

**Saint Leo University
School of Arts and Sciences**

**HUS 340
GROUP SKILLS IN THE HUMAN SERVICES**

Course Description:

Group Skills for the Human Services explores the different stages of groups; group structures, organization, and examines the functions of groups. Students will learn about the different types of groups, their purpose, and ethical and multicultural issues found in all types of groups. Additionally, students will learn how to use specific skills in the various stages of group work. In this course, there is a heavy emphasis on experiential learning processes where students learn about group processes via group exercises in class.

Prerequisite:

HUS 121; 335

Textbook and Online Resource:

Corey, M. S., Corey, G., & Corey, C. (2018). Groups: Process and Practice (10th ed.). Belmont, CA: Brooks/Cole – Cengage Learning. ISBN - 978-1305865709.

National Organization for Human Services and Council for Standards in Human Services,
Ethical Standards for Human Services Professionals

http://www.stevenson.edu/academics/human-services/pdf/HSR_ethical_standards.pdf

Learning Outcomes:

Upon completion of the course, the student should be able to:

1. Develop a knowledge base in group work which includes different group types and theories of group dynamics.
2. Integrate and apply Interpersonal helping skills and concepts (client confidentiality, informed consent, respect, nonjudgmental attitude, and psychological risks of groups), Human Service Ethical Code and Saint Leo core values Community and Respect to create effective group leader strategies.
3. Design group proposals for different age groups and for different treatments to demonstrate critical thinking skills.
4. Summarize information on group structure, organization, and functions and explain how groups are utilized in human services settings.
5. Identify and demonstrate techniques and skills utilized in each group stage.
6. Dramatize group sessions to demonstrate effective group facilitation techniques and an ability to build rapport with group members.
7. Describe and recognize member based defense mechanisms.

8. Demonstrate the ability to plan, implement, co-lead, and critique a structured group activity.

Core Values:

For this course, the Saint Leo University core values of Community and Respect are most applicable.

Community - Saint Leo University develops hospitable Christian learning communities everywhere we serve. We foster a spirit of belonging, unity, and interdependence based on mutual trust and respect to create socially responsible environments that challenge all of us to listen, to learn, to change, and to serve.

Respect - Animated in the spirit of Jesus Christ, we value all individuals' unique talents, respect their dignity, and strive to foster their commitment to excellence in our work. Our community's strength depends on the unity and diversity of our people, on the free exchange of ideas, and on learning, living, and working harmoniously.

Evaluation:

In this course, students will be evaluated by the following methods:

1. Exams – Midterm and Final (40% - 20@ each)
2. Group Proposal (20%)
3. Group Observation and Reaction Paper (20%)
4. Group Co-Facilitation (10%)
5. Discussions (Class Participation) (10%)

Assessment of the Learning Outcomes:

Course Learning Outcome	Assessment Method
1	Mid-Term Exam
2	Group Facilitation
3	Group Proposal Paper
4	Class Participation (Discussion); Group Observation Paper
5	Group Observation Paper; Group Facilitation
6	Group Facilitation
7	Final Exam
8	Group Proposal Paper; Group Facilitation

Grading Guide:

A	94% to 100%
A-	90% to 93%
B+	87% to 89%
B	84% to 86%
B-	80% to 83%
C+	77% to 79%
C	74% to 76%
C-	70% to 73%
D+	67% to 69%

D	60% to 66%
F	<60%

Course Schedule:

Module 1 Introduction to Group Work

Objectives

At the conclusion of this module, students will be able to:

- Examine the major types of groups and the ones that are typically appropriate for human services generalist
- Assess some basic concepts of cultural awareness on group work.

Readings

Corey, Corey, and Corey: Read pages 6 – 24

Assignments

Items to be Completed:	Due No Later Than:
Post an introduction to the class	Thursday 11:59 PM EST/EDT
Post initial response to Discussion 1	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT

Module 2 The Group Facilitator (Counselor)

Objectives

At the conclusion of this module, students will be able to:

- Describe characteristics of an effective group leader.
- Identify the characteristics and functions of a group leader as a professional.
- Demonstrate how to facilitate a small group.

Readings

Corey, Corey, and Corey: Read pages 28 - 45; 47 - 54

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 2	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT

Module 3 Ethical and Legal Issues in Group Work

Objectives

At the conclusion of this module, students will be able to:

- Identify the ethical obligations of leading a group.
- Describe the importance of confidentiality and identify the limits of confidentiality.
- Discuss personal values and group member value systems.

Readings

Corey, Corey, and Corey: Read pages 60 - 94

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 3	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT

Module 4 Theories and Techniques of Group Work (Counseling)

Objectives

At the conclusion of this module, students will be able to:

- Identify the various types of theories associated with group work.
- Identify the relationship of theories in the techniques used in-group work.

Readings Corey, Corey, and Corey: Read pages 100 - 146

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 4	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Complete Midterm Exam	Sunday 11:59 PM EST/EDT

Module 5 Forming a Group

Objectives

At the conclusion of this module, students will be able to:

- Identify how to develop a proposal for group work.
- List the guidelines for announcing a group to the public.
- Explain the practical considerations in forming a group.

Readings Corey, Corey, and Corey: Read pages 149 - 170

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 5	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Submit Group Proposal Paper	Sunday 11:59 PM EST/EDT

Module 6 The Initial Stage of a Group

Objectives

At the conclusion of this module, students will be able to:

- Identify group characteristics in the beginning stage of the group.
- Describe the importance of building a rapport with group members.
- Establish goals and clarifying goals with a group.

Readings Corey, Corey, and Corey: Read pages 176 - 219

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 6	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Attend/Participate in the Co-Facilitation Assignment Live Session	Sunday 11:59 PM EST/EDT

Module 7 The Transition and Working Stages of a Group

Objectives

At the conclusion of this module, students will be able to:

- Identify group characteristics in the transition stage of group.
- Identify leader interventions in the working stage of group.
- Discuss topics for working with a coleader.

Readings Corey, Corey, and Corey: Read pages 224 - 309

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 7	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Attend/Participate in the Co-Facilitation Assignment Live Session	Sunday 11:59 PM EST/EDT
Submit Group Observation and Reaction Paper	Sunday 11:59 PM EST/EDT

Module 8 Final Stage a Group

Objectives

At the conclusion of this module, students will be able to:

- Classify the tasks associated with the final stage of group.
- Explain how to terminate a group.
- Evaluate group members' experiences with the group.

Readings Corey, Corey, and Corey: Read pages 316 - 334

Assignments

Items to be Completed:	Due No Later Than:
Post initial response to Discussion 8	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Complete Final Exam	Sunday 11:59 PM EST/EDT