

## SYLLABUS/SCHEDULE

Spring 2008

*CSPY 515 - Group Counseling with Adults*  
Graduate School of Education and Counseling  
Lewis & Clark College

**Instructor:** Jeff Guardalabene, Psy.D.

**Office Hours:** By Appointment

**Phone:** 503.313.2965

**Email:** [drjeff@gmail.com](mailto:drjeff@gmail.com)

**Course Description:** This is a graduate level course designed to provide students with theories, concepts and experiences that will increase their understanding and effectiveness of Group Counseling with Adults. This will be accomplished through the use of group observation, facilitation, and the use of assigned readings, lecture, assignments and laboratory group process.

### Course Outcomes

Students will gain knowledge of groups, processes, theory and how that is applied to counseling with adults in group settings. Students will demonstrate the practical skills and artful application of group theory to the needs of adults in groups conducted both in class, and extracurricular experiences.

### Course Format

The class utilizes these primary components:

- *Reading* assigned text and supplemental material.
- *Content discussions* of key concepts and small group discussions.
- *Laboratory learning* that includes participating as a member of an experiential laboratory group, and experiential co-leadership experiences.
- *Interactive self-study* engaging in an external group and journal writing.
- *Homework* assigned related to areas to explore/examine/further understand.
- *Writing* an APA style group theories paper.

### Requirements of Students

Keep up to date with all of the assigned readings, external assignments, and self-study homework

Participate actively in class discussions, group projects, activities and exercises

Maintain prompt attendance at all the class sessions

Attend all class sessions for the full duration of the course

Submit all assignments complete and on time

### Required Text and Readings

Corey, G. (2008). *Theory and Practice of Group Counseling* (7<sup>th</sup> Ed.). Belmont, CA: Brooks/Cole.

## Homework, Assignments, Papers, Exams, and Class Participation

**Self-study homework** requires you to become an active learner in your study of groups and group process. The participation in an external group will help emphasize the application of group counseling concepts and techniques. You are expected to find an external counseling group in which to participate/observe. Journal writing is part of this process. In addition, classroom discussion (and the laboratory work we do in class) will provide a forum for you to discuss and exchange ideas, and process ideas/experiences.

**Counseling paper** will focus on the theory and practice of group counseling. You may focus on a particular type/focus of adult group. Papers should demonstrate your ability to analyze, synthesize, and evaluate your learning. You may also discuss how interventions are specifically tied to how to help the people work toward group goals. Integrate current literature and research.

Do not rely solely on the texts. Develop implications, considerations, and recommendations for group counseling practice. Be sure to include relevant legal and ethical considerations. Limit papers to 10-15 pages in length (not including the cover page, diagrams, and references).

### Assignment Percentages of Final Grade:

Class participation (Co-facilitation)	25%
Self-study homework (Group Journals)	20%
Additional Homework	5%
Counseling paper	50%
	<b>100%</b>

### Graduate Grading Scale

Total Points possible: 100
A=90-100;
B=80-89;
79 or lower: no credit

**Professional Writing.** Students are expected to adhere to APA style as provided in: American Psychological Association. (2001). *Publication manual of the American psychological association* (5<sup>th</sup> ed.). Cleveland, OH: APA. Publications manuals can be purchased from the University Books and More and other vendors, checked out through Polk Library, and accessed on-line at [www.apastyle.org](http://www.apastyle.org). **Professional writing is criteria in grading of all assigned papers.**

**Academic Integrity Statement.** Standards of academic integrity are expected for all students. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others' academic work. Plagiarism is a failure to adhere to this policy.

**Special Assistance.** If you need course adaptations or accommodations because of a disability and/or you have emergency medical information to share please make an appointment with the instructor to ensure concerns are addressed.

**Confidentiality and Ethical Practice.** Due to the potential personal nature of this course, confidentiality is of the utmost importance. None of you is required to divulge personal information or compromise your well-being. However, self-exploration and group process will invite the opportunities for personal disclosure and process. Safety and trust is necessary for personal work and self-exploration to occur on a meaningful level. To that end, enrolling in this course carries with it the responsibility to maintain confidentiality. Students are bound by the ACA ethical standards to abide by confidentiality with respect to any material or issues brought forth by any members of the class. All information discussed is to be treated with the utmost respect and will be viewed as confidential to the extent that it does not violate the safety and inherent rights of others to maintain theirs.

*Evaluation is not based on the content of your personal experiences but on your facilitation, process, and theoretical understanding of group process.*

**Group counseling with adults--CPSY 515—SPRING 2008**

*Readings to be assigned*

***WEEKLY SCHEDULE***

<b><u>Date</u></b>	<b><u>Topic</u></b>
Jan. 7	Introduction—Orientation to class, participation guidelines, overview of group therapy
Jan. 14	Basic group counseling skills, group leadership, groups and culture
Jan. 21	Martin Luther King, Jr. Day – no classes
Jan. 28	Pre-group tasks, group development and formation, therapeutic alliance
Feb. 4	Introduction to theoretical orientations, exploration of theories, ethics
Feb. 11	Interpersonal, psychodynamic groups.
Feb. 18	Humanistic groups.
Feb. 25	Psychodrama, psychoeducational groups.
Mar. 3	Cognitive-behavioral groups
Mar. 10	Groups for specific populations/diagnoses
Mar. 17	Ongoing leadership issues, intervention strategies
Mar. 24	Spring break!
Mar. 31	Group maintenance issues, paperwork, logistics, termination
Apr. 7	Outcome and effectiveness evaluation, guest speaker COUNSELING THEORY PAPER DUE
Apr. 14	Gestalt, Existential groups
Apr. 21	Wrap-up and review