we are talking about this I need to say something. I used to be a bully. There were kids I didn't like and I would say they were ugly or they couldn't afford this or that. I would feel bad when I got home. When I got to 6th grade I would see people get in fights or bully and I stopped bullying because I didn't want to do that anymore."

Leader: "Thank you for sharing that Cherish. I can look back at times where there were things that I did that was also bullying behavior, but it might not have felt that way because there were others doing it too. It's something when you look back you feel bad about..."

This felt like a big moment for our group. Cherish had become comfortable enough in the group that she felt she could divulge information about her own past and bullying behavior. This reminded me of the dialectical skills integration and differentiation. This concept identifies that it is possible to grow closer to a group and feel a stronger sense of belonging by venturing out and differentiating yourself from that same group. These may seem like two opposing ideas, but there is an understanding in this case that a balance between these skills is necessary. If a person does not feel established in the group, they may not feel ready to share how they are different from others. If they differentiate themselves too much, they may end up too far from the group, and will lose that protection.

Earlier in the group Lily shared her story about standing by while a fellow student was bullied. She spoke about her fears of getting in trouble, she talked about feeling bad for the bullied child, and she conveyed feelings that she wished she had acted differently in the situation. Lily was able to model vulnerability to the group, and through that vulnerability, differentiate herself. The stories that our group members shared after hearing Lily's story showed that they connected with what she had to say. They shared feeling of sympathy for the situation Lily found herself in, feelings of sympathy for the bullied girl, and a recognition that kids in their classes experience the same type of bullying behavior. It was powerful to see the students make connections between Lily's story and their own experiences. They then opened up about their own experiences and shared personal stories regarding situations in which they were bullied. These stories all differentiated our group members from each other, they were embarrassing stories, but as they shared them, they became emboldened by others' sharing. They put themselves at risk for speaking out about their own perceived embarrassing experiences (differentiation), and then were embraced by the group for sharing such experiences (integration)."

Lewis & Clark College
Professional Mental Health Counseling & Professional Mental Health Counseling – Specialization in Addictions
CPSY 514 / CPSY 515
Group Counseling with Children and Adolescents / Group Counseling with Adults
Syllabus Cover Sheet

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)

- C21. 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.

Clinical skill		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

Methods of Instruction for this Course

Instruction Method	Mark All That Apply
Lecture	X
Small Group Discussion	X
Large Group Discussion	X
Course Readings	X
Group Presentation	X
Individual Presentation	X
DVD/Video Presentation	
Supervised Small Group Work	X
Individual/Triadic Supervision	X
Group Supervision	X
Case Study	X
Debate	
Class Visitor / Guest Lecturer	X
Off-Campus / Field Visit	X
Other: Practicum Experience with Sixth Grade Anti-Bullying Groups - 9 Hours of Direct Experience	X