

**ASSEMBLIES OF GOD THEOLOGICAL SEMINARY**  
**PCP 637 – Group Counseling**  
*Tuesday 6:00 – 8:45 PM*

Melody Palm, Psy.D.  
AGTS Office 268-1071  
Counseling Secretary: 268-1085

Fall, 2008  
*e-mail* [mpalm@agts.edu](mailto:mpalm@agts.edu)

**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.

**OBJECTIVES**

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

1. Demonstrate the vocabulary necessary to discuss group therapy concepts.
2. Discriminate the concepts and techniques associated with various group therapy approaches.
3. Identify the main therapeutic factors that facilitate therapeutic change in group counseling.
4. Differentiate 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. Identify and explain the therapist's basic tasks and role in the group process.
6. Identify the dynamics underlying the operation of group interaction, including transference and countertransference.
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 and evaluate his/her characteristic interaction patterns as they occur within a group setting, both as a group leader and a group member.
11. Compose personal thoughts, feelings, dynamics, and evaluations regarding group processes from the perspective of both a group facilitator and a group member.
12. Summarize the ethical and professional guidelines for group leaders—including competence, training, and confidentiality.

### **TEXTBOOK**

Yalom, Irvin D. The Theory and Practice of Group Psychotherapy. 5<sup>th</sup> 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. Throughout the course student is to attend two different group meetings. One meeting must be an AA meeting. (Check local chapter for times available) The other 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)
4. Student is to write a two page, double-spaced, personal reflection paper, on each group visit. 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 ect. These reflections are due ***November 25<sup>th</sup>, 2008***
5. In lieu of research project, student will write a 8-10 page proposal to facilitate a group in a local church or mental health agency. Type of group will be left to the discretion

of the student and approved by professor. Proposal will be due November 11<sup>th</sup>. Grade will be assigned based on the quality of the written proposal. Professor's expectations for the proposal will be given the first day of class.

6. Student will write a 3 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 2nd.**
7. 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: **6:00 PM** on the due date. **DO NOT MISS CLASS THAT DAY TO FINISH PAPER.** 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:

<b>Midterm Exam</b>	<b>Oct. 14th, 2008</b>
Group Proposal	Nov. 11th, 2008
Evaluations of group visits	Nov. 25th, 2007
Personal reflection paper	Dec. 2nd, 2008
<b>Final Exam</b>	<b>Dec. 9th, 2008</b>

### **Grading Percentages**

Personal reflection paper & Class participation	10%
Evaluations of group visits	15%
Midterm Exam	25%
Group Proposal	25%
Final Exam	25%

### 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>August 26st</u>	Intro to Course, Syllabus, Ch. 1
2	<u>Sept 2<sup>nd</sup></u>	Ch. 2
3	9 <sup>th</sup>	Ch. 3
4	16 <sup>th</sup>	Ch. 4
5	23 <sup>rd</sup>	Ch. 5
6	30 <sup>th</sup>	Ch. 6
7	<u>Oct. 7<sup>th</sup></u>	Ch. 7
8	14 <sup>th</sup>	Midterm Exam
9	21 <sup>st</sup>	<i>Fall Study Break</i>
10	28 <sup>th</sup>	Ch. 8
11	<u>Nov 4<sup>th</sup></u>	Ch. 9
12	11 <sup>th</sup>	Ch. 10
13	18 <sup>th</sup>	Ch. 11
14	25 <sup>th</sup>	Ch. 12
15	<u>Dec. 2<sup>nd</sup></u>	Ch. 13
16	9 <sup>th</sup>	FINAL EXAMINATION

**CHAPEL:** Chapel will be scheduled into class time. We will attend chapel on the following dates:

September 2<sup>nd</sup>, 6:00 – 7:15 p.m.  
 November 25<sup>th</sup>, 6:00 – 7:15 p.m.

### **SPECIAL NEEDS**

Students with disabilities may request special accommodation and must provide the professor with a copy of verification of the disability from the Student Life Office, by the second week of class in order to receive special accommodations.

### **CHEATING AND PLAGIARISM POLICY**

Academic Integrity: Students are expected to follow guidelines of the American Psychological Association Publication Manual (APA). Any material other than one's that is used in a paper must be cited in order to avoid the plagiarism of another's work. Plagiarism is grounds for a grade of **F**. The student will be referred to the Dean for further disciplinary action.

### **CELL PHONE POLICE**

**Please turn off cell phones before the beginning of class.** Leaving class to answer a call disrupts the class and distracts from your classroom participation. Arrangements for your personal communication need to be made before or after class and not during class.

### **SPECIFIC DATA**

Prepared by: Melody Palm, Psy.D., July, 2008

## **SELECTED BIBLIOGRAPHY**

- Corey, G., Corey, M.S., Callanan, P.J., & Russell, M.J. Group Techniques. Monterey, CA: Brooks/Cole Publishing Co., 1982.
- Corey, G. Theory and Practice of Group Counseling ( 4<sup>th</sup> ed.). Pacific Grove, CA: Brooks/Cole, 1990.
- Corey, M. S. & Corey,G. Groups: Process and Practice (4<sup>th</sup> 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, J. W. People to People Therapy. New York: Harper & Row, 1978.
- Ehly, S.W. & Dustin, R. Individual and Group Counseling in Schools. New York: Guilford Press, 1989.
- Gazda, G. M. Group Counseling: A Developmental Approach. Boston, MA:Allyn and Bacon, 1989.
- Glasser, W. Take Effective Control of Your Life. New York: Harper & Row, 1984.
- Glasser, W. Reality Therapy. New York: Harper & Row, 1965.
- Grayson, E. S. The Elements of Short-Term Group Counseling, rev. ed. Larvel,MD: American Correctional Assn., 1992.
- Griffin, E. A. Getting Together: A Guide for Good Groups. Downers Grove,IL: Inter Varsity Press, 1982.
- Kaplan, H. I. & Sadock, B. J. (eds.) Comprehensive Group Psychotherapy (3<sup>rd</sup> Edition). Baltimore, MD: Williams & Wilkin.