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CO 675 Group Counseling

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GROUP COUNSELING
CO 675 (3 hours)
Thursday evenings, Spring 2003

Harold Burgess #2083

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.). A professional therapist will serve as leader. 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 (fifth edition). Brooks/Cole Publishing Co., 2000, or most recent date. 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 latest date).

Supplemental Text:

(purchase not required David W. Johnson and Frank P. Johnson, Joining Together: Group Theory and Group Skills (sixth edition) Allyn and Bacon, 1997. This text is an extremely useful addition to the personal library of any person working with groups.. I do not know of any student who has ever sold a copy of this book. To make purchase feasible, one option is for the 300 page “selected-readings” assignment to be from Johnson and Johnson).

COURSE REQUIREMENTS:

(Due dates for assignments are in attached calendar)

1. Full participation in the class process, including, with a group, 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 viewing times will be during a class session.
4. With a group of peers, develop and present a 75 minute session on one of the following topics. The presentation is to be supported by notes for each class member along with a focused bibliography of 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 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 400 pages in the area of group counseling and/or group process. Submit a 4-6 page log of this reading. This log may be handwritten and it should conform to your own filing plan. Give special attention to assembling resources that may be helpful in your work with groups (10 pts.).

An alternate for the above assignment is to purchase the Johnson and Johnson supplemental text and read at least 300 pages, underlining useful concepts and making margin notes. (This book is not now in print, but is readily available on the internet). Assignment due May 8.

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 13

Plenary planning session for all course members.
Introduction and organization of the course will be completed by the close of the session.

February 20

6:30-8:30 "Professional Issues and Leadership"
Corey chapters 1-3 (paper #1)
Therapy groups as scheduled will meet 1 hr. and 15 min.
Specific times for therapy groups will have been set at 1st session.

Therapy groups will meet for eight 1.25 hour sessions at times and places set during first class session.

February 27

6:30-8:30 "Developmental Stages in Groups"
Corey chapters 4-5 (paper #2)
Participate in a "Task Group Experience" to process content (see Johnson Ch. 2 for group process theory employed)

March 6

6:30 – 8:30 View and discuss "Evolution of a Group"

no paper due this session

March 13

6:30-8:30 Adlerian Group Therapy Experience

Experience Led by (names of group members) _____

Corey chapters 6-7 (paper #3)

March 20

6:30-8:30 Psychodrama

Experience led by _____

Corey chapters 8-9 (paper #4)

March 27

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

Experience led by _____

Corey chapters 10 – 11 (paper #5)

April 3

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

Experience led by _____

Corey chapters 12 - 13 (paper #6)

April 10

Reading Week

April 17

6:30-8:30 Rational Emotive Therapy

Experience led by _____

Chapters 14-15 (paper #7)

April 24

6:30-8:30 Plenary Session I "Potential and Boundaries for Group Counseling in a Local Church"

Presented by Group A (names) _____

Chapter 16-17 (paper #8)

May 1

6:30-8:30 Plenary Session II "Integrating Counseling Theory and the Christian Worldview in a Group Counseling Setting."

Presented by Group B (names) _____

May 8

6:00 – 8:30 Plenary Session III "Terminating a Group and Consolidating the Gains."

Presented by Group C (names) _____

May 15

6:30-8:30 Plenary Session IV "Toward an
"Integrated Model for Group Counseling in a Christian Context."

Presented by Group D (names) _____

May 22

Collateral Reports Due

Oral reports of leading small groups

Course wrap-up

Final Exam Date (all work must be completed)