

ASSEMBLIES OF GOD THEOLOGICAL SEMINARY

PCP 637 – Group Counseling

Monday Evenings 6:30 PM

Melody Palm, Psy.D.
AGTS Office 268-1071
Pager # 227-2666

Fall, 2002
e-mail mpalm@agseminary.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.

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 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 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. (*It is 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. Conduct research on one specific topic pertaining to group psychotherapy. Research must concentrate primarily on professional press/scholarly resources with a minimum of 10 references. Select research topic from the attached list and discuss with professor. Papers should be 10-12 pages, typed, double-spaced, and **carefully** referenced according to APA. Grade will reflect adherence to writing guidelines. Note: The professor may cite papers that would enhance class discussion.

4. Take two (2) written examinations covering material in the assigned text and lectures. The exams are likely to include both objective and essay questions.
5. Student will maintain a weekly journal, interacting with the course content, videos watched in class, class discussions, and the textbook chapters. Journal is to be one page typed, doubled space. It is to be submitted by 11:59 PM, the Wednesday following class. It can be submitted in hard copy form to me or electronically to mpalm@agseminary.edu. This will be returned each Monday evening before class.
6. 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.

**** 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. Except in cases of *extreme* emergency, late work will be downgraded one letter grade per day. Final grades will be assigned as follows:

Midterm Exam 1	25%	Oct. 28, 2001
Research Paper	25%	Dec. 2, 2001
Personal Reflection Paper	15%	Dec. 9, 2001
Final Exam	25%	Dec. 16, 2001
Journal Entries	10%	

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>
	MONDAY's	
1	Sept. 9	Intro to Course, Syllabus
2	Sept. 16	Ch. 1
3	Sept. 23	Ch. 2
4	Sept. 30	Ch. 3
5	Oct. 7	Ch. 8
6	Oct. 14	Ch. 9

7	Oct. 21	Ch. 10
8	Oct. 28	Midterm; Ch. 4
9	Nov. 4	Ch. 5
10	Nov. 11	Ch. 6
11	Nov. 18	Ch. 7
12	Nov. 25	Ch. 11
13	Dec. 2	Ch. 12
14	Dec. 9	Ch. 13
15	Dec. 16	Final Exam

MINI RESEARCH TOPICS

1. Instillation of Hope
2. Universality
3. Corrective Recapitulation of Primary Family
4. Development of Socializing Techniques
5. Interpersonal Learning
6. Group Cohesiveness
7. Catharsis
8. Existential Factors
9. Therapeutic Relationship
10. Empathy
11. Consensual Validation & Feedback
12. Adaptive Spiral in Therapy
13. Here-And-Now-Focus
14. Modeling
15. Counselor Interpretations
16. Client Resistance
17. Client Responsibility
18. Scapegoating
19. Self-disclosure
20. Reality Testing
21. Confidentiality
22. Client Popularity & Outcome in Therapy
23. Dreams
24. Transference
25. Transparency
26. Norms
27. Process Illumination
28. Theoretical Approach of W. Bion
29. Theoretical Approach of Whitaker & Lieberman
30. Use of Client's Past
31. Selection of Clients for Group Therapy
32. Attendance
33. Concurrent Individual & Group Counseling
34. Getting a Group Started

35. Measuring Progress in Group Therapy
36. Preparation for Group Therapy
37. Conflict in Group Therapy
38. Help-Rejecting Complainers
39. Problem-Clients
40. Termination

PLEASE NOTE: *It is recommended that student make sure s/he is able to find enough resources to adequately address the topic chosen. SMSU, Drury, Evangel, and Forest Institute of Professional Psychology are suggested optional sites to access information.*

SPECIFIC DATA

Prepared by: Melody Palm, Psy.D., August, 2002

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.

ORAL PRESENTATION

In a 10 minute oral presentation, discuss how Group Therapy would work for special population you have chosen; covering issues such as:

- Preliminary considerations in forming the group
- Role of parents/teachers or other family members
- Guidelines for working with this group
- Legal considerations
- Tactics in the group
- Personal & professional qualifications of the facilitator
- Ideal setting, size, frequency of meeting; closed or open;
- Purpose and rationale
- Variations in group developments-stages
- Termination issues
- Effectiveness—ability to measure
- Permission forms
- Suggested format
- Exercises & techniques utilized
- Goals, objectives
- Basic ground rules
- Rewards & frustrations
- Special issues in establishing trust & dealing with resistance
- Pre-group assessments
- Structure of groups
- Developing sense of belonging
- Cautions
- Difficult members & issues

Note: Provide each student and the professor with a one (1) page outline of points you'll be covering. (If submitted the day before your presentation, AGTS will supply the copies).

TYPES OF GROUPS FOR ORAL PRESENTATION

For Children:

Children of Divorce
Abused Children
Children of Alcoholics
Learning & Behavioral Disorders

For Adolescents & Teenagers:

Personal Growth
Self-Exploration
Court Referred
School Referred
Substance Abusers
Children of Alcoholics
Gender Identity Conflicts
Unwed Teenage Mothers
Unwed Teenage Fathers
Crisis-Oriented Groups
After Care – following Drug Rehab

For Adults:

Theme orientated
College Students
Weight Control
Repeat Dieters
Substance Abusers, Addictions-ex.: Gamblers
Aids Patients
Educational
Women Victims of Incest
Long-term Therapy Group for Incest Survivors
Personal Growth
Residential Group for Adults
Sexual Offenders
Divorce Recovery
Death/Grief
Overcoming Homosexuality

For the Elderly:

Institutionalized
Emphasis on Physical Fitness
Occupational Therapy
Reality Orientation
Grief Work
Pre-retirement & Post-Retirement issues
Organic Brain Syndrome
Healthy Aging People
Bereavement
Combined Group—Elderly & Adolescents

