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COUN 520.01: Group Counseling

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**SYLLABUS -- UNIVERSITY OF MONTANA
COUNSELOR EDUCATION 520: GROUP COUNSELING**

INSTRUCTOR: John Sommers-Flanagan, Ph.D.

Office: Education Building Room 206

Office Hours: Mondays 10-11am, Wednesdays 2-4pm and by appt.

Telephone: 243-5820 (office) 721-6367 (home)

Email: john.sf@mso.umt.edu

[Feel free to call or email when you have questions or concerns]

SCHEDULED CLASS MEETINGS: Class meeting times will be on Wednesdays from 4:10p.m.-7:00p.m., beginning January 28, 2004

TEACHING METHODS:

1. Lectures/class demonstrations.
2. Guest lectures/ student presentations.
3. Video presentations.
4. Experiential group participation.
5. Class discussions.

TEXTBOOKS:

Corey, M. S., & Corey, G. (2002). Groups: Process and practice (6th ed.). Belmont, CA: Wadsworth.

Yalom, I. (1995). Theory and practice of group psychotherapy (4th ed.). New York: Basic Books.

GRADING PROCEDURES AND COURSE ASSIGNMENTS: Grades will be based on completion of course assignments, quiz/exam scores, and class participation/attendance. If individual students have specific concerns about the grading procedures or require special assistance due to a disability, please meet with me within a week of the initial class period. Course assignments include:

1. Three quizzes (30 points each = 90 points);
2. Four in-class question and answer sessions (40 points)
3. Attendance in at least 10 hours of a group outside of class and a one paragraph summary of the group (this is a CACREP requirement and so you will receive an "I" or an "N" in the course if you don't complete it);
4. Attendance in one psychoeducational group and a one page "facilitator analysis" paper describing your observations (and critique) of the facilitator (20 points).
5. In-class group co-facilitation ratings (40 points);
6. Final paper (100 points);
7. Attendance (30 points).

There is a total of 320 points available to earn during the course. Grades will be assigned on a percentage basis (with some modification or curving depending upon overall class performance).

A = 295-320 points

B = 270-294 points

C = 245-269 points

D = 220-244 points

F = Below 220 points

COURSE PURPOSE AND OBJECTIVES: The overall purpose of this course is twofold: (1) To provide you with an intellectual understanding of group work theory and technique; and (2) To provide you with an experiential understanding of group work. The following objectives are based on the national CACREP standards for group work. By taking this course you will learn:

1. The basic principles of group dynamics, including group process, developmental issues, group member roles and behaviors and therapeutic factors of group work.
2. About group leadership styles and approaches, including characteristics of different group leaders and leadership styles.
3. Different theoretical approaches to group counseling, including commonalities, distinguishing characteristics, and relevant research and literature.
4. Group counseling methods, including group counselor orientations and behaviors, appropriate selection criteria and methods, and methods of evaluation of effectiveness.
5. Approaches for leading and conducting other types of group work, including task groups, psychoeducational groups and psychotherapy groups.
6. Professional preparation standards for group leaders.
7. Ethical and legal standards in group counseling.

GROUP PARTICIPATION AND LEADERSHIP SKILLS: This course will include many opportunities for discussion, participation, and experiential learning. Participants will be required to take risks by engaging in group role-plays and simulations, both as group leaders and group members. For our own comfort and emotional safety, we will establish group ground rules in class and abide by them throughout the semester. Depending upon our final class size, each student will be required to facilitate at least one session (hopefully two) of an in-class experiential group.

As is the case with all courses offered through this program, we will act respectfully toward one another as we strive toward further professional and educational development. Any concerns about ethical or cultural issues that may arise should be discussed openly in class or privately with the instructor.

WEEKLY SCHEDULE OF CLASS TOPICS (The following schedule is approximate. It may vary based on a number of different phenomena, including but not limited to astrological events, instructor mood, student input, University events, and unsubstantiated rumor):

Week	Date	In-Class Topic	Homework/Assignments
1	1/28	Orientation to group work Types of groups Ethics I	Read Chapters 1-3 Corey & Corey
2	2/4	Ethics II Multicultural issues Experiential group discussion (Ch 3)	Read Chapters 1-3 Yalom
3	2/11	How groups work: Therapeutic factors	
4	2/18	Guest presentation and Quiz #1	Read Chapter 4 Corey & Corey; Chapters 8-10 Yalom
5	2/25	Forming groups: Member selection and nitty-gritty details	Read Chapter 5 Corey & Corey; Chapter 5 Yalom
6	3/3	The counselor's role: Group norms, group culture, icebreakers, warm-ups, push ups, and cool downs	Read Chapters 6-7 Yalom
7	3/10	Other major counselor tasks and responsibilities: Dealing with process	
8	3/17	Guest presentation and Quiz #2	Read Chapters 6-7 Corey & Corey; Chapter 11 Yalom
9	3/24	Group stages: Forming, norming, storming, and performing.	Read Chapter 12 Yalom
10	3/31	Spring Break – No class	Have fun.
11	4/7	Dealing with conflicts in group and attacks on the group leader.	Read Chapter 8 Corey & Corey
12	4/14	Group Endings	Read Chapter 13 Yalom
13	4/21	Guest presentation and Quiz #3	
14	4/28	Common problem group members and situations and how to deal with them.	Facilitator analysis papers are due today
15	5/5	Special group topics.	
16	5/12	Final meeting: Group feedback.	Final paper is due today.