

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



MASTER SYLLABUS

HUSV 325 – GROUP THERAPY

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**SCHOOL OF BUSINESS AND LIBERAL ARTS
SOCIAL SCIENCES DEPARTMENT
SPRING 2022**

- A. **TITLE:** Group Therapy
- B. **COURSE NUMBER:** HUSV 325
- C. **CREDIT HOURS:** 3 lecture hours per week for 15 weeks
- D. **WRITING INTENSIVE COURSE:** No
- E. **GER CATEGORY:** N/A
- F. **SEMESTER(S) OFFERED:** Spring
- G. **COURSE DESCRIPTION:**
 In this course students will be introduced to the crucial skills that are necessary for competence in the area of understanding systems and conducting groups. Topics to be addressed include working with different types of groups, the counseling process, and responding to cultural differences that may affect group process. Special populations and issues such as children, adolescents, elderly, mental health and addiction, survivors of sexual abuse, and divorced couples are explored.
- H. **PRE-REQUISITES/CO-REQUISITES:**
Pre-Requisite: HUSV 315 – Mental Health Practice or permission of the instructor.
Co-Requisite: PSYC 410 – Counseling Skills and Process
- I. **STUDENT LEARNING OUTCOMES (see key below):**

By the end of this course, the student will be able to:

<u>Course Student Learning Outcome [SLO]</u>	<u>PSLO</u>	<u>ISLO</u>
a. Explain stages of groups to include application to systems theory.	Knowledge base in Psychology, Human Services, or Applied Behavior Analysis	5
b. Demonstrates leadership skills for the purpose of conducting and documenting group and family sessions.	Professional Development	5
c. Apply understanding of multicultural differences to group practice.	Ethical and Social Responsibility in a Diverse World	4 Social Responsibility [IK] [ER]

d. Identify the process of assessment of individual and group needs.	Communication	1 [O,W]
e. Analyze intervention strategies used in group leadership which address problem situations.	Scientific Inquiry and Critical Thinking	2 Critical Thinking [IA]

KEY	Institutional Student Learning Outcomes [ISLO 1 – 5]
ISLO #	ISLO & Subsets
1	Communication Skills Oral [O], Written [W]
2	Critical Thinking <i>Critical Analysis [CA], Inquiry & Analysis [IA], Problem Solving [PS]</i>
3	Foundational Skills <i>Information Management [IM], Quantitative Lit./Reasoning [QTR]</i>
4	Social Responsibility <i>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</i>
5	Industry, Professional, Discipline Specific Knowledge and Skills

J. APPLIED LEARNING COMPONENT: No

K. TEXTS: (Suggested)

Jacobs, E., Masson, R., & Harvill, R. (2016). *Group counseling strategies and skills* (8th ed.). Thomson Publishing.

Corey, M., Corey, G., & Corey, C. (2018). *Groups, process and practice* (10th ed.). Brooks/Cole Publishing.

L. REFERENCES:

Corey, M., Corey, G., & Corey, C. (2018). *Groups, process and practice* (10th ed.). Brooks/Cole Publishing.

Posthuma, B. (2002). *Small groups in counseling and therapy: Process and leadership*. Allyn & Bacon.

Toseland, R., & Vivas, R. (2012). *An introduction to group work practice*. Allyn & Bacon.

M. EQUIPMENT: Technology-enhanced classroom.

N. GRADING METHOD: A-F.

O. SUGGESTED MEASUREMENT CRITERIA/METHODS:

- Exams
- Video Presentations
- Written Assignments
- Projects
- Quizzes
- Discussion Boards

P. DETAILED COURSE OUTLINE:

- I. Introduction to Group Process
 - A. Reasons for Leading Groups
 - B. Kinds of Groups
 - C. Groups vs Individuals
 - D. Use of Theories
 - E. Group Leadership Styles
 - F. Leadership Functions
 - G. Effective Leadership
 - H. Ethical Concerns
- II. Stages of Groups, Therapeutic Forces
 - A. Stages of Groups
 - B. Group Process
 - C. Group Dynamics
 - D. Curative Factors
 - E. Therapeutic Forces
- III. Purpose of Groups
 - A. Determining the Purpose
 - B. Common Questions

- IV. Planning
 - A. Pre-group
 - B. Screening Potential Members
 - C. Session Planning
 - D. Planning for Each Phase of Groups

- V. Getting Started: Beginning Stage
 - A. First Session
 - B. How to Begin a Group
 - C. Considerations for This Stage
 - D. Second Sessions
 - E. Common Mistakes

- VI. Basic Skills
 - A. Specific Leadership Skills
 - B. Documentation

- VII. Focus
 - A. Establishing the Focus
 - B. Holding the Focus
 - C. Shifting the Focus
 - D. Deepening the Focus

- VIII. Cutting Off and Drawing Out Skills
 - A. Cutting Off Skills
 - B. Drawing Out Methods
 - C. Techniques for Drawing Out Members

- IX. Rounds and Dyads
 - A. Designated Number
 - B. Words or Phrases
 - C. Comment Round
 - D. Use of Dyads
 - E. Kinds of Exercises

- X. Middle & Ending Stages of Groups
 - A. Planning and Assessment
 - B. Screening Out Members
 - C. Dealing with Breaches
 - D. Leadership Skills
 - E. Common Mistakes

- XI. Counseling Theories and Skills Used in Groups
 - A. Ways Theories are Used
 - B. Different Theories Used
 - C. Leader's Role and Responsibilities

- XII. Closing a Session or Group
 - A. Closing Phase
 - B. Format for Closing a Session
 - C. Helpful Skills
 - D. Closing Stage Considerations

- XIII. Dealing with Problem Situations
 - A. Disruptive Members
 - B. Resistant Members
 - C. “Get the Leader” Behavior
 - D. Dealing with Silence
 - E. Romantic/Sexual Feelings between Members
 - F. Asking Members to Leave

- XIV. Working with Specific Populations
 - A. Children
 - B. Adolescents
 - C. Couples
 - D. Addiction
 - E. Elderly
 - F. Survivors of Sexual Abuse
 - G. Divorce
 - H. Adult Children of Alcoholics

- XV. Issues in Group Counseling
 - A. Multiculturalism in Groups
 - B. Co-leading
 - C. Legal Issues
 - D. Evaluating Groups
 - E. Research and Training

- Q. **LABORATORY OUTLINE:** None.