COURSE TITLE: Group Counseling

COURSE NUMBER: MHC 7202

I. MAJOR INSTRUCTIONAL GOALS:

GOAL A:
Understand the principles of group dynamics; including group process components, developmental stage theories, group members’ roles and behaviors, and therapeutic factors of group work (CACREP STANDARDS G.6.a, G.6.e).

Knowledge Learning Outcomes: The student will:

A-1 Understand the principles of group dynamics including various dimensions of group process, stages of group development, group member roles and behaviors, and curative/therapeutic factors of group work. (G.6.a, G.6.e)

A-1 Learning Activity: a) Readings, lectures, and discussions (classroom and/or online environments) of the principles of group dynamics including dimensions of group process, stages of group development, group member roles and behaviors, and curative/therapeutic factors of group work and b) Participate as a member of a process oriented group for a minimum of ten hours and submit a self-evaluation paper.


GOAL B:
Understand group leadership or facilitation styles and approaches, including the characteristics of various types of group leaders and leadership styles and group counselor orientations and behaviors (CACREP STANDARDS G.6.b, G.6.d, G.6.e)
Knowledge Learning Outcomes: The student will:

**B-1** Be knowledgeable about different group leadership/facilitation styles, approaches, orientations, methods, and skills/behaviors and be able identify their differential impact on group members and on the functioning of groups (G.6.b, G.6.d, G.6.e)

**B-1 Learning Activity:**
- **a)** Readings, lectures, and discussions (classroom and/or online environments) of group leadership styles, approaches, orientations, methods, and skill/behaviors and
- **b)** **Participate as a member of a process oriented group** for a minimum of ten hours and submit a self-evaluation paper and
- **c)** Submission of a **Group Design Research Project**.

**B-1 Outcome Indicator:**
- **a)** Achieve a passing grade on the **Final Exam** and
- **b)** Achieve a satisfactory score on Dimension 2 – Identification of Group Leadership Styles and Skills and Analysis of Impact on Group Dynamics on the **Group Experience Self-Evaluation Scoring Rubric** and
- **c)** Achieve a satisfactory score on: i) **Dimension 3** – Group Structure and Logistics and ii) **Dimension 4** - Leader Role, Group Activities and Techniques on the **Group Design Research Project Scoring Rubric**.

**GOAL C:**
Understand theories of group counseling, including commonalities, and distinguishing characteristics and be knowledgeable about pertinent research and literature that suggest the efficacy of various theories and approaches to group counseling services delivery (e.g., support groups, peer facilitation training groups, parent education groups, self-help groups, theoretically grounded short term issue oriented groups, etc.) for various mental health client populations and issues. (CACREP STANDARDS G.6.c., G.8.e, CLINICAL MENTAL HEALTH STANDARDS C3, E3)

Knowledge Learning Outcomes: The student will:

**C-1** Be knowledgeable about different theories and types of group counseling, including commonalities and distinguishing characteristics (G.6.c, C3, E3)

**C-1 Learning Activity:** Readings, lectures, and discussions (classroom and/or online environments) of theories of group counseling and types of groups including commonalities, and distinguishing characteristics.

**C-1 Outcome Indicator:**
- **a)** Achieve a passing grade on the **Final Exam**.

**C-2** Be knowledgeable about relevant research and literature that suggest the efficacy of various approaches to group services delivery (e.g.,
support groups, peer facilitation training groups, parent education groups, self-help groups, theoretically grounded short term issue oriented groups, etc.) for various mental health client populations and issues (G.6.c, G.8.e, C3, E3)

C-2 Learning Activity: a) Readings, lectures, and discussions (classroom and/or online environments) of the types of groups and methods of group services delivery and b) Submission of a Group Design Research Project.


GOAL D: Understand appropriate group member selection criteria and methods of evaluation of group therapeutic outcomes and treatment effectiveness (CACREP STANDARDS G.6.d).

Knowledge Learning Outcomes: The student will:

D-1 Be knowledgeable about group member selection criteria (G.6.d)

D-1 Learning Activity: a) Readings, lectures, and discussions (classroom and/or online environments) of group member selection criteria and b) Submission of a Group Design Research Project.

D-1 Outcome Indicator: a) Achieve a passing grade on the Final Exam and b) Achieve a satisfactory score on Dimension 5 – Member Selection Criteria and Screening Plan on the Group Design Research Project Scoring Rubric.

D-2 Be knowledgeable about methods for monitoring group counseling impact on members and evaluation of group counseling outcomes and treatment effectiveness (G.6.d)

D-2 Learning Activity: a) Readings, lectures, and discussions (classroom and/or online environments) of methods for monitoring group member progress, the evaluation of group treatment process, and group treatment outcome measures, and b) Submission of a Group Design Research Project.

D-2 Outcome Indicator: a) Achieve a passing grade on the Final Exam and b) Achieve a satisfactory score on: i) Dimension 6 - Risks of Participation, Monitoring Participant Needs, and Follow-up Strategies and ii) Dimension
GOAL E:
Understand the ethical standards of professional organizations and applications of ethical and legal considerations related to group counseling (CACREP STANDARDS G.1.j; CLINICAL MENTAL HEALTH COUNSELING STANDARDS A2).

Knowledge Learning Outcomes: The student will:

E-1 Understand the ethical standards of professional organizations and applications of ethical and legal considerations related to group counseling (G.1.j, A2)

Learning Activity: a) Readings, lectures, and discussions (classroom and/or online environments) of the ethical codes of the American Counseling Association (ACA) and the Association for Specialists in Group Work (ASGW) and b) Develop and submit an informed consent form for participation in a group.

E-1 Outcome Indicator: a) and b) Achieve a passing grade on the Final Exam.

GOAL F:
Understand how to appropriately design a group to address a mental health counseling need (or needs) for a specific mental health client population/issue. (CACREP STANDARDS G.6.a, G.6.b, G.6.c, G.6.d, CLINICAL MENTAL HEALTH COUNSELING STANDARDS D5, E3, F3)

Knowledge Learning Outcome: The student will:

G-1 Understand how to design a group to address a mental health counseling need (or needs) for a specific mental health client population or mental health counseling issue. (G.6.a, G.6.b, G.6.c, G.6.d, D5, E3, F3)

Learning Activity: a) Readings, lectures, and discussions (classroom and/or online environments) on elements of psycho-educational/counseling/therapy group design and b) Submission of a Group Design Research Project.

G-1 Outcome Indicator: Achieve a satisfactory total score on Group Design Research Project Scoring Rubric.

GOAL G:
Demonstrate the ability to lead a counseling group in a culturally sensitive and adaptive manner and evaluate group leadership skills (CLINICAL MENTAL HEALTH
COUNSELING STANDARDS D5, F3).

Skill Learning Outcome: The student will:

- **G-1** Demonstrate group leadership skills that are flexible and adaptive to the needs of a diverse group membership (D5, F3)

- **G-1** *Learning Activity:* a) Readings, lectures, and discussions (classroom and/or online environments) on the skills of culturally sensitive group leadership and b) Lead or co-lead 1 session of the required process oriented group, receive feedback, and submit a self-evaluation paper.

- **G-1** *Outcome Indicator:* Achieve a satisfactory score on Dimension 5 – Self-evaluation of Group Leadership Skills on the Group Experience Self-Evaluation Scoring Rubric