

COUN 561: GROUP COUNSELING

Cincinnati Christian University

Department of Behavioral Sciences

Spring 2019 Tuesdays 9-11:40 AM - 3 Credit Hours

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COURSE DESCRIPTION

This course provides theoretical and experiential knowledge of group counseling. Emphasis will be placed on understanding group purpose, development, dynamics, roles, leadership, theories, methods and skills.

COURSE OBJECTIVES	INDICATOR ASSIGNMENTS^{1*}
1. Understand principles of group dynamics, including group process, members' roles and behaviors, and therapeutic factors. [CACREP II.G.6.a; MAC 2.5]	Final Group Paper
2. Understand group leadership characteristics, styles, and approaches. [CACREP II.G.6.b; MAC 2.5]	
3. Understand group counseling theories and methods, including group development stages, group counselor skills and behaviors, group member selection criteria, evaluation of group effectiveness, and pertinent group work ethics and research. [CACREP II.G.6.c, d; CMHC C.3; MAC 2.5]	
4. Gain direct experience as a leader and member of a growth-oriented group by participating in experiential small group sessions for a minimum total of 10 hours. [CACREP II.G.6.e]	Attendance at small group sessions

METHOD OF INSTRUCTION

In addition to mini-lectures and discussion, this class will have an experiential component. All students will participate in a small group activity to gain experience as a group leader and member. Students are expected to develop personal growth goals to discuss and examine in the experiential small groups. Active participation in class is required to help develop a richer understanding of the issues related to group counseling. Learning will be facilitated via discussion of readings/scenarios, research, writing, participation in small group activities, and quizzes. Students are expected to discuss their application, insights, and understanding of the readings and exercises with the

^{1*}INDICATOR ASSIGNMENTS: For MAC students, one or more assignments in this course are identified as Indicator Assignments, which are used to assess MAC student knowledge and application of course materials. Each Indicator Assignment will be assessed according to CACREP, Clinical Mental Health Counseling (CMHC), and MAC Program standards. Students may need to upload Indicator Assignments on Taskstream (LAT: www.taskstream.com) for evaluation.

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instructor and other students. *It is essential that students prepare for class by reading assigned material prior to class.*

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REQUIRED MATERIALSCanvas and Email:

All students enrolled in this course are required to check Canvas and their email weekly for the duration of the course. Course announcements, changes to the syllabus, and memos from the instructor will be distributed via Canvas and/or email. Students are responsible for all information distributed in this manner.

Required Textbook:

Gladding, S. T. (2015). *Groups: A counseling specialty* (7th ed.). Upper Saddle River, NJ: Pearson. [ISBN-13: 978-0133905205, ISBN-10: 0133905209]

Download from Canvas:

Thomas, R. V., & Pender, D. A. (2008). Association for Specialists in Group Work: Best practice guidelines 2007 revisions. *Journal for Specialists in Group Work*, 33, 111-117.

GRADING/EVALUATION^{2}**

Assignment	Points
Role-Plays (8 x 10)	80
Journals (7 x 20)	140
Quizzes (10 x 18)	180
Final Group Paper	100
Total	500

	Points	Percentage
A	475-500	95-100%
A-	460-474	92-94.99%
B+	445-459	89-91.99%
B	430-444	86-88.99%
B-	415-429	83-85.99%
C+	400-414	80-82.99%
C	385-399	77-79.99%
C-	370-384	74-76.99%
D+	355-369	71-73.99%
D	340-354	68-70.99%
D-	325-339	65-67.99%
F	≤ 324	< 64.99%

Role-Plays

Participating as leaders, members, and observers of role-plays is one of the best ways to learn leadership skills and group dynamics. You will participate in at least eight role-plays over the course of the semester as a group leader, group member, and observer. You will receive points for participating in eight role-plays. Each role-play is worth 10 points, totaling 80 points (16% of your final grade). A rubric will be provided to explain how points are earned in the role-plays.

Small Group Participation & Journals: To allow you the opportunity to further experience a group's developmental stages and dynamics, you will meet in a small group during class time for seven weeks of the semester. During the assigned weeks, group members will take turns leading the sessions. On Canvas, you will submit a typed journal entry (2-3 pages, double-spaced) after each session. Each journal is worth 20 points for a total of 140 points (28% of your final grade). Journal

^{2**} MAC students: In accordance with rule 4757-3-01, J-1, from the Ohio Counselor, Social Worker, & Marriage and Family Therapist Board, you must receive a B- or higher in this course for it to count toward your MAC degree.

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entries should follow the template provided by the instructor on Canvas. Please do not miss the small group sessions! Absence from group counts the same as an absence from class (see attendance policy). If you absolutely must miss a small group session, you may complete an extra assignment in lieu of the required journal. Because the small group sessions are a vital part of the learning, only one absence may be replaced in this way. Any other missed sessions will result in the loss of points due to not being able to complete the post-session journal.

Quizzes: To ensure mastery and comprehension of material, which prepares students for in-class learning, most weeks there will be a required quiz that must be completed on Canvas prior to the class session. Twelve quizzes will be given (worth 18 points each); you can drop your lowest two quiz scores. Quiz items will be multiple choice, true/false, fill-in-the-blank, and short answer. You cannot make up these quizzes if they are not completed on time, regardless of reason for missing the deadline. Please complete this quiz without help from others, but you may use your notes and textbook. Each quiz has 10 or fewer questions, you have 15 minutes to complete the quiz, and you only get one attempt at the quiz. Quizzes are worth a total of 180 points (36% of final grade).

Final Group Paper – Analysis or Proposal:

Student may choose one of two options for the final paper. The first option is to write an analysis paper that examines the experiential small group's dynamics. The second option is to complete a group proposal. Rubrics will be provided explaining the requirements for both options. All work must be completed using professional writing style and referencing (i.e., APA for MAC students). The instructor will provide details about paper requirements via Canvas. The final paper/project is worth 100 points, or 20% of the final grade.

IMPORTANT NOTES

Attendance and Participation: Because active discussion and experiential exercises are integral parts of the learning experiences in this course, class attendance is expected and participation in class activities and assignments is critical to your success in the course. If, for any reason, you are unable to attend class, you are still held responsible for all in-class material and any announcements made during class. Per the university's policy (see the CCU student handbook), you have two days that are excused; however, in-class work that is missed may result in missed points. If you miss three days, an additional assignment will be added. If you miss more than three classes, you will be dropped from the class and will be required to reapply for readmission to the class. A decision about your return to the class will be decided by the counseling academic committee. Because class time should be a priority, absences for lateness will be assigned as follows: 15 minutes late = $\frac{1}{4}$ day absence, 30 minutes late = $\frac{1}{2}$ day absence, and over 45 minutes = 1 day absence.

Late Assignments: Out of respect for the hard work that everyone puts into the course, late assignments will NOT be accepted unless there is a *serious* personal medical or family emergency (e.g., hospitalization, death in the family) that can be substantiated with documentation. In the rare event that a late assignment is accepted, there will be a deduction of 10% of the points each day it is late. I understand that unexpected life events occur, but I hold this policy to encourage the development of positive professional behavior. Therefore, please do not wait until the last minute to do your assignments because regular life stressors will not be accepted as reasons to turn work in late. I invite you to talk with me about any challenges you face in completing your assignments.

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Christian Component: As we strive to provide a biblically-based approach to counseling, we expect you to evaluate all readings and discussions from a Christian perspective and work to integrate biblical truth into your life, thought, and work.

Student Conduct: Except under unusual circumstances, you should not arrive late or leave early. Cell phones should be turned off. You should not IM, text-message, or surf the web during class. During discussions, everyone is expected to be respectful of themselves and others. Keep in mind that it may not be appropriate to disclose your own psychological struggles to the class. If you become distressed about any material/discussions, please talk with me and/or make an appointment to see a counselor.

Accommodations: Students who require academic accommodations due to a documented physical, psychological or learning disability must request assistance from Ray Horton via the Student Services Center. Students are encouraged to complete this request within the first two weeks of each semester. The Student Services Center is located in Presidents Hall level 2 across from the elevator. Contact: ray.horton@ccuniversity.edu or at [513-244-8420](tel:513-244-8420).

Academic Dishonesty: Cheating, plagiarism, and all other forms of academic dishonesty will NOT be tolerated. All incidents of academic dishonesty will be dealt with in accordance to university regulations (see CCU student handbook), which will include failure of class and additional action by the academic committee.

Flexibility Clause: This syllabus is NOT a binding contract. The dates of lectures, exams, projects, etc. may be revised as the term progresses. All modifications to the syllabus will be announced in class and/or via Canvas.

Details about Objectives

The course objectives have been designed to cover the following program and accrediting objectives/standards:

- MAC 2.5 – Demonstrate competency in group dynamics, processing, and counseling
- CACREP Section II.G.6 about Group Work: Studies that provide both theoretical and experiential understandings of group purpose, development, dynamics, theories, methods and skills, and other group approaches in a multicultural society, including all of the following:
 - a. principles of group dynamics, including group process components, developmental stage theories, group members' roles and behaviors, and therapeutic factors of group work,
 - b. group leadership or facilitation styles and approaches, including characteristics of various types of group leaders and leadership styles,
 - c. theories of group counseling, including commonalities, distinguishing characteristics, and pertinent research and literature,
 - d. group counseling methods, including group counselor orientations and behaviors, appropriate selection criteria and methods, and methods of evaluation of effectiveness, and
 - e. direct experiences where students participate in a small group activity, approved by the program, for a minimum of 10 clock hours over the course of one academic term.

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- CACREP CMHC C.3 – Knows the models, methods, and principles of program development and service delivery (e.g., support groups, peer facilitation training, parent education, and self-help)

COURSE SCHEDULE

Week	Date	Topic	Reading	Assignments
1	1/22	Introduction to Class	Syllabus	Informed Consent
2	1/29	Types of Groups	Chapter 1 Appendix A & B	Quiz 1
3	2/5	Group Dynamics	Chapter 2	Quiz 2
4	2/12	Leadership	Chapter 3	Quiz 3
5	2/19	Initial Stage	Chapter 4	Quiz 4
6	2/26	Transition Stage	Chapter 5	Quiz 5
7	3/5	Working Stage	Chapter 6	Quiz 6
	3/12	Spring Break		
8	3/19	Closing Stage	Chapter 7	Quiz 7 Journal 1 (10/19)
9	3/26	Diversity, Specialty Groups, & Creativity	Chapters 8 & 9	Quiz 8 Journal 2 (10/26)
10	4/2	Ethics	Chapter 10 ASGW Guidelines	Quiz 9 Journal 3 (11/2)
11	4/9	Ethics (continued)		Journal 4 (11/9)
12	4/16	Children & Teens	Chapters 11 & 12	Quiz 10 Journal 5 (11/16)
13	4/23	Adults & Older Adults	Chapter 13 & 14	Quiz 11 Journal 6 (11/30)
14	4/30	Using Theory in Groups	Chapter 15 & 16	Quiz 12 Journal 7 (12/7)
15	5/7	12-Step & Self-Help Groups	TBD	
16	5/14	Finals Week – No Class Meeting (unless we need to reschedule a class)		Final Paper due by 11:59pm