

Course: CO611E & NE Theories & Methods of Group Counseling
Credit: 3 Credit Hours
Semester: SP-23, Cycle 4
Time: January – March Tuesdays 6pm – 9pm
Instructor: Doug Geiger, MA, LPC, NCC (douglas.geiger@calvary.edu)

I. DESCRIPTION

This course will examine group purpose, membership, stages and process; including the leader's role and leadership competencies. Emphasis is placed on small-group experience and its application both professionally and in a local church context. (Prerequisite: CO601, CO603, and CO610)

II. OBJECTIVES

Upon successful completion of the course, students will be able to:

- A. Develop a biblical and theological understanding of group counseling. (PLO 1, 2, 3, 4, 5)
- B. Students will learn the principles of group dynamics including the developmental stages of group theories, a group member's role and identifying behaviors. (PLO 1, 3, 4, 5)
- C. Students will understand theories of group counseling including the historical development of group counseling and professional standards. (PLO 1, 2, 3, 5)
- D. Students will learn to identify each function of a group's members including leadership, co-leadership and group members. (PLO 1, 2, 3, 5)
- E. Students will learn to identify group functions and the characteristics of various stages within a group. Students will learn the skills needed to create, administer, lead, and end group counseling sessions and programs. (PLO 1, 3, 5)
- F. Students will understand the different models of group development and the dynamics of each stage of groups. (PLO 1, 2, 3, 5)
- G. Students will understand the ACA Ethics required to run a group and the importance of adhering to these ethics. (PLO 1, 3, 5)
- H. Students will gain the experience of participating in or leading a counseling group or ministry. (PLO 1, 2, 3, 4, 5)

III. REQUIREMENTS

A. Class Attendance and Participation (50 points) (Obj. A, B, C, D, E, F, G, H)

Students are expected to attend class lectures as scheduled as well as engage in discussion of presented topics. Students will also be graded on their participation in weekly group counseling meetings in class. Personal involvement during class time is an essential element of active learning, and students will be graded accordingly.

B. Group Participation and Paper (150 points) (Obj. A, B, C, D, E, F, G, H)

Students will participate in and have the opportunity to lead and co-lead a group in the classroom. Students will be responsible for running the group on their assigned day and the topic of discussion. During the course of the class the student is to write a three-four (3-4) page paper regarding their observations of the group in class. Students will be graded 50% on the written assignment and 50% on leading and co-leading the group.

- a. Overall observations of the group.
- b. How the lectures and readings of the class related to how they experienced the group.
- c. What was your experience leading and co-leading the group?
- d. How did your experience of the different stages of group compare to what you learned from lectures and the textbook?

Papers will be due by Feb 23rd, 2021.

C. Group Observation Paper (50 points) (Obj. A, B, C, D, E, F, G, H)

Students will be expected to observe self-help group session(s) within their community (group must be approved by instructor) and provide a four (4) page paper regarding their reactions, and a summary of the session(s) they attended. Requirements within paper will be:

1. What type of group
2. Who was the group leader
3. What were your observations of the group
4. What were your observations of the group leader
5. Discuss your perspective of the benefits gained by the members of the group
6. What were some of the drawbacks you could see of attending this group.
7. How would you improve upon this group

Papers will be due by Feb 23rd.

D. Reading Assignment and Final Exam (100 points) (Obj. A, B, C, D, E, F, G, H)

Read *Groups: Process and Practice* throughout the class. Course exam will be posted before the end of the course and will be open book.

E. Group Development Project and Presentation (200 points) (Obj. A, B, C, D, E, F, G, H)

Students will create and develop a self-help group with the potential of applying it to their internship site or ministry and present the group development idea to the class. The project will ask students to think through and articulate all the necessary elements in preparing to run their own group. Papers will be due before the last class and presentations will be given the last week of class.

IV. MATERIALS

A. Required Textbooks:

The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

Required Book:

Schneider-Corey, Marianne, Corey, Gerald, Corey, Cindy. 2017. *Groups: Process and Practice*. Belmont, CA: Brooks/Cole, Cengage Learning. ISBN-13: 978-1305865709 ISBN-10: 1305865707. (Retail \$117.31)

Recommended and optional:

Hook, Jan Paul, Joshua Hook, & Don Davis. *Helping Groups Heal: Leading Groups in the Process of Transformation (Spirituality and Mental Health)*. Templeton Press, 2017. 296 pages. ISBN: 1599474859 (\$19.12)

IV. METHODS

A. The group counseling course will consist of counseling, observing, and hands-on practical experience.

B. Grading

Class Attendance and Participation	50 points
Group Participation and Paper	150 points
Group Observation Paper	50 points
Reading Assignment and Final Exam	100 points
Group Development Project	<u>200 points</u>
Total	= 550 points

Grading Scale:

A	= 511 – 550
A-	= 495 – 506
B+	= 473 – 494
B	= 456 – 472
B-	= 440 – 455
C+	= 418 – 439
C	= 401 – 417
C-	= 385 - 400

Academic Dishonesty

Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person's ideas and presenting them as your own.

Writing Style

All class papers must follow the APA 6th edition.

Late Work

Papers, projects, etc. are due at the class period assigned. Late work will be accepted up to 1 week after the assignment is due. HOWEVER, there is a 1 letter grade reduction for each day the work is late. No late work will be accepted after 1 week or February 23rd.

Disabilities Statement

Students with disabilities have the responsibility of informing the Accommodations Support Coordinator (aso@calvary.edu) of any disabling condition that may require support.

Learning Center

The Clark Academic Center (learning@calvary.edu), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.