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CO 675 Group Counseling

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GROUP COUNSELING
CO 675 (3 cr. hours)
Approx. Number in Course: 16

Harold Burgess #2304
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This course offers an overview of the more common approaches to working with groups that are formed for the practice of counseling. The key goal is to help course members develop a personal theory, framework, synthesis and a number of "tools" suitable to support a professional practice.

This course will require investment of Thursday evenings from 5:30 to 9:00 or 6:45 to 10:00 (exact schedule will be determined during the first class session). At least eight evenings will require participation as a client in a group with a contracted therapist. For this experience a laboratory fee of \$75 has been added to your account. The time of these meetings for this semester will be either 5:30 – 6:45 or 8:45 – 10:00 (approx.). Sharon Bryson will be serving as therapist (one group will probably meet prior to the plenary class session, the other immediately after). In order to insure that these “therapy sessions” are as real as possible, no report will be made to the professor other than affirmation that each student has "fully participated" according to standards agreed upon by the therapy group.

Texts:

Gerald Corey, *Theory and Practice of Group Counseling* (Sixth edition). Brooks/Cole Publishing Co., 2004. The text includes a thorough bibliography.

Gerald Corey, Marianne Schneider Corey and Robert Haynes, *Evolution of a Group* (workbook and videotape), Brooks/Cole, 2000. (or current date)

Supplemental Text:

(purchase not required this semester) David W. Johnson and Frank P. Johnson, *Joining Together: Group Theory and Group Skills* (sixth edition) Allyn and Bacon, 1997. (or currently available edition) This text is an especially useful addition to a personal library, one option is for the 300 page “selected-readings” assignment to be from Johnson and Johnson.

COURSE REQUIREMENTS:

1. Full participation in the class process, including leading the class in a counseling experience, presenting and employing, one of the approaches to group counseling (18 pts.).
2. Presentation of eight (3 page) response/evaluation papers on assigned readings from the text. (18 pts.)
3. View three times, in its entirety, the video “Evolution of a Group” and fill out the workbook completely. Participate actively in class discussions of this assignment. (18 pts.) One of these times will be in the class sessions.
4. With a group of peers, develop and present a 75 minute session on one of the following topics supported by notes for each class member along with a focused bibliography (6-8 useful titles).
 - A. Potential and Boundaries for Group Counseling in a Local Church.
 - B. Integrating Counseling Theory and the Christian Worldview in a Group Counseling Setting.
 - C. Terminating a Group and Consolidating the Gains.
 - D. Toward an Integrated Model for Group Counseling in a Christian Context.

These groups (A, B, C, and D) will be formed during the first session and retained throughout the semester as a basic element in the class process (18 pts.).
5. Drawing from at least five self-selected sources, read 300 pages in the area of group counseling and/or group process. Submit a 4-6 page annotated log of this reading. This log may be handwritten and it should conform to your own filing plan and give special attention to assembling resources that may be helpful in your work with groups (10 pts.). Due May 5.
6. Participate as a client in eight (1.25 hr.) group counseling sessions. (8 pts.)
7. Make arrangements for and lead a group for a minimum of 4 (1 hr.) group therapy sessions. Class members may pair together to arrange and co-lead the sessions. Details and supervision plans to be discussed in class.(10 points).

COURSE CALENDAR

February 10 (Plenary for all Course Members)
Introduction and organization

February 17

6:30-8:30 "Professional Issues and Leadership"
Corey chapters 1-3 (paper #1 due)
Therapy groups as scheduled will meet 1 hr. and 15 min. eight evenings

February 24

6:30-8:30 "Developmental Stages in Groups"
Corey chapters 4-5 (paper #2 due)
Using a "Task Group Experience" to process content (see Johnson Ch. 2)
Groups will explore ways to understand and explain typical stages of group development.
Therapy groups meet as scheduled

March 3

6:30 – 8:30 Video and Discussion "Evolution of a Group"
The entire plenary session will be given to viewing and processing the Corey video.

No paper due this evening
Therapy groups meet as scheduled

On following Dates: Presenting groups will receive credit for paper due.

March 10

6:30-8:30 Adlerian Group Therapy Experience

Experience Led by _____ / _____ / _____ / _____
Corey chapters 6-7 (paper #3 due)
Therapy groups meet as scheduled

March 17

6:30-8:30 Psychodrama

Experience led by _____ / _____ / _____ / _____
Corey chapters 8-9 (paper #4 due)
Therapy groups meet as scheduled

March 24

Spring Reading Week

April 7

6:30-8:30 Person-Centered or Gestalt Therapy

Experience led by _____ / _____ / _____ / _____
Corey chapters 10 – 11 (paper #5 due)
Therapy groups meet as scheduled

April 14

6:30-8:30 Transactional Analysis (or Behavioral Therapy)

Experience led by _____ / _____ / _____ / _____
Corey chapters 12 - 13 (paper #6 due)
Therapy groups last meeting (if 8 session requirement has been met)

April 21

6:30-8:30 Rational Emotive Therapy

Experience led by _____ / _____ / _____ / _____
Chapters 14-15 (paper #7 due)

April 28

6:00-7:15 Plenary Session I "Potential and Boundaries for Group
Counseling in a Local Church"
Presented by Group A
Chapter 16-17 (final paper #8 due on either April 28 or)

7:30-8:45 Plenary Session II
"Integrating Counseling Theory and the Christian Worldview in a Group
Counseling Setting."
Presented by Group B

May 5

6:00-7:15 Plenary Session I
"Terminating a Group and Consolidating the Gains."
Presented by Group C

7:15-8:45 Plenary Session II
“Toward an“Integrated Model for Group Counseling in a Christian
Context.”
Presented by Group D

May 12

6:00 Pizza and stuff

6:45 Collateral Reports Due

Report by each class member of experience in leading a small group (see
requirement #8)

Course wrap-up

May 18

Final Exam Date (all work must be completed)