

Group Counseling With Adults  
Fall 2006  
Greg Crosby, MA,LPC,CGP  
W 503- 331-5256  
Email (gregc1112@ aol.com)

### CPSY 515: Group Counseling with Adults

Introduction to the major schools of group therapy and the common factors associated with positive outcomes. The course covers group dynamics, obstacles to success group therapy and stages of group process. Role-playing and demonstrations illustrate principles of effective group leadership.

Prerequisite: CPSY 503 or 505 or 507 or 508.

Credit: 3 semester hours.

Class dates:

Saturdays Sept.9,16 (9-5:30),

Friday Sept 22 (5:30-8:30) Saturday,

Friday Sept 29 5:30 -8:30.

Sept 30,Oct 1. Saturday,/Sunday (9-5:30)

Objectives:

1. To understand the dynamics, stages and therapeutic factors of group counseling.
2. To develop a cognitive and experiential understanding of the skill necessary for effective facilitation of group counseling.
3. To be aware of the different populations and contexts with which group counseling may be appropriate.
4. To have a basic understanding of types of group therapies and appropriate approaches.
5. To develop ease and confidence with group work.
6. To understand legal and ethical guidelines in group work.

Texts:

Corey, MS.. & Corey, G. (2005). Groups: Process and Practice (7th ed.). Pacific Grove, Calif.: Brooks/Cole.

Corey, M.S. & Corey, G. ( 2005).Groups in Action: Evolution and Challenges & Workbook. Pacific Grove, Ca.: Brooks/Cole.

Bibliography and detailed content outline will be handed out in class.  
Eight Journal articles will be handed out in class.

### Class Dates and Assignments:

Sept 8 and 16 Introduction and overview to class. History of group therapy and types of groups. Group stages of development and video. Chapters 1,4,5,6,7,8

Sept 20,21 . Chapters3,9 and 10 and Groups That Work Manual Integrating adult , child and adolescent groups.

Sept. 29and 30 Oct 1 Groups That Work Manual More on adult groups, psychoeducational classes and task oriented groups. Read chapters 11,12.,13.

### Assignments:

1.Complete questions and instrument in workbook. Due last day of class. Complete questions on pages 38-39,47-48, 56-57,74-75,86-87,88-89,92-94162-164.

Select and fill in answers to any three challenge problems from segments 1 and 2.

Assignment due last day of class.

2. Complete Project 8-10 pages. Paper due November 3., 2006

Send paper to :

Counseling Psychology Dept.

Lewis and Clark College

If you want paper returned send self addressed stamped envelope

Individual project: 8-10 pages Due November 3.

1. Select a type of group( psycho educational, task, counseling, psychotherapy) that you might lead in your career.

2. Determine a specific focal group(e.g. problem solving group for business, depression group for adults, psycho educational stress group, counseling group for the divorced.

3. Design a proposal for a specific therapeutic group. Suggest including group description and time frame, inclusion, exclusion criteria, Group design session by session, and evaluation.

Project due November 3. Use APA or MLA format for headings, references, margins. Typed, doubled spaced, contain specific references pertinent to topic.

Grade is based on :

Completing workbook 40%

Project paper 40%

Attendance, class contributions 20%

Grades:

The standard grading scale of 90% or better being an A ; 80 % or better being a B will be used. Competent graduate level work is generally understood to be at a B level and exemplary graduate level work at an A level.

Diversity;

Diversity is key in group work in two ways. first, all groups will encounter differences as a natural part of their development. Second, individual group members will represent diverse backgrounds which include gender, race, religion, special needs and sexual preference. . Students will be taught how to lead groups skillfully and sensitively to incorporate these differences.

Notification to the school of any and all types of personal needs, physical, emotional and learning difficulties and/or needs related to American with Disabilities Act is the sole responsibility of the student. All reasonable efforts will be made to accommodate individual needs.