

Northern Kentucky University

COU 650

Theories & Practice of Group Counseling
(3 Credits)

Department of Counseling, Human Services and Social Work

Thursdays; 6:15 – 9:00 pm

Room: Founders Hall 219, Spring Semester 2008

Instructor:

Ken D. Engebretson, Ph.D., NCC

Office – BEP 203H

Phone – 859.572.6125

E-mail – engebretsk1@nku.edu

Office hours: Tuesdays 1-4pm, Wednesdays 11am-1pm and 4-5pm, Thursdays 2-6, Mondays and Fridays by appointment

Mailbox Location: BEP 203

Prerequisites: COU 640 Counseling Techniques and Instructors permission

Required Reading/Texts: Berg, R.C. & Landreth, G.L., & Fall, K.A. (2006). *Group counseling: Concepts and procedures* (4th ed.). New York: Rutledge

Course Description: Theoretical and experiential introduction to the nature of group counseling, group dynamics, and group leadership; focus on principles of group dynamics include group process components, developmental stage theories, and group members' roles and behaviors

Methods of instruction

Involvement and learning in the course will be facilitated by means of Discussion, role-playing, lectures, small group experiences, group counseling, videotape recordings, films, videotapes, self-directed readings and demonstrations.

Goals of the Course: The study of group dynamics and major approaches to group guidance and counseling with emphasis on how to start a counseling group, how to effectively lead groups, and how to evaluate results. Development of skills of group membership, leadership, and working with process groups is stressed.

Learning objectives: The student will be able to

1. Demonstrate a minimal and continuing ability to relate to a counseling group as a helpee. (CACREP II.E, II.K. 2, e, 3, c, d and e; 5, a and b; and 6, a, b, and d)
2. Demonstrate a minimal and developing ability to relate to a counseling group as a helper. (CACREP II.K. 3, c, d, and e; and 6, a, b, and d)
3. Demonstrate an ability to explain basic group dynamics. (CACREP II.K. 6, a, b, c, d, and e)
4. Demonstrate leadership procedures related to at least two group counseling theories as contained in the primary textbook for the course. (CACREP II.K. 6, a and b)
5. Demonstrate primary understanding of group evaluation through the use of the Hill Interaction Matrix in describing an ongoing process group. (CACREP II.K. 6, a; and 7, h)
6. Demonstrate an ability to explain various group member roles and their impact on the progress of the total group. (CACREP II.K. 6, a; and 7, h)
7. Demonstrate maturity and program commitment through regular attendance. (CACREP II.K. 6, a and d)
8. Demonstrate a minimal degree of self processing skills through the use of a daybook. (CACREP II.K. 6, a)

9. Demonstrate an ability to effectively deal with various problem members at critical junctures in the group. (CACREP II.K. 4, h; and 6, a and b)
10. Demonstrate the ability to do structured research in group counseling through a term project. (CACREP II.K. 6, c; and 8, a and e)
11. Demonstrate the ability to conceive, generate, plan, conduct, terminate and summarize a counseling group with a co-counselor. (CACREP II.K. 2, b, d, and f; 5, a and b; 6, c, f and g and CACREP III G-1 and H-5)
12. Demonstrate an appreciation for and ability to utilize both the ACA Code of Ethics and the ASGW Standards of Practice as they apply to professional group work. (CACREP II.K. 1, a, b, d, e, g, and h; 2, f; and 6, g)

Expectations for Students:

1. All students are expected to attend class each week, arrive on time, complete the readings before class, and to be prepared to discuss them intelligently in class. Read with a questioning attitude rather than for absorption of facts: What do I believe to be true? What is particularly challenging? What is hard for me to understand? How do these ideas relate to others covered in other classes?
2. The academic classroom should serve as an environment where diverse, and sometimes controversial, ideas can be discussed and evaluated. The classroom will serve as a free-speech zone in which students will not be penalized for their viewpoints or opinions. [NKU's Code of Student Rights and Responsibilities states the following: "The professor has an obligation to encourage free discussion, inquiry, and expression. He/she may not evaluate student performance based on opinions (such as religious belief or political views) or conduct in matters unrelated to academic standards. Should students feel their performance has not been judged on solely academic grounds or that their grade does not reflect the quality of their work, they may appeal the professor's decision using the Academic Appeals Procedure outlined subsequently."]
3. Students are expected to adhere to the NKU Student Honor Code. Specifically, the honor code states that students "will not lie, cheat, or plagiarize to gain an academic advantage over fellow students or avoid academic regulations." Academic dishonesty includes, but is not limited to, cheating or helping other students cheat on examinations and plagiarism (i.e., presenting another's work or ideas as one's own). Violations of the Honor Code may lead to severe consequences, including up to expulsion from this course or NKU. More detailed information about the Honor Code can be found on one of the university's web pages at the following location: www.nku.edu/~deanstudents/Rights-Contents.htm.
4. Turn off or place on silent mode all potentially disruptive electronic devices such as cell phones and pagers. No one is permitted to do text messaging during class time.
5. You will also be asked to provide professional feedback to peers. Since feedback is an important aspect of this course please use professional well thought-out statements when offering feedback. When done well, appropriate and professional peer feedback can greatly enhance the learning experience for all involved.
6. Participate in classroom activities. Unlike other courses at NKU, students in this course may be expected to disclose personal information in the context of role-play demonstrations. Because of the intimate nature of these exercises, certain safeguards will be put in place to protect the privacy and dignity of each student. First, one's grade in this course will not be affected by the information revealed through these role-plays. Second, each student has the right to decide how much and what kinds of information to disclose during these exercises. No one will be coerced into disclosing personal information. Should one feel uncomfortable with a particular exercise, one has the right to withdraw from participation and one will be provided with an alternative assignment. Third, all students in the course will be expected to sign a confidentiality agreement by the second week of the course. This agreement states that one will not disclose any personal information obtained from other classmates with anyone outside the classroom. Students who violate this agreement will be subject to dismissal from the course. However, students must understand that confidentiality cannot be guaranteed in this course.

Disability Disclosure

Students with disabilities who require accommodations (Academic adjustments, auxiliary aids or services) for this course must register with the Disability Services Office. Please contact the Disability Service Office immediately in the University Center, Suite 320 or call 859-572-6373 for more information. Verification of your disability is required in the Disability Services Office for you to receive reasonable academic accommodations. Visit the Disability Services website at www.nku.edu/~disability/.

Course Requirements:

All requirements must be met in order to receive a passing grade in this course

Academic Honesty

NKU is dedicated to creating an environment conducive to the development of educated and intellectually curious people. Cheating and plagiarism are in opposition to this environment. Therefore, we require that all work submitted by a student be a product of that student's own ideas and words.

Plagiarism is defined as using someone else's thoughts and/or words and allowing other people to believe they are your own. It does not matter whether this is intentionally or unintentionally. One is plagiarizing if one uses specific words, phrasing, or ideas of others without using quotation marks and citations. When paraphrasing an idea or sentence, the original source of that material must be cited.

Cheating is defined as copying from someone else's exam

Additionally, all work completed and submitted for this course must be original in nature and must be created during the time frame of this course. Students may not submit the same work for two different assignments

Course Assignments:

I. Group Leadership and Co- leadership (50 Pts)

Each student (with a co-leader) will lead a session of the group.

- Lead one (1 ½ hour) Group Sessions.
 - Leader is to;
 - Prepare a 1-2 page handout describing the philosophy and theoretical principles that underlie your particular model, and any specific techniques associated with it.
 - Develop a Group Session Plan including leader style, techniques used and potential outcomes
 - template will be provided
 - Lead one group session (75 minutes)
 - Group Leader will submit a Group Session proposal to co-leader for feedback.
 - After feedback and revisions from co-leader, submit group plan to Dr. Engebretson 48 hours prior to the meeting with group.
 - The Group Plan will be reviewed and approved prior to group session
 - Group session will occur during regularly class times.
 - The course instructor will not be present or observe these group sessions.
 - Group Leader and Co-leader will then watch videotape of group session separately
 - Evaluate the group process and the performance of the group leader.
 - A group assessment outline will be provided

II. Group Session Plan and peer review (50 points)

- Lead one (1 ½ hour) Group Sessions.
 - Co-leader is
 - Provide feedback to Group Leader during the preparation stages of the group session plan
 - Co-lead group (as needed)
 - Provide feedback to Group Leader
 - Template will be provided
 - Co-leader must provide feedback to group leader on group session plan.
 - The Group Plan will be reviewed and approved prior to group session
 - Groups will be videotaped.
 - Responsibility for taping is the role of the co-leader.
 - You may use your own videotape recorder or may sign out one from the NKU Department of Counseling, Social Work and Human Services
 - The co-leader is responsible for getting the video on a disk in a format that is readable by the course instructor
 - Group Leader and Co-leader will then watch videotape of group session separately
 - Evaluate the group process and the performance of the group leader.
 - A group assessment outline will be provided

III. Daybook (50 Points)

Daybook: Each member should make an entry in an ongoing diary after each group counseling session, concentrating upon the feelings, thoughts and reactions to people and events experienced in the group. The daybook should typed in Microsoft Word and will be submitted upon request of the instructor

IV. Homework and Attendance (50 Points)

Homework is expected to be completed by the beginning of the next class session. Points are taken of for missed classes. No homework can be made up for missed classes. You are allowed to miss one class without penalty. Subsequent absences will result in a 10 points deduction from your grade for each occurrence.

V. Exams (150 Points)

There will be three exams, each worth 50 points. Each exam will be given at the beginning of class. You will have one hour to complete the exams. The final exam will be comprehensive and last two hours.

VI. Six Session Group Plan: (50 Points)

Design a group plan that includes the following components.

- Determine a need for a group to be offered in your (anticipated) site.
- How would you go about this needs assessment?
- Define/describe the group membership (i.e., clients diagnosed with PTSD, students with test anxiety, parents, etc.)
- Goals/ Type of group
- Referral/screening methods
- Structure (# of members, open/closed, # of sessions, length of time, etc)
- Weekly plan (include role of counselor)
- Stages, Anticipated Problems
- Referral/ Follow-up
- Assessment

Grading Policy: Your final grade will be determined on the following scale:

100-91 = A; 90-81 = B; 80–71 = C; 70 and Below = F

Type of Assignment	Graded by	Date Due	Assignment	Percent of final grade	Points	Your grade
Experiential		As scheduled	Group Leadership and Co-leadership	12.5%	50	
Experiential		As scheduled	Group Session Plan and peer review	12.5%	50	
Experiential			Daybook	12.5%	50	
Didactic	Dr. Engebretson	Ongoing	Homework, Attendance	12.5%	50	
Didactic	Dr. Engebretson		Exams	37.5%	150	
Didactic	Dr. Engebretson		Six Session Group Plan	12.5%	50	
			6	100 %	400	

COU 650 Group Counseling

Fall Semester 2007

Dr. Ken Engebretson