

GROUP COUNSELING WITH CHILDREN
CPSY 514-01 Lewis and Clark College
Summer 2007

"In every adult lurks a child-an eternal child, something that is always becoming, is never completed, and calls for unceasing care, attention, and education. That is the part of the human personality which wants to develop and become whole."

C. G. Jung

Instructor: Margaret Eichler Ph.D. NCC
503-768-6060 CPSY Office
meichler@lclark.edu

Classroom: Rogers 105

Dates: Wednesdays 5-16, 5-23, 5-30, 6-6, 6-13, 6-20

Time 8:30-4:30

"Instruction and practice in developing group treatments for children and adolescents in clinical and school settings. Students explore group dynamics, potential problems encountered when running children's groups, and generalization and maintenance of behavioral change. The course introduces curriculum for specific issues including divorce, substance use, grief, and social skills."

Prerequisite: CPSY 503, 507-508 (may be taken concurrently).

Credit: 3 semester hours

Textbooks

Required

Group Counseling and Psychotherapy with Children and Adolescents (2007), Zipora Shechtman

Group Work with Adolescents, 2nd edition (2004), Andrew Malekoff

Format: We will explore the process of counseling children and adolescents in groups through readings, class discussions, class activities, creative exercises, skill practice and through our own group process as a class. Emphasis will be placed on a collaborative class environment where students lead each other in creating a challenging learning environment.

Outcomes: Students will gain knowledge related to group theory as applied to counseling with children and adolescents. Students will demonstrate the practical skills and artful application of group counseling for children or adolescents through personal experience of leading a group. Students will also exemplify their learning through a written proposal for a group designed for children and adolescents.

CACREP Standards for Group Work

GROUP WORK - studies that provide both theoretical and experiential understandings of group purpose, development, dynamics, counseling theories, group counseling methods and skills, and other group approaches, including all of the following:

- ❖ Principles of group dynamics, including group process components, developmental stage theories, group members' roles and behaviors, and therapeutic factors of group work.
- ❖ Group leadership styles and approaches, including characteristics of various types of group leaders and leadership styles;
- ❖ Theories of group counseling, including commonalities, distinguishing characteristics, and pertinent research and literature;
- ❖ Group counseling methods, including group counselor orientations and behaviors, appropriate selection criteria and methods, and methods of evaluation of effectiveness;
- ❖ Approaches used for other types of group work, including task groups, psycho educational groups, and therapy groups;
- ❖ Professional preparation standards for group leaders; and
- ❖ Ethical and legal considerations.

Assignments

Worldview paper:

Two to three page informal paper asking to define in some ways where you came from (family, culture, race, geography, economics, education, religion, etc.) and what experiences have shaped who you are and how you perceive yourself. A loose format might be:

Worldview (life circumstances you were born into)

Philosophy of life, (how you perceived your experiences and made sense of life which then developed into how you choose to see your world and live your life including spiritual perspectives)

Counseling Theory (counseling theories and styles that make sense to you and seem to work with your "style")

Summarized by reflection on how you want to grow and where you want to expand your life as a counselor.

Reading assignments:

For each chapter write one question you have on a 3x5 file card. Label card with book and chapter the question comes from.

Discussion Participant:

Each student will be randomly assigned to three different discussion groups on three different days. Each discussion group will bring forth key points and pose challenging questions to each other then to the larger group.

Group Presentation:

A 20-minute presentation of a group "activity" will be given by each student utilizing class members. Design of the group activity will take shape over the course of the class based on student interests. This will be one "session" from the group proposal in your group paper.

Group Paper:

This will be the same topic as your group presentation and an area of counseling you have special interest in as well as the client population you might serve in the future. A format will be provided by the instructor second class meeting.

Final Reflection Paper:

A three page journal style paper reflecting your experience of the group process and insights into key concepts you will apply in your work with children.

Evaluation

Students will be evaluated on the effort and quality of their participation as well as their assignments. Timeliness and completeness of assignments will factor into overall effort and quality. Points will be awarded to reflect these factors as described below.

Assignments: 5 points deducted for each day late.

Grades

Worldview Paper **10 points**

3 discussion groups and questions from textbook readings 10 points each total **30 points**

Group presentation **25 points**

Group paper **25 points**

Final reflection paper **10 points**

Total possible points 100 A=100-90 B=89-80 C=79-70 below 70 failure of class

Absences: Please notify instructor, any absence requires an additional assignment, more than 3 hours of absence is a failure to complete class.

No use of cell phones during class time including texting. Phones maybe on vibrate mode for emergency contact.

Because of the experiential nature of the class there will be times that the instructor requests laptops are closed. Please bring materials for intermittent handwritten notes.

Please notify instructor of any special learning considerations that need to be taken in to considerations as covered by the American Disabilities Act.

May 23

Chapter discussions

Schechtman Chapters 1-6

Malekoff Chapters 1-6

Worldview paper due

May 30

Chapter discussions

Schechtman Chapters 7-10

Malekoff Chapters 7-10

June 6

Chapter discussions

Schechtman Chapters 11-16

Malekoff Chapters 11-16

June 13

Presentations

June 20

Presentations

Reflection Paper

Group paper