

EDCP 682 Advanced Seminar in Group Processes
Room: Benjamin 3236
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Objectives:

- To acquire a theoretical understanding of the therapeutic factors (change mechanisms) believed to be operating in successful group counseling.
- To acquire an understanding of both process-oriented group counseling and psycho-educational groups.
- To become acquainted with the "nuts and bolts" issues faced by counselors in taking a group from beginning to end (e.g., screening and composition, pre-group preparation, norm-setting, goal-setting, dealing with client diversity, working in the here-and-now, termination).
- To provide experience in leading process-oriented and psycho-educational groups and to provide supervision for this experience.
- To learn methods of evaluating group process and outcome.

Format:

During a weekly seminar meeting, topics relevant to group counseling are addressed through readings, lecture, and discussion. After co-leading groups, students evaluate the effectiveness of the group. Students meet with a supervisor weekly for direct supervision of their work. Students also observe groups, write group process observation notes, and provide feedback to group co-leaders immediately following group sessions.

The model I use to run a group practicum involves extensive and intensive supervision. All students enrolled in the practicum will co-lead an outpatient community group with me. Two people take turns each week co-leading the group counseling sessions. The other people and I watch the group sessions from behind a two-way mirror. All members of the leadership team participate in a ½ hour debriefing immediately following the group session. Group members are invited/encouraged to view this debriefing session. In addition, students from the group practicum class will co-lead a group at Bladensburg High School or other clinical placement as approved by the instructor.

As part of the group counseling training I routinely ask that all group sessions be taped. Taping greatly enhances the students learning experience and can also serve as a mechanism for quality control. These tapes are confidential material and are treated as

such. Once the supervisor has reviewed the tape it is taped over so that no permanent record of group sessions is maintained.

Readings:

- Yalom, I.D. (1995). *The theory and practice of group psychotherapy* (4th ed.). New York: Basic Books.
- Additional readings as assigned.

Commitment to Multiculturalism in Coursework

Counseling Psychology Program is committed to creating a multicultural training environment, which is broadly defined as a place where individuals' diversity and opinions are respected. All faculty members strive to integrate multicultural and diversity issues in their courses in ways that are relevant to course content and process. It is hoped that students will contribute their unique perspectives to this effort by considering and raising issues related to multiculturalism and diversity and respecting others' worldviews throughout this course.

Date	Topic	Reading
Week 1	Introduction	
Week 2	Therapeutic Factors	Yalom 1, 2 & 3
Week 3	TF Integration	Yalom 4
Week 4	Group Leadership	Yalom 5 & 6
Week 5	Group Leadership	Yalom 7
Week 6	Getting Started	Yalom 8, 9 & 10
Week 7	Group Development	Yalom 11 & 12
Week 8	Critical Incidents	Yalom 13
Week 9	Group Adjuncts	Yalom 14
Week 10	Research: Methodology	
Week 11	Research: Outcome	
Week 12	Research: Cohesion/Climate	
Week 13	Research: Leadership	
Week 14	Research: Development	
Week 15	Research: Feedback	
Week 16	Wrap-up	Paper Due
