

**Lewis & Clark College**  
**Professional Mental Health Counseling & Professional Mental Health Counseling –**  
**Specialization in Addictions**  
**CPSY 515-04**  
**Group Counseling with Adults**  
**Syllabus and Schedule**

Time: Thursdays, 1:00 pm – 4:15pm: 09/7/17-12/14/17

Location: Lewis & Clark Community Counseling Center

Instructor: Katelyn Bessette, LPC, CADCI, RYT

Phone: 503-858-7073

Email: katelynbessette@lclark.edu

Office hours: By appointment

Required Objectives:

Professional Counseling Identity (CACREP 2016 Standards)

- 6a. theoretical foundations of group counseling and group work
- 6b. dynamics associated with group process and development
- 6c. therapeutic factors and how they contribute to group effectiveness
- 6d. characteristics and functions of effective group leaders
- 6e. approaches group formation, including recruiting, screening, and selecting members
- 6f. types of groups and other considerations that affect conducting groups in varied settings
- 6g. ethical and culturally relevant strategies for designing and facilitating groups
- 6h. direct experiences in which students participate as group members in a small group activity, approved by the program, for a minimum of 10 clock hours over the course of one academic term

Entry-Level Specialty: Clinical Mental Health Counseling (CACREP 2016 Standards)

- C2l. legal and ethical considerations specific to clinical mental health counseling

## Key Required Assignments/Student Learning Outcomes

These assignments are required for the course, but will not be the only requirements/expectations. The chart below lists the assignment, method of submission, and benchmark score/grade. These assignments are set up for upload to Taskstream and/or instructor provides rating for assignment. See syllabus for details.

Clinical skill		Proficient (A)	Benchmark (B)	Emerging (C)	Inadequate/Fail	As evidenced by:	Evaluation and Remediation
Goal 3 of 5							
Students develop an understanding of group development, dynamics, counseling theories, group counseling methods and skills, and other group work approaches.	Practicum Year	Course Grade 90-100%	Course grade 80-89%	Course grade 70-79% and	Course grade below 70%	CPE Score average/above average or CPE score below average and course grade of A in CPSY 514 or 515	Assessment Chair Review/Referral to BRC or ARC
	Practicum Year	Assignment grade 90-100%	Assignment grade 80-89%	Assignment grade 70-79% and	Assignment grade below 70%	CPSY 514 or CPSY 515: Group facilitation assignment	Assessment Chair Review/Referral to BRC or ARC

Methods of Instruction for this Course

Instruction Method	Mark All That Apply
Lecture	x
Small Group Discussion	x
Large Group Discussion	x
Course Readings	x
Group Presentation	x
Individual Presentation	x
DVD/Video Presentation	x
Supervised Small Group Work	
Individual/Triadic Supervision	
Group Supervision	
Case Study	
Debate	
Class Visitor / Guest Lecturer	
Off-Campus / Field Visit	x
Other:	

#### INSTRUCTOR BIO:

I am a Licensed Professional Counselor and Certified Alcohol and Drug Counselor III. The majority of my career has been dedicated to working with people struggling with a combination of addictions and mental health issues. I am formally trained in Dialectical Behavioral Therapy, and worked for a short period of time at Providence St Vincent's DBT program. Currently, I am the director of an intensive outpatient treatment program that also provides recovery housing. I integrate mindfulness and yoga into my work when I can. I have experience facilitating a variety of groups including process, psycho-educational and evidenced based curriculums, some examples include: Relapse Prevention, DBT, MRT, Healthy Relationships, Early Recovery and Seeking Safety.

#### CATALOG DESCRIPTION

Introduction to the major schools of group therapy and the common factors associated with positive outcomes. Covers group dynamics, obstacles to success in group therapy, and the stages of group process. Role-playing and demonstrations illustrate principles of effective group leadership. Prerequisite: CPSY 503 or 569

Credit: 3 semester hours

#### COURSE DESCRIPTION AND OUTCOMES

This is a graduate level course designed to provide students with the theories, concepts and experiences that will increase their competency of group counseling with adults. Students will engage in lecture, readings, in-class activities and observation as well as experiential presentation and training groups. The content and experiences in this course provide concepts and skills necessary to satisfy the group work competencies stipulated in the Council for Accreditation for Counseling and Related Programs (CACREP) Standards (2001) as outlined above. Students will gain knowledge of group counseling theory and demonstrate the practical skills necessary for the dynamic application to various adult group-counseling settings.

Students will understand how to adapt various theories and skills to the unique circumstances they find themselves in as professionals and citizens.

REQUIRED TEXT:

Yalom, I. D., & Leszcz, M. (2005). *The theory and practice of group psychotherapy* (5th ed.). New York, NY: Basic Books

American Counseling Association (2014). *ACA Code of Ethics*. Alexandria, VA.:

[http://www.counseling.org/docs/default-source/ethics/2014-aca-code-of-ethics.pdf?sfvrsn=fde89426\\_5](http://www.counseling.org/docs/default-source/ethics/2014-aca-code-of-ethics.pdf?sfvrsn=fde89426_5)

Yildirim, T. (2012). The Unheard Voice in Group Counseling: Quietness. *Educational Sciences: Theory and Practice*, 12 (1), 129-134

SUGGESTED READING:

Corey, M. S., Corey, G., & Corey, C. (2012). *Groups: Process and Practice* 9th ed. Belmont, CA: Brooks/Cole, Cengage Learning.

Anderson, D. (2007). Multicultural group work: A force for developing and healing. *The Journal for Specialists in Group Work*, 32, 224-244

CPSY DEPARTMENTAL ATTENDANCE POLICY

Class attendance is expected and required. It is important to note that although you will be expected to make up missed course content, any missed class time will lower your ability to earn full professional participation points and potentially jeopardize your ability to complete the requirements for this course. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met.

## STUDENTS WITH DISABILITIES POLICY

Lewis & Clark College is committed to serving the needs of its students with disabilities. Professional staff in the office of Student Support Services ensure that disabled students receive all of the benefits of a comprehensive selection of services, and a formal Student Disability Grievance Procedure provides prompt and equitable resolution of any complaints arising out the College's responsibilities under the ADA Amendments Act, the Americans with Disabilities Act (ADA), Section 504 of the Rehabilitation Act of 1973, and other pertinent federal, state, and local disability anti-discrimination laws. Please see the Student Support Services website for more information:

[http://www.lclark.edu/offices/student\\_support\\_services/rights/disability\\_policy/](http://www.lclark.edu/offices/student_support_services/rights/disability_policy/)[http://www.lclark.edu/offices/student\\_support\\_services/rights/disability\\_policy/](http://www.lclark.edu/offices/student_support_services/rights/disability_policy/)

## CONFIDENTIALITY POLICY

Confidentiality is extremely important to the integrity of this course. Confidentiality cannot be guaranteed in any situation but we are collectively accountable to maintain a safe, trusting environment throughout the course including the experiential groups, activities and conversations. While it can be compelling to share personal information about class members with others, all students are bound by the ACA ethical code of confidentiality with respect to any material shared by other members of the class. The disclosure of personal information to anyone outside this class would be considered unethical. Please explore any concerns you have about confidentiality during class time, after class or during a experiential group.

## SPECIAL CONSIDERATIONS WITH COURSE FORMAT

The class will be a platform for demonstrating and examining the group process and experience through didactic and experiential teaching methods. While this is not a therapy group or personal growth group, experiential activities will bring the group process into our awareness with a focus on your ongoing counseling training and your professional development. Students are not required to share personal information as part of the classroom dynamics, or as a requirement for any evaluation or for grading purposes. Grades will be based on your effort and ability to explore and apply the group concepts and experiences in this course towards the needs of adults in a group counseling setting. Your ability to use personal

reflection, critical thinking and your ability to share the comments, questions and challenges that come out of this reflection and thought are essential in earning a successful grade in this course. Evaluation in this course is not based on the content of your personal experiences, specifically, how much you self disclose, but on your participation in the process of learning about group dynamics. Students are asked to be intentional about what they choose to share with other students in the class during activities. However, by taking this course, you agree to the opportunity to challenge yourself to become familiar with the territory of group work through participation in the activities provided—including the experiential training groups. If you become uncomfortable and feel as though you are unable to continue or participate during any aspect of this course, you may exercise your right to pass. If you find yourself repeatedly doing so, please discuss this with me or another trusted colleague. Your participation is vital to your learning.

**ADDITIONAL SUPPORT:** Should you have emotional difficulty throughout the course, the following measures are available to support you:

- Please feel free to contact me to discuss your concerns or thoughts. We can meet outside of class time. I'm available via email, phone and to meet up in person. You can expect fair, direct and open communication from me as your instructor.
- Feel free to contact your advisor or another administrative ally in the counseling program to discuss your concerns or thoughts.
- You may also work on these concerns in the context of outside private therapy.

#### **POTENTIAL RISKS OF ENGAGING IN THIS COURSE**

- Confidentiality cannot be guaranteed by the instructor.
- While not intended to be a therapy group or process, you may stumble upon personal material that may warrant further exploration.
- While your instructor is taking on a dual role of both training and grading your performance in this course, you will not be graded on the content of your participation but on the intention you put forth to understand group process. If you have concerns about this at any point throughout the course, please discuss them with the instructor.

- Please discuss any questions or concerns that come up during the course with the instructor in class time or through a scheduled appointment. Your communication and feedback are important to the integrity of this course.

#### OTHER CLASSROOM EXPECTATIONS

- As a therapist in training you are expected to approach your classmates and instructor with respect and empathy. Reactions to your peers or course material are understandable and expected, but please take responsibility for your reactions and own them as yours rather than judge others harshly, shut down or write anyone off.
- Honesty and direct communication are honored in this course. Do your best to practice and experiment with these.
- You are expected to participate fully in group projects with your peers. Should you have any interpersonal difficulties collaborating throughout the course, please contact me and I'd be glad to mediate as needed.
- Please be respectful about the use of technology in the classroom. Laptops should be used for note taking purposes only during lecture time. If this becomes problematic, the use of laptops will no longer be acceptable during class time for all students. Please keep your cell phones put away during class time. For special considerations please talk with professor.
- Late assignment policy: Inability to facilitate on assigned date without previous permission from instructor will result in a drop in a full grade. Late assignments will result in a loss of 3 points deduction per day following the assignment due date.

#### REQUIREMENTS:

1. **Attend and Participate :10 pts. per week x 14 weeks = 140 pts.**- Attendance is mandatory as outlined above. Students are expected to fully participate in discussion as well as be an active member of groups they are assigned to.
2. **Weekly Logs: 10 pts. each x 11 weeks = 110 pts.** - Students will complete weekly logs, integrating concepts of reading with experience during class time. Logs can be 1-2 pages, typed, double spaced. They are due each week at the beginning of class in hard copy form. They will be utilized for discussion and submitted to the instructor for review.

- 3. Group Facilitation: 100 pts. (CACREP 6h)**- Each student will be given a chance to facilitate a small group (determined by group formation in the first class). Group type will be determined by your area of interest. You will be encouraged to challenge yourself with materials or group type development. You will develop a group theme, type and format to assist you in staying on track and focused during your facilitation time. While you facilitate your small group, the remaining students and professor will observe. There will be a constructive feedback session at the end of the group observation.
  
- 4. Group Presentation: 50 pts. (CACREP 6a, 6f, 6h)** Small groups will be determined on the first day of class. You will develop a presentation together on 1 type of group and/or related theories. You will include a multimedia and experiential component to the presentation and develop materials that would be used in the group format. You will present on what you found, questions and concerns that arise, and how you would lead with specific populations. Class participants will act as group members in your experiential portion. You may divide class into smaller groups or remain a large group. You will team lead and then coordinate and facilitate feedback discussion. Group members will provide an outline with credit to each member for their role in the presentation.
  
- 5. Group Critique Paper: 50 pts. (CACREP 6h, 6f)** -Being part of the group process is essential in being able to navigate the process of others. While class will offer opportunities to be part of a group, being able to be a member outside the classroom environment is a significant experience. Thus, you are expected to visit a working group in the community and to take part in it as a member. Try and find a group that is personally relevant and identify organizational structure of the group, (2) identify group goals, (3) outline and describe the group processes, and (4) specify group outcome goals. You should have a minimum of 2 appropriate references other than the text for this course. The paper should be 3-4 pages.

**Total Points=450**

**450-405=A**

**404-360=B**

Week	Date	Content	Assignment Due
Week 1	September 7	Introductions, Expectations, Exercise in Setting Norms	None
Week 2	September 14	Group and the Group Counselor (CACREP 6d, 6f) Reading Discussion, Logs	Yalom: Ch. 1-3 <b>Log 1 Due</b>
Week 3	September 21	Ethics in Group Counseling (CACREP 6g 6d, C2I) Reading Discussion, Logs	Yalom: Ch. 4-5; ACA Ethics <b>Log 2 Due</b>
Week 4	September 28	Group Process and Early Group Stages Reading Discussion, Logs <b>Presentation #1</b>	Yalom: Ch. 6 <b>Log 3 Due</b>
Week 5	October 5	Later Group Dynamics (CACREP 6a) Reading Discussion, Logs <b>Presentation #2</b>	Yalom: Ch. 7 & 9 <b>Log 4 Due</b>
Week 6	October 12	Reading Discussion, Logs (CACREP 6b) <b>Presentation #3</b>	Yalom: Ch. 11 <b>Log 5 Due</b>
Week 7	October 19	Reading Discussion, Logs CACREP 6c) <b>Group #1</b>	Yalom: Ch.13, Yildrim: The Unheard Voice. <b>Log 6 Due</b>
Week 8	October 26	Reading Discussion, Logs (CACREP 6b) <b>Group #2</b>	Yalom Ch. 12 <b>Log 7 Due</b>
Week 9	November 2	Reading Discussion, Logs (CACREP 6d) <b>Group #3</b>	Yalom: Ch. 14 <b>Log 8 Due</b>
Week 10	November 9	Reading Discussion, Logs (CACREP 6g,6f) <b>Group #4</b>	Yalom: Ch. 10 & 15 <b>Log 9 Due</b>
Week 11	November 16	Reading Discussion, Logs <b>Group #5</b>	Reading TBA <b>Log 10 Due</b>
	November 23	NO CLASS-Thanksgiving	
Week 12	November 30	Reading Discussion, Logs <b>Group #6</b>	<b>Critique Paper Due</b>
Week 13	December 7	Reading Discussion, Logs <b>Group #7</b>	Reading TBA <b>Final Log Due</b>
Week 14	December 14	Termination, Final Thoughts, Group Exercise, Evaluations	

This schedule is a rough outline of what the term will look like, these readings, topics and groups may change over the course of the semester depending upon time and enrollment.