

Syllabus

ADC-320: Theory and Practice of Group Counseling

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Course Description

Welcome to the Theory and Practice of Group Counseling class.

Human beings were created as social entities. Interpersonal relationships play a powerful role in our development since early life. It is through them that children develop their self-concept and learn basic social skills to function in society. In the context of group counseling, interpersonal relationships are the main therapeutic tools a instructor uses to promote insight and lasting life changes. The power of group dynamics serve as the catalyst where group members examine how the impact of interpersonal behavior impacts other people and are affected by others as well.

This course includes four components:

1. The theoretical foundations of group counseling and practice.
2. Video observation of counselors leading a counseling group.
3. The application of group counseling to substance abuse treatment.
4. Integration of a Christian perspective to group counseling and community.

The course will expose the student to information regarding the main elements of facilitating group counseling including the following: promoting cohesiveness, defining norms, determining goals, and creating a therapeutic group process. The student will learn the major group counseling theories and their tenets.

Course Overview

The class includes an experiential component which consists of observing, reflecting, and completing the "Evolution of a Group" video and workbook. This video displays Gerald and Marianne Corey leading a three-day residential group session with actual clients.

You will have an opportunity to follow along with your workbook while observing counselors and clients in action. Widely known as an evidenced-based treatment for people struggling with substance abuse or dependency, the application of group counseling to substance abuse treatment will be addressed by studying the Transtheoretical or Stages of Change model. You will be required to complete a project which will include designing a substance abuse therapy group.

Credit Hours: 3

Prerequisite Courses:

Any student enrolled in the BACO program must have completed all courses that precede ADC320.

Any student not enrolled in the BACO program may take ADC320 as an elective with no prerequisites.

Course Outcomes

Upon completion of this course you should be able to:

1. Identify and articulate with an understanding of the therapeutic factors with group therapy.
2. Synthesize stages of change and interpersonal process group models in developing a working model of effective group therapy with various clinical populations.
3. Demonstrate a working knowledge of group therapy and its application to work with substance abusers.
4. Evidence understanding of the stages of change model and its application to group work with substance abusers. Demonstrate basic skills in facilitating a curriculum-based group therapy session.
5. Develop knowledge pertinent to selecting and preparing group members, dealing with difficult group members, and working with special populations.
6. Experience group process from an observer perspective.
7. Integrate Biblical truth to group process.

Course Textbooks

Corey, G., Corey, M. S., & Corey, C. (2014). *Groups: Process and practice* (9th ed.).

Corey, G., Corey, M. S., & Haynes, R. (2014). *Groups in action: Evolution and challenges workbook* (2nd ed.) (with Printed Access Card for CourseMate).

Grading Scale

Grade	Quality Points Per Credit	Percentage	Score
A	4.0	95%–100%	950–1000
A-	3.7	92%–94.9%	920–949
B+	3.3	89%–91.9%	890–919
B	3.0	85%–88.9%	850–889
B-	2.7	82%–84.9%	820–849
C+	2.3	79%–81.9%	790–819
C	2.0	75%–78.9%	750–789
C-	1.7	72%–74.9%	720–749
D+	1.3	69%–71.9%	690–719

D	1.0	65%–68.9%	650–689
F	.0	0%–64.9%	0–649

Grading Policies

Your grading policy for your course is dependent on your school and program. Your grading policies can be found in the IWU Catalog. <http://www.indwes.edu/catalog/2307.htm>

Letter Grade Equivalencies

Grade	Description of Work
A	Clearly stands out as excellent performance. Has unusually sharp insights into material and initiates thoughtful questions. Sees many sides of an issue. Articulates well and writes logically and clearly. Integrates ideas previously learned from this and other disciplines. Anticipates next steps in progression of ideas. Example "A" work should be of such nature that it could be put on reserve for all cohort members to review and emulate. The "A" cohort member is, in fact, an example for others to follow.
B	Demonstrates a solid comprehension of the subject matter and always accomplishes all course requirements. Serves as an active participant and listener. Communicates orally and in writing at an acceptable level for the degree program. Work shows intuition and creativity. Example "B" work indicates good quality of performance and is given in recognition for solid work; a "B" should be considered a good grade and awarded to those who submit assignments of quality less than the exemplary work described above.
C	Quality and quantity of work in and out of class are average. Has marginal comprehension, communication skills, or initiative. Requirements of the assignments are addressed at least minimally.
D	Quality and quantity of work are below average. Has minimal comprehension, communication skills, or initiative. Requirements of the assignments are addressed at below acceptable levels.
F	Quality and quantity of work are unacceptable and do not qualify the student to progress to a more advanced level of work.

Course Summary

Workshop	Discussions	Assignments	Application Papers	Total Points
Workshop One	2@30=60	1@105		165
Workshop Two	2@30=60	1@105		165
Workshop Three	2@30=60	1@105	25 Substance Abuse Group Design Proposal	190
Workshop Four	3@30=90		100 Motivational Interviewing Essay	190
Workshop Five	3@30=90		200 Substance Abuse Group Design Project	290
Course Totals	360	315	325	1000

Workshop One Outline

Title	Due Dates	Time	Points
1.1 Devotional	Due by the end of the workshop.	1 hour	0
1.2 Discussion: Techniques in Group Counseling	Post your initial response by the end of the fourth day of the workshop and your two responses by the end of the workshop.	4 hours	30
1.3 Discussion: Group Cohesiveness	Post your initial response by the end of the fourth day of the workshop and your two responses by the end of the workshop.	5 hours	30
1.4 Assignment: Workbook	Due by the end of the workshop.	3 hours	105

1.5 Exercise: Project Overview	Individual Group Proposal due at the end of Workshop Three. The completed proposal is due at the end of Workshop Five.	3 hours	0
Totals		17 hours*	165

Workshop Two Outline

Title	Due Dates	Time	Points
2.1 Devotional	Due by the end of the workshop.	30 minutes	0
2.2 Discussion: The Therapeutic Factors	Post your initial response by the end of the fourth day of the workshop and your two responses by the end of the workshop.	4 hours	30
2.3 Discussion: Therapist's Basic Tasks	Post your initial response by the end of the fourth day of the workshop and your two responses by the end of the workshop.	3 hours	30
2.4 Assignment: Workbook	Due by the end of the workshop.	5 hours	105
Totals		13.5 hours*	165

Workshop Three Outline

Title	Due Dates	Time	Points
3.1 Devotional	Due by the end of the workshop.	30 minutes	0
3.2 Discussion: Selection Process	Post your initial response by the end of the fourth day of the workshop and your two responses by the end of the workshop.	3 hours	30
3.3 Discussion: Working Stage	Post your initial response by the end of the fourth day of the workshop	3 hours	30

	and your two responses by the end of the workshop.		
3.4 Assignment: Workbook	Due by the end of the workshop.	4 hours	105
3.5 Assignment: Project Proposal	Due by the end of the workshop.	4 hours	25
Totals		14.5 hours*	190

Workshop Four Outline

Title	Due Dates	Time	Points
4.1 Devotional	Due by the end of the workshop.	30 minutes	0
4.2 Discussion: Risks of Therapeutic Groups	Post your initial response by the end of the fourth day of the workshop and your two responses by the end of the workshop.	4 hours	30
4.3 Discussion: Ethical Issues in the Practice of Group Counseling	Post your initial response by the end of the fourth day of the workshop and your two responses by the end of the workshop.	2 hours	30
4.4 Discussion: Confidentially	Post your initial response by the end of the fourth day of the workshop and your two responses by the end of the workshop.	2 hours	30
4.5 Assignment: Addressing Diversity in Group Counseling	Due by the end of the workshop.	5 hours	70
Totals		13.5 hours*	160

Workshop Five Outline

Title	Due Dates	Time	Points

5.1 Devotional	Due by the end of the workshop.	30 minutes	0
5.2 Discussion: Specialized Formats and Procedures	Post your initial response by the end of the fourth day of the workshop and your two responses by the end of the workshop.	3 hours	30
5.3 Discussion: Specialized Groups	Post your initial response by the end of the fourth day of the workshop and your two responses by the end of the workshop.	3 hours	30
5.4 Discussion: Groups in a Community Agency	Post your initial response by the end of the fourth day of the workshop and your two responses by the end of the workshop.	3 hours	30
5.5 Assignment: Project Submission	Due by the end of the workshop.	5 hours	200
End of Course Survey	Due by the end of the workshop.	30 minutes	10 Extra credit
Totals		15 hours*	290

*These times are only estimates. Actual assignment completion times will vary.

Expectations, Policies, and Important Student Information

School/Division	Link
DeVoe School of Business Division of Liberal Arts School of Services and Leadership	View School/Division Expectations, Policies, and Student Information
School of Educational Leadership	View School/Division Expectations, Policies, and Student Information

School/Division	Link
Wesley Seminary @ IWU	View School/Division Expectations, Policies, and Student Information
Nursing - Undergraduate	View School/Division Expectations, Policies, and Student Information
Nursing - Graduate	View School/Division Expectations, Policies, and Student Information