

Group Counseling Methods

COUN-5313

21/FR Section Temporary 08/23/2021 to 12/16/2021 Modified 02/16/2023

Meeting Times

Contact Information

Course Description

An experiential study of group counseling theories and techniques. Leadership roles, stages of group development, and member responsibilities are explored. Ethical and legal issues related to group interventions are discussed. Open only to students in the Master of Arts in Professional Counseling, Master of Education in School Counseling, and the accelerated B.A./B.S. in Psychology/M.A. in Professional Counseling Programs. Terms Offered: Fall, Spring, Summer.

Requisites

None.

Learner-Centered Outcomes

Learner-Centered Outcomes and Objectives:

1. Demonstrate the appropriate knowledge, skills, and dispositions of a successful clinical mental health counselor.
2. Practice and promote resiliency, optimal growth and development, and wellness for self and clients across the lifespan.
3. Apply ethical and legal standards responsibly as a clinical mental health counselor.
4. Develop and maintain a culturally-competent professional identity as a clinical mental health counselor.
5. Demonstrate understanding of theoretical foundations, relationship dynamics, and therapeutic factors vital to assessing, diagnosing, and treating both individuals and groups.

CACREP 2016 STANDARDS & COURSE OBJECTIVES CACREP

2016 Standards can be found at: <http://www.cacrep.org/wp-content/uploads/2017/08/2016-Standards-with-citations.pdf>

CACREP Standards Addressed in COUN 5313:

II.F	Common Core Areas
II.F.6	Group Counseling and Group Work

II.F.6.a	Theoretical foundations of group counseling and group work
II.F.6.b	Dynamics associated with group process and development
II.F.6.c	Therapeutic factors and how they contribute to group effectiveness
II.F.6.d	Characteristics and functions of effective group leader
II.F.6.e	approaches to group formation, including recruiting, screening, and selecting members
II.F.6.f	Types of groups and other considerations that affect conducting groups in varied settings
II.F.6.g	Ethical and culturally relevant strategies for designing and facilitating groups
II.F.6.h	Direct experiences in which students participate as group members in a small group activity, approved by the program, for a minimum of 10 clock hours over the course of one academic term

Student Learning Outcomes: By the end of this course (COUN 5313) the student will be able to:

	Outcome and CACREP Standard(s)	Means of Assessment
1.	Identify principles of group dynamics - including elements of group process, leadership skills, and techniques (II.F.6.a; II.F.6.b; II.F.6.c; II.F.6.e; II.F.6.f)	group leader performance exercise
2.	Demonstrate competence in applying various counseling theories to group process (II.F.6.a; II.F.6.h);	evaluation instrument of member performance
3.	Demonstrate competence in multicultural dynamics in group process (II.F.6.g)	classroom quiz on distributive justice
4.	Apply ethical and legal principles unique to group work;	classroom exam
5.	Articulate the responsibilities of members and leaders in the group counseling process (II.F.6.d);	KPI-Group leadership activity
6.	Integrate personal Christian belief system into group counseling practice;	group leader performance exercise

Materials

Berg, R., Landreth, G., & Fall, K. (2012). *Group counseling: Concepts and procedures*. (6th ed.).

New York, NY: Routledge. ISBN: 978-0415532914

Assignments

Grading: The students final grade will be computed as follows:

Quizzes: Four quizzes, each worth 100 points. The four quizzes will be averaged to determine your total quiz grade.

Writing Assignments: Two writing assignments, each worth 100 points

Participation: 100 points

Total: 400 points

A+: 400-382

A:381-378

A-:377-358

B+:357-340

B:339-338

B-:337-318

C+:317-302

C:301-298

C-:297-278

Quizzes:

Four quizzes will be given over the chapters covered in class. The quizzes will only cover information from the textbook. Each quiz will consist of multiple choice, true/false, and matching questions.

Writing assignments:

The first writing assignment is a journal that the student is required to keep for each class session (online session excluded). Each journal entry must be one page, double-spaced. Each journal entry should include the student's reaction to the group activity experience in each class session.

The second writing assignment will require the student to attend a support group session of his/her choosing. The student will compare and contrast the elements of therapeutic groups with that of support groups. 8-10 pages. Proper APA format is required.

Rubric for second writing assignment:

Content- 90%

This includes an evaluation of the student's demonstration of knowledge of concepts, techniques, and ideas presented in class within the paper. Abstract thinking is expected. I will be looking for an evaluation and critique, as well as practical application of concepts learned in the class.

Formatting and Grammar- 10%

This includes organization of the paper, proper APA formatting, and grammar consistent with a master's level writing assignment.

Evaluation of Participation:

This evaluation will be based on a student's verbal participation, and willingness to share with the group.

NO LATE WORK WILL BE ACCEPTED

Requirements for Credit

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Institutional Policies

Requirements for Undergraduate and Graduate Credit

When a 5000-level Graduate course is cross-listed with a 4000-level Undergraduate course or a 7000-level course is cross-listed with a 6000-level course, the syllabus clearly defines specific graduate requirements which reflect appropriate deeper learning experiences and rigor in the higher-level course.

Attention Education Certification Students: Go to [dbu.edu/education/requirements](http://www.dbu.edu/education/requirements) (<http://www.dbu.edu/education/requirements>) for essential program requirements.

Attendance Policy

According to DBU academic policy, attendance in class is considered a necessary factor in the learning process. Therefore, students are expected to attend and participate in classes, and absences for all reasons must be kept to a minimum and should not exceed 25 percent of the total class time. Students are held responsible for all academic work required or performed during their absence regardless of the reasons for those absences. Students who register late are responsible for work missed. The policy concerning class attendance for individual courses, seminars, or other guided learning experiences will be determined by the faculty members in charge of such course, seminar, or learning experience.

NOTE: Students verified by the professor(s) as never attending, for each of the classes in which they are enrolled, will be subject to an automatic drop from these classes, which will result in the cancellation and return of any financial aid received.

GPA Scale

The GPA grading scale adopted by DBU for courses is:

A+	4.00	A	4.00	A-	3.67
B+	3.33	B	3.00	B-	2.67
C+	2.33	C	2.00	C-	1.67
D+	1.33	D	1.00	D-	0.67
F	0.00				

** No grades of D are awarded for graduate courses

Service-Learning

Service-learning is a teaching and learning strategy which integrates academic instruction, community service, and guided reflection from a Christ-centered, faith-based perspective in order to enhance student learning, to foster global civic responsibility, and to develop servant leaders. All courses play an important role in providing the student with an appropriate curricular foundation for service-learning. Designated service-learning courses incorporate a field-based component to provide the student with a curricular service-learning experience

Financial Aid

Students who are receiving federal, state, or institutional financial aid who withdraw or add hours during the semester may have their financial aid adjusted because of the withdraw or addition. This change in schedule may affect the aid they are receiving during the current semester, and could affect their eligibility for aid in future semesters.

Disabilities

The student has the responsibility of informing the **Dean of Students**, at (214) 333-5340, of any disabling condition for which the student will request course modifications and/or accommodation. Dallas Baptist University provides academic adjustments and auxiliary aid to individuals with disabilities, as defined under law, who are otherwise qualified to meet the institution's academic requirements. It is the student's choice and responsibility to initiate any request for accommodations. Required documentation must be provided before the university can make accommodations.

University Honor Code/Academic Appeal and Academic Misconduct Procedure

University Honor Code/Academic Appeal and Academic Misconduct Procedure:

The faculty member endorses the **University Honor Code** and abides by the **University's Academic Appeal and Academic Misconduct Procedure** as stated in the Student Handbook and the Schedule of Classes.

Cheating and/or plagiarism are not tolerated at Dallas Baptist University and may result in expulsion.

Final Course Grades

Official final course grades are available only online through Self-Service. The Registrar's Office will only mail grades to a student upon request. The Dallas Baptist University undergraduate and graduate catalogs state that "All accounts must be paid in full before a student can...receive transcripts..." According to FERPA, faculty may not provide final grade information to students via telephone, email, posting or any other source which might compromise student confidentiality.

Children in Classes and Unaccompanied Children

Minors who are not DBU students are not permitted to attend class. Furthermore, minor children may not be unaccompanied on any property owned or operated by Dallas Baptist University. For their safety and welfare, unaccompanied children on any property owned or operated by Dallas Baptist University will be escorted to the Campus Security Office or other duly authorized location and the parents or guardians will be summoned to pick them up immediately.

Cell Phone and Electronic Device Policy

Electronic devices shall only be used for course specific work. The professor reserves the right to ban their use at any time. The policy concerning electronic devices for individual courses, seminars, or other guided learning experiences will be determined by the faculty members in charge of such course, seminar, or learning experience.

Electronic Communication Policy

The DBU campus e-mail system, or any other form of DBU electronic communication (i.e. Blackboard, class discussion, Collaborate) may not be utilized as an avenue to advertise the selling of goods or soliciting of donations from students, faculty, staff or members of the university community.

Graduating Students Grades

It is the responsibility of the student to notify the instructor if graduating this semester. Final exams for graduating students will be given earlier. Final grades for graduates are due in the Registrar's Office by noon on the Monday before Commencement ([see Academic Calendar \(https://www.dbu.edu/academics/calendar\)](https://www.dbu.edu/academics/calendar)). These grades are final. The instructor will not submit late grades for graduates nor change grades once they are submitted.

Unauthorized Recordings on Campus

Students are not permitted to make or attempt to make an audio or video recording of any academic class, lab, course discussion or other academic instructional meeting without the explicit permission of the professor. Recordings that receive approval from the professor or are designated accommodations for a documented disability are for personal use only and may not be uploaded to the internet or otherwise shared, transmitted, or published. Recording of class without permission is a violation of the Student Code of Conduct as listed in the Student Handbook.

Schedule

(May change during the semester)

Session 1	Class Introduction Group Exercise
Session 2	Ch. 1 Group Exercise

Session 3	Ch. 2 Group Exercise
Session 4	Ch. 3 Group Exercises
Session 5	Ch. 4 Group Exercises
Session 6	Quiz 1- Chs. 1-4 Ch. 5 Group Exercise
Session 7	Online- Access Blackboard Support Groups Discussion Board due
Session 8	Ch. 6 Group Exercise
Session 9	Ch. 7 Group Exercise
Session 10	Quiz 2- Chs. 5-7 Ch. 8 Group Exercise
Session 11	Ch. 9 Group Exercise
Session 12	Ch. 10 Group Exercise
Session 13	Quiz 3 Chs. 8-10 Ch. 11 Group Exercise

Session 14	Ch. 12 Group Exercise Writing assignment #2 due
Session 15	Ch. 13 Termination Exercise
Session 16	Quiz 4- Chs. 11-13