

ASSEMBLIES OF GOD THEOLOGICAL SEMINARY
PCP 637 – Group Counseling
Thursday 6:30 PM

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Fall, 2004
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COURSE SYLLABUS

COURSE DESCRIPTION

This course is a study of the essentials of group counseling processes. General group phenomena and current counseling procedures will be discussed. Students will learn about the nature of interpersonal learning, group dynamics, the stages of group development, group interventions, and the selection factors associated with group participation. The course will also study methods of enabling groups to become more creative and growth-facilitating.

ABOUT THE INSTRUCTOR

Melody Palm holds a Bachelor of Arts degree in Multiple Subjects, Masters degree in Counseling, Doctorate of Psychology, and a Clear California Teaching Credential.

OBJECTIVES

Upon completion of the course the student should be able to:

1. Utilize the vocabulary necessary to discuss group therapy concepts.
2. Recall the concepts and techniques associated with various group therapy approaches.
3. Identify the main therapeutic factors that facilitate therapeutic change in group counseling.
4. Recognize the behaviors associated with the stages of group development and be able to identify the stage of group development in which a group exists.
5. Recognize and identify the therapist's basic tasks and role in the group process.
6. Recognize the dynamics underlying the operation of group interaction, including transference and counter-transference.
7. Support the choice of one group therapy approach over another for specified treatment disorders.

8. Select appropriate assessment techniques and conduct a pre-group interview with prospective members to determine group participation and compatibility.
9. Identify challenging group members and articulate the ramifications of their interactions and how they affect the group dynamics.
10. Recognize his/her characteristic interaction patterns as they occur within a group setting, both as a group leader and a group member.
11. Articulate personal thoughts, feelings, dynamics, and evaluations regarding group processes from the perspective of both a group facilitator and a group member.
12. Clearly state the ethical and professional guidelines for group leaders—including competence, training, and confidentiality.

TEXTBOOK

Yalom, Irvin D. The Theory and Practice of Group Psychotherapy. 4th ed. New York: Basic Books, 1995.

METHODOLOGY

The Course will consist of didactic lectures, videos, discussion of the assigned text and supplemental readings, small group participation, and class demonstrations that may involve role-playing.

COURSE REQUIREMENTS

1. Completion of all assigned reading. Students are expected to have read the assigned readings prior to class discussion. (*You are strongly advised not to fall behind on the reading of the text.*)
2. Attendance, punctuality, and meaningful participation in class activities. More than one class absences will reduce one's grade. Three tardies count as one absence.
3. Through out the course student is to attend three different group meetings. One meeting must be an AA meeting. (Check local chapter for times available) The other two can be the student's choice. (Ideas: A support group meeting such as a grief recovery group; or check with a local agency which runs a group and ask if you could sit in for educational purposes)
1. Student it to write three, 2-3 page, double-spaced, personal reflection papers, on each of their visits to a particular group. Reflect and discuss personal feelings and opinions regarding the group—benefits; drawbacks; limitations. What group processes you observed. Qualities of the leader. What you liked. What you think you might do different. How did it feel sitting in the group, etc. These reflections are due **December 2nd, 2004**

2. In lieu of group research project, student will submit a full one to two page biographical sketch of each of the following individual/s and their contributions to **group counseling/therapy**. Bio should be single-spaced, referenced and discuss their unique contribution to group therapy. These are to be put into binder/notebook and submitted to the professor by **November 18th**.

A. Adler, Bale, W. Bion, A. Bandura, T. Butler, Cattell, Corey and Corey, Corsisini and Rosenberg, S. Foulkes, H. Ezriel, S. Freud, Gazda, Hill, Janis, JoHari, G. LeBon, LeWin, J. Moreno, F. Perls, J. Pratt, C. Rogers, W. Schutz, E. Schwartz, S. Slavson, Triplett, Whitaker & Lieberman, A. Wolf, I. Yalom
4. Student will write a 4-5 page, double-spaced, personal reflection paper. Reflect and discuss personal feelings and opinions regarding group counseling—benefits; drawbacks; limitations; how you personally envision using groups (or not using groups); and any other personal interaction with the course or text. This is a good paper to address the role you envision groups filling in local church ministry. **Due on Tuesday, December 9th!!**
5. Take two (2) written examinations covering material in the assigned text and lectures. The exams are likely to include both objective and essay questions.

**** Professor reserves the right to modify the course requirements and/or grading procedure.**

GRADING PROCEDURE

It is expected that all work will be completed as scheduled. Papers are due at the beginning of class: **6:30 PM** on the due date. Except in cases of *extreme* emergency, late work will be downgraded one letter grade per day. Final grades will be compiled from the accumulated work. Quality and timeliness of finished work will be considered in the compilation of the final grade. Due dates are as following:

Midterm Exam	Oct. 21, 2004
Bibliographies	Nov. 18, 2004
Evaluations of group visits	Dec. 2, 2004
Personal reflection paper	Dec. 9, 2004
Final Exam	Dec. 16, 2004

BASIC OUTLINE

Content Sequence: The following is an outline of the sequence of topics to be covered during the term. Students are expected to read the chapters before class so all may participate in discussion of that day's assigned readings. This is a tentative schedule and the instructor reserves the option to revise.

<u>WEEK</u>	<u>DATES</u>	<u>ASSIGNMENT</u>
1	<u>Sept.</u> 2	Intro to Course, Syllabus, Ch. 1
2	9th	Ch. 2
3	16th	Day of Renewal – No Class
4	23 rd	Ch. 3
5	30 th	Ch. 8
6	<u>Oct.</u> 7 th	Ch. 9
7	14 th	Ch. 10
8	21 st	Midterm
9	28 th	Ch. 4
10	<u>Nov</u> 4 th	Ch. 5
11	11 th	Ch. 6 & 7
12	18 th	Ch. 11
13	25 th	Thanksgiving
14	<u>Dec.</u> 2 nd	Ch. 12
15	9th	Ch. 13

**Please show respect for instructor as well as your classmates and refrain from in-class conversations during lecture, videos or when other students are speaking.*

**Please turn off all cell phones, pagers and other devices. Please do not take phone calls in class.*

SPECIFIC DATA

Prepared by: Melody Palm, Psy.D., July, 2004

SELECTED BIBLIOGRAPHY

Corey, Gerald and Marianne Schneider Corey, Patrick J. Callanan, and Michael J. Russell. Group Techniques. Monterey, CA: Brooks/Cole Publishing Co., 1982.

Corey, Gerald. Theory and Practice of Group Counseling (4th ed.). Pacific Grove, CA: Brooks/Cole, 1990.

Corey, M. S. and G. Corey. Groups: Process and Practice (4th ed.). Pacific Grove, CA: Brooks/Cole Publishing Co., 1992.

Dies, R. “Models of Group Psychotherapy: Sifting through Confusion.” International Journal of Group Psychotherapy. 42(1):1-17, 1992.

Drakeford, John W. People to People Therapy. New York: Harper & Row, 1978.

Ehly, Stewart W., and Richard Dustin. Individual and Group Counseling in Schools. New York: Guilford Press, 1989.

Gazda, George M. Group Counseling: A Developmental Approach. Boston, MA: Allyn and Bacon, 1989.

Glasser, William. Take Effective Control of Your Life. New York: Harper & Row, 1984.

Glasser, William. Reality Therapy. New York: Harper & Row, 1965.

Grayson, Ellis S. The Elements of Short-Term Group Counseling, rev. ed. Larvel, MD: American Correctional Assn., 1992.

Griffin, Emory A. Getting Together: A Guide for Good Groups. Downers Grove, IL: Inter Varsity Press, 1982.

Kaplan, H. I. And Sadock, B. J. (eds.) Comprehensive Group Psychotherapy (3rd Edition). Baltimore, MD: Williams & Wilkins.

** A more comprehensive book list will be posted in Dr. Palm’s class lecture notes on the aGts web-site.

