

Introduction to Group Counseling
Psychology 492 – 02
Spring Semester 2023

Instructor: Leanne Parker, Ph.D.

Office Hours: Monday 3 – 5 p.m., Tuesday 1:30 – 2:30 p.m., or by appointment (please request Zoom appointment if needed)

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Meeting Times: Wednesday 3 – 5:30 p.m.

Class Meeting Place: MLH 245

Final Meeting Date: Wednesday, May 10, 3 p.m.

Text Required:

Corey, M. S., Corey, G., & Corey, C. (2018). *Groups: Process and practice* (10th ed.). Cengage Learning.

Be sure to bring your book to each class!

Purpose: This course is an introduction to the use of group counseling for various issues. Topics include stages of group, group rules and goals, group leadership skills, types of groups, and ethical considerations. Emphasis is on interactions among group members and leaders, the leader's role in group facilitation, and techniques to help group members achieve their goals. Practical application of these skills is taught through observation, instruction, and practice.

Objectives:

- 1) Identify the stages of group counseling process,
- 2) Describe the characteristics of stages of counseling group development,
- 3) Identify and demonstrate basic group leadership skills, and
- 4) Identify ethical concerns associated with group counseling practice.

As this is an advanced course, it will also be run in a seminar-style format, which **necessitates** reading the material before class, doing required homework before class, and being prepared to discuss all assigned material. Actively participating in class discussions is an important part of your grade. If it becomes apparent that students are consistently unprepared, weekly and/or pop quizzes may be utilized, or assigning points for homework.

COVID-19 Considerations: Be aware that anything about the syllabus may change depending on evolving realities associated with the pandemic. In general, you can expect that coursework scheduling will remain consistent under normal circumstances. However, due to outside forces beyond the control of faculty and/or staff at LCSC, schedule and delivery modalities could change. While course times and meeting days should remain the same (excluding class cancellations), delivery modalities (face-to-face, virtual remote, online, etc.) may change due to extenuating circumstances. When circumstances warrant, assignment due dates or changes to assignments may be made. I will communicate such changes with students in a timely manner. Examples of extenuating circumstances include, but are not limited to: inclement weather, natural disaster, localized power outages, local or state directives, or instructor obligations (e.g., community or college service, professional development, injury/illness, etc.).

If you develop symptoms of COVID-19 or any other communicable illness, *do not attend any of your classes in person* and contact the LCSC Student Health Center right away: (208) 792-2251. Please also email me right away, so that we can adjust your participation as needed.

While this isn't new territory anymore, let's all do our best to be patient and understand that if things don't always go exactly as planned, we will try to creatively problem-solve any issues that arise. We will also periodically check-in with each other to see how things are working for everyone and readjust as necessary. **Our flexibility and understanding in this ongoing, fluid process will help make this semester a success!**

Please check your LCSC email account at least once every day. It is the major way I communicate with you between class meetings.

A note to persons with disabilities: If you need course adaptations or accommodations because of a disability, if you have emergency medical information to share with me, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible. My office location, office hours, phone number, and email address are noted above. I'm also happy to work with Accessibility Services here on the LCSC campus.

Grading:

Exams (3)	180 points (approximately)
Group experience participation	50 (10 points for each group attended in full)
Co-leadership	40 points (10 each, pre/post meeting with instructor, 20 points leadership)
Paper on Most Difficult Group Member	50 points
Self-Reflection/Integrative Paper	<u>100 points</u>
	420 points (approximately)

Assignments may be modified at professor's discretion.

Grading:	93 – 100% = A	77 – 79.9% = C+
	90 – 92.9% = A-	73 – 76.9% = C
	87 – 89.9% = B+	70 – 72.9% = C-
	83 – 86.9% = B	67 – 69.9% = D+
	80 – 82.9% = B-	60 – 66.9% = D
		59% & below = F

Elaboration of Course Guidelines

General: All papers must be typed, with no more than 1-inch margins and 12-point font. Assignments must be turned in to me in hard copy form, unless otherwise specified. **As always, grammar/punctuation/spelling are important and count as part of the total grade on any assignment.** Late papers will be accepted for up to **3 days** after the assignment is due; 10% of the paper's worth will be taken for each day the paper is late (e.g., if a paper is 2 days late, 20% of the paper's worth will be deducted before any other grading). **No papers will be accepted more than 3 days late.** If not turning in a paper during class, take it to the Social Sciences Division office and place it in my mailbox, or in the box outside the Social Sciences Division door. **All papers must be in APA format.** Please note that APA format was revised in 2019 (7th edition). You must use the most recent revision. If you are not familiar with APA format, please see me.

Suggested or required paper lengths do not include cover page or reference page(s); an abstract is not required.

There are no makeup exams.

PLEASE NOTE: I have a standing offer to briefly review any paper that has an upcoming due date and give you feedback about whether you are on the right track, improvements you could make, or anything else about which you have a question. To exercise this option, you must give me no more than a 3-page excerpt to review at least a week before it is due, and it must be typed.

Note on attendance: You are responsible for anything covered in class during your absence. This includes lecture material, handouts, and any announcements or revisions made to the reading schedule. Please consult with a peer or myself when class is missed.

Classroom Etiquette: All students enrolled in this course shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. *Note: In this classroom, proper behavior conducive to a positive learning environment includes the stowing of all cell phones, iPads, laptops, and any other distracting electronic device. In other words, this class will be a “no technology zone.” If you feel strongly that you need to have a device out during class, please discuss with me privately.*

Elaboration of Assignments

There will be 3 exams based on the Corey et al. text, and any supplemental reading or videos shown in class.

Separate handouts will detail written assignments and group structure, timing, and format.

Some Words About Confidentiality, Class Discussions, and Group Experience

In this course you are entering an experience that involves a fair amount of class discussion and group practice experience. Naturally, in the course of these conversations, it is possible for a student colleague to say something personally important and confidential. **It is your duty and ethical responsibility to maintain confidentiality and trust.**

For Your Consideration in Your Class Discussions and Group Experience

You have the right and personal responsibility to only share of yourself what you feel comfortable sharing. All experiential exercises in this course are optional and you may stop participating in any experiential exercise you wish at any time without penalty. At the same time, if you find yourself not wishing to engage in the exercises, you may prefer to drop the course. **This course, by its very nature, is experientially oriented and involves self-disclosure.**

Resources for Assistance:

Suicide and Crisis Lifeline: 988, or Text HOME to 741741

Student Counseling Services: (208) 792 – 2211, Sam Glenn 212 (free to all registered students)

TAO (Therapy Assistance Online) <https://www.lcsc.edu/student-counseling/tao-therapy-assisted-online-self-help>

Please See Me Privately if You Would Like to Discuss These Issues in More Detail.

Tentative Assigned Readings and Due Dates

Please Complete Readings and Assignments Before Class

Class Date:

- Jan 18:** Review syllabus, expectations of course, in-class activities
- Jan 25:** Corey et al., Chapter 1, Introduction to Group Work
- Feb 1:** Corey et al., Chapter 2, The Group Counselor
- Feb 8:** Corey et al., Chapter 3, Ethical and Legal Issues in Group Counseling
- Feb 15:** Groups, Chapter 4, Theories and Techniques of Group Counseling
- Feb 22:** **Exam 1** (Groups Chapters 1 – 4)
Experiential exercises
- Mar 1:** Groups, Chapter 5, Forming a Group
- Mar 8:** Groups, Chapter 6, Initial Stage of a Group
- Mar 15:** Groups, Chapter 6 (continued)
Career Exploration Group Begins, Session 1
- Mar 22:** **Exam 2** (Groups Chapters 5 – 6)
Career Exploration Group, Session 2
- Mar 29:** **Spring break**
- Apr 5:** Groups, Chapter 7, Transition Stage of a Group
Career Exploration Group, Session 3

**** April 6, last day to withdraw from class(es) or college for the semester.**

Please note that I will not support petitions for late withdrawal except under unusual or extraordinary circumstances.

- Apr 12:** Groups, Chapter 8, Working Stage
Career Exploration Group, Session 4
Paper on Most Difficult Group Member due at the beginning of class.
- Apr 19:** Groups, Chapter 8 (continued)
Career Exploration Group, Session 5
- April 26:** Groups, Chapter 9, Final Stage of a Group
Career Exploration Group, Session 6

- May 3:** Groups, Chapter 9 (continued)
Self-Reflection/Integrative Paper due at the beginning of class.
- May 10** **Exam 3** (Groups Chapters 7 – 9)