

COUN 5003 Group Dynamics

Spring 2023

Mondays 5:15-8:00 pm

Kelly J. Veal Office: CAB 307 Phone: 706 880 8272 Email: kveal1@lagrange.edu_(This is the <u>best</u> way to contact me.) Office Hours: 4-5:15 PM on Class Meeting Days, After Class Meetings, or scheduled via email Course Description

This course is designed to provide students with the theories and skills used to facilitate counseling groups in mental health or community settings. Students will practice newly acquired skills in the classroom with other students and will also experience what it is like to serve as a group member. 3 hours (pre- or co-requisites: COUN 5001, 5002)

Methods of Instruction

The content of this course will be delivered in synchronous and asynchronous formats through assigned readings, online lectures, seminar discussions, multimedia presentations, case presentations, and small group discussion. Online students will be required to either attend the in-class sessions synchronous learning via Teams or watch the recording of class within 7 days. Students will lose points on participation and may be dropped a letter grade for more than 3 absences from class, or not watching class via Teams in a timely manner.

COUN 5003 is a skills-based course that requires student attendance on synchronous learning dates.

Program Objectives

Develop knowledge and skills necessary for competent practice, while cultivating a strong counselor identity.
1.c. Design and implement effective counseling interventions in various settings with groups and individual clients

Course Objectives

Students will demonstrate the following:

- Knowledge of the principles of group dynamics, including group process components, developmental stage theories, group members' roles and behaviors, and therapeutic factors of group work (CACREP II.F.6.b.)key performance indicator
- 2. Knowledge and skills in group leadership or facilitation styles and approaches, including characteristics of various types of group leaders and leadership styles (CACREP II.F.6.d.)
- 3. Knowledge of theories of group counseling, including commonalties, distinguishing characteristics, and pertinent research and literature (CACREP II.F.6.a.)
- 4. Knowledge and skills in group counseling methods, including group counselor orientations and behaviors, appropriate selection criteria and methods, and methods of evaluation of effectiveness (CACREP II.F.6.e.)
- 5. Evidence of 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 (CACREP II.F.6.h.)

- 6. Knowledge and skills in approaches used for other types of group work, including task groups, psychoeducational groups, and therapy groups (CACREP II.F.6.f.)
- 7. Knowledge of ethical and legal considerations and cultural considerations related to group work (CACREP II.F.6.g.
- 8. Therapeutic factors and how they contribute to group work (CACREP II. F.6. c.)

Required Textbook:

Corey, G. (2016). *Theory and Practice of Group Counseling* (9th edition). Boston, MA: Cengage.

Student Expectations

Expectations for this class include the following:

- 1. **Be Prepared:** Students are expected to come to class prepared for any discussions or activities that may occur by <u>reading all assigned material</u> and by bringing any written or electronic assignments required for class.
- 2. Be Present and On Time: Students are expected to attend each class, be on time, and remain until the end of class. Notify the professor in advance, if possible, when it is necessary to be absent, to be late, or to leave early. Points may be deducted at the discretion of the professor for absences or tardies. Grades may also naturally suffer when students are not present for class. Students will be allowed 1 unexcused absence during the semester. Unexcused absences will result in a 5 point deduction in your final grade. Excused absences include illness, death in the family, or illness of a child, other family emergencies only.
- 3. **Remember Due Dates:** Students are expected to complete all assignments on time. Points will be deducted for late assignments. All assignments will receive a **5 point deduction** for being turned in late. The only extenuating circumstances will be emergency situations which are outlined in the attendance policy.
- 4. **Submit Electronically:** All written assignments are to be submitted electronically as email attachments or within Moodle on or before the due date.
- 5. Be Respectful: Students are expected to be respectful and sensitive to beliefs and ideas that may be different from their own. Our class is representative of the diversity that students experience when working in the field of psychology or in any field or activity outside of the classroom. One example of that respect is to refrain from having private conversations while others are addressing the class.
- 6. Be Electronically Respectful: Students will refrain from using <u>cell phones or other electronic devices</u> during class time, <u>except</u> in the activity of taking notes. You may be asked to completely refrain from using electronic devices in class <u>or to leave class</u> as a result of texting, answering phone calls, browsing social media, or surfing the internet. Please <u>silence all phones</u> and keep them <u>out of sight</u> during class time; they should be kept in purses, pockets, or book bags.
- 7. **APA Style:** All written work must be typed using the formatting style outlined in the manual published by the American Psychological Association (APA). You will need to purchase a current APA style manual and become familiar with the formatting procedures for font, margins, citations, references, et al. By the middle of the semester, you are expected to be able to create APA formatted documents. Grades on written work prepared outside of class may be reduced as a result of incorrect formatting, grammar, sentence structure, and frequent typos or misspellings. <u>Please get help</u> if you are having a difficult time with writing skills.
- 8. Have Fun: Students are expected to have fun learning about the subject matter.

Proctoring Software

In this class, LockDown Browser and Respondus Monitor will be used to facilitate the online proctoring of assessments (such as quizzes or exams). Students will be able to download LockDown Browser from a link provided from within our course on Connect and will incur a one-time, \$15.00 fee (payable only by credit card) for the use of Respondus Monitor. This one-time fee will entitle a student to unlimited use of Respondus Monitor for this course and any other on at LaGrange College for the time period of one year.

These pieces of software work only with reliable desktop or laptop computers running Windows or Mac OS as well as

modern iPads. Devices used for testing must be equipped with a functional webcam and must have access to a stable, high-speed internet connection. LockDown Browser and Respondus Monitor will not function with smartphones, tablets that are not iPads, or Chromebooks.

If you do not have access to a personal computer that meets these specifications, laptops are available for checkout in Lewis Library. Campus Wi-Fi is robust and will satisfy your internet connectivity requirements.

Students having difficulties with the functionality of these tools should contact IT (<u>support@lagrange.edu</u>, 8049) for assistance.

Assignments

Attendance, Participation, and Professionalism (5 points; 2% of final grade)

Active class participation – Be prepared to actively participate in class discussions by applying the information learned in reading assignments and lectures. At times, topics will arise which are sensitive for class members. It is expected that ideas will be discussed and debated in a respectful manner. The successful student will be willing to consider different perspectives, to challenge her/his own assumptions, and to respect differing opinions.

Participation in Group Membership/Reflective Writing (40 Points; 20% of final grade) (Course Objective 5)

• Students are required by CACREP to have a minimum of 10 clock hours in a counseling group for a personal growth experience (*10 points*). This group experience will be completed outside of class via in-person or online support group attendance. Students will be asked to reflect on their training group experience throughout the semester in a series of reflections (*30 Points*). Students will be given reflection prompts in Connect.

<u>Support Groups Central | Live Online Peer Support Groups for Life's Challenges</u> <u>15 Online Recovery Meetings & Groups You'll Want to Check Out | The Temper</u> *https://www.mhanational.org/find-support-groups*

3. Group Leadership Experience (200 points; 52.5% of final grade) (Course Objective 1) (2.F.6.b.- key performance indicator must be uploaded to share One Drive folder.

Each class member will be expected to function as a group leader/facilitator for at least (2) goal-directed (structured) sessions. These structured experiences will reflect the new material you will learn about group counseling during the didactic portion of the class. Each leader will facilitate the group for 30 minutes while the other students will act as group members. The next 15 minutes following each group session will consist of supervision, process illumination, and additional feedback in how students employed group counseling skills. The skills rubric is attached in the syllabus and uploaded into Connect.

4. Reading Quizzes (60 points; 29% of final grade) (Course Objective 1-8)

Students will have a multiple-choice and short-answer reading quiz at 3 points throughout the semester. These quizzes will be given on-line during asynchronous learning dates.

5. Group Counseling Curriculum (70 points; 34% of final grade) (Course Objective 3,4,5)

Students will submit a curriculum, electronically for a proposed counseling group that addresses a specific problem/population (e.g. HIV/AIDS patients, caregiver burnout, incest survivors, adolescent anxiety or anger management issues, support group for the elderly). The curriculum proposal will include the following sections: 1) rationale for the group (include citations from the literature); 2) intended outcomes (goals and objectives based on rationale and research literature); 3) structure of the group and group activities; 4) theoretical orientation; 5) client screening procedure and selection criteria (inclusion/exclusion); 6)proposed group size, frequency, and length of sessions; 7) outcome measure(s) and/or procedure(s) proposed to evaluate success. (8) At least 10 group activities, exercises, or interventions that can be used along with your group proposal. The curriculum proposal will be written in APA format. An electronic copy of the curriculum will be uploaded into connect by the due date. Each student will give an abbreviated 15 minute presentation that includes an evidence-based toolkit. The toolkit will have at least 10 group activities, exercises, or interventions, from the curriculum project.

Assignment Point Breakdown

Attendance/ Participation Grade	5 points
Group Leadership Experience	200 points
Group Curriculum	70 points
Group Attendance (10hrs) & Reflective Writing (3)	40 points <u></u>
Reading Quizzes (3)	60 points
Total Points	375 points

Grading Scale		
Α	337-375	
В	300-336	
С	262-299	
D	225-262	
F	<225	

The LaGrange College Honor Code

Students are expected to abide by the Honor Code, which is listed below. All assignments are to be completed by the student and in the student's own words. Students who use any source other than the text must give full credit to that source. Direct quotes, even from the text, must be shown within quotation marks and accompanied by the author and page number where the quote can be found. A reference list must be provided at the end of the student's work. Students are encouraged to study or consult with classmates as they complete daily or weekly class preparation, but they should not share any information in the taking of an exam.

Violations of these policies will be turned over to the Honor Council for further action as specified in the Student Handbook:

As a member of the student body of LaGrange College, I confirm my commitment to the ideals of civility, diversity, service, and excellence. Recognizing the significance of personal integrity in establishing these ideals within our community, I pledge that I will not lie, cheat, steal, nor tolerate these unethical behaviors in others. I pledge that I have neither given nor received unauthorized help on this examination or assignment, nor have I witnessed any violation of the Honor Code.

Accommodation Policy and Procedures

In compliance with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act, LaGrange College will provide reasonable accommodation of all medically documented disabilities. If you have a disability and would like the College to provide reasonable accommodations of the disability during this course, please notify **Ms. Brandi Cameron** at the Counseling Center located in Smith Hall (X8177).

Date		М	Topic/Chapter 5:15 PM- 8 PM	Assignments Due	Readings
Week 1	Jan	9	Overview of the course Chapter 1-2 Introduction: Multicultural Perspective In-Person – Dr. Muller Online- Dr. Veal	Assign Dyads and dates for group leadership experience	Corey: Chapter 1 & 2
			MLK Day Parade 1/14/22 1PM!		
		16	Dr. MLK Day of Service – No Class		
		23	Chapter 1-2 Introduction: Multicultural Lecture and in-Person Lab Experience-Dr. Veal		Corey Chapter 1 & 2
Week 2		30	Ch 3: Group Leadership Ch 4: Early Stages in Group Lecture and in-Person Lab Experience-Dr. Muller		Corey: Chapter 3 & 4
Week 3	Feb	6	Ch. 3: Group Leadership Ch. 4: Early Stages Online Recorded Lectures		Corey: Chapter 3 & 4
Week 4		13	Ch. 6: Psychoanalytic Ch. 7: Adlerian Ch. 8: Psychodrama <i>Discuss Group Curriculum Topics</i> Lecture and In-Person Lab Experience-Dr. Veal		Corey: Chapter 6, 7, 8 Assigned Articles: Adlerian, Psychodrama
Week 5		20	Ch. 6 Ch. 7 Ch. 8 Lecture and In-person Lab Experience- Dr. Veal	Online Group Participation Hours due Reflection #1 Due by	Corey: Chapter 6,7,8

				11:59 PM	
Week 6		27	Ch. 9: Existential Ch. 10: Person Centered Ch. 11: Gestalt Lecture and in-Person Lab Experience- Dr. Muller Group 1: Emily and Cassie (Feb 27 th & March 27th) Group 2: Holly and Dr. Muller (Feb. 27 th & March 27th)	Reading Quiz #1 (Ch. 1,2,3,4,6,7,8 -Group 1 Leadership -Group 2 Leadership	Corey: Chapter 9,10, 11
Week 7 Week 8	March		Ch. 9 Ch. 10 Ch. 11 Lecture and In-Person Lab Experience -Dr. Muller Ch. 12: TA Ch. 13: CBT	Reading Quiz 2	Corey: Chapter 9,10, 11 Corey: Chapter 12, 13, 14 Assigned Article: CBT
			Ch. 14: REBT Lecture and in-Person Lab Experience – Dr. Veal KV Group Leadership Experience Group 3: Landon & Ellayah (March 13 th & April 17th) Group 4:Brandy and Mason (March 13 th & April 17th)	(Ch. 9, 10, 11) Due by 11:59 PM -Group 3 Leadership -Group 4 Leadership	
Week 9		20	Ch. 12 Ch. 13 Ch. 14 Online Recorded Lectures	Reflection # 2 Due by 11:59 PM	Corey: Chapter 13 & 14
Week 10		27		Group Curriculum Papers Due by 11:59	Corey: Chapter15, 16, 17, 12
			In-Person Lecture and Lab Experience- Dr. Muller	Group 1 Leadership Group 2 Leadership	

			Group 1: Emily and Cassie (Feb 27 th & March 27th) Group 2: Holly and Dr. Muller (Feb. 27 th & March 27th)		
Week 11		3	<mark>Spring Break – No Class</mark>		
Week 12	APR	10	Ch. 15 Ch. 16 Ch. 17 <mark>Online Recorded Lectures</mark>		Corey: Chapter 15, 16, 17
Week 13			Ch. 13: CBT Ch. 16: SFBT and MI Ch. 5: Closing the Group TEAMS Lab Experience- Dr. Veal& Dr. Muller KV Group Leadership Experience Group 3: Landon & Ellayah (March 13 th & April 17th) Group 4:Brandy and Mason (March 13 th & April 17th)	Group 4 Leadership	Review and Implement Skills
Week 14		24	In-Person- Dr. Muller and Dr. Veal	Group Curriculum Presentations	
				Reflection #3 due 4/28 by 11:59 PM Reading Quiz #3 due 4/28 by 11:59 PM	

The professor reserves the right to make changes to the syllabus during the semester, if necessary, especially to the calendar of assignments. Updates will be provided to you either in class or electronically.

CURRENT COUNSELING RESEARCH

Coleman, J. A., Lynch, J. R., Ingram, K. M., Sheerin, C. M., Rappaport, L. M., & Trapp, S. K. (2018).

Examination of racial differences in a posttraumatic stress disorder group therapy program for veterans. *Group Dynamics: Theory, Research, and Practice, 22*(3), 129–142.https://doi.org/10.1037/gdn0000086.

- Coholic, D., & Eys, M. (2016). Benefits of an Arts-Based Mindfulness Group Intervention for Vulnerable Children. *Child & Adolescent Social Work Journal*, 33(1), 1–13. <u>https://doi.org/10.1007/s10560-015-0431-3</u>
- Meany-Walen, K. K., & Kottman, T. (2019). Group Adlerian play therapy. *International Journal of Play Therapy*, 28(1), 1.
- Sneed, J., & Hammer, T. (2018). Phenomenological Inquiry into Phoenix Rising Yoga Therapy. International Journal of Yoga Therapy, 28(1), 87–95. <u>https://doi.org/10.17761/2018-00002</u>
- Spuij, M., Prinzie, P., Dekovic, M., van den Bout, J., & Boelen, P. A. (2013). The effectiveness of Grief-Help, a cognitive behavioural treatment for prolonged grief in children: study protocol for a randomised controlled trial. *Trials*, 14, 395. <u>https://doi.org/10.1186/1745-6215-14-395</u>
- Yiftach, Ron. (2018). Psychodrrama's Role in Alleviating Acute Distress: A Case Study of an Open Therapy Group in a Psychiatric Inpatient Ward. Front Psychology, 30, pp. <u>https://doi.org/10.3389/fpsyg.2018.02075</u>

Group Proposal Project Rubric

	Unsatisfactory	Developing 2	Developing 2	Target
Comprehensive and	Comprehensive	Inadequate coverage	Moderate coverage	Adequate coverage
Cohesive Overview of	overview of	of overview of	of overview of	of overview of
the group and	rationale/purpose	rationale/purpose	rationale/purpose	rationale/purpose
rationale for purpose	etc. were not met in	etc.	etc.	etc.
w/current research	a satisfactorily			
with theoretical	manner.			
orientation/application				
Cacrep 2.F.6.a-b				
Structure of Group:	Group structure and	Inadequate coverage	Moderate coverage	Adequate coverage
length, number of	components of group	of group structure	of group structure	of roup structure and
participants, open v.	make-up and	and components of	and components of	components of group
closed and rationale	screening were not in	group make-up and	group make-up and	make-up and
for decisions, settings	a satisfactorily	screening.	screening	screening.
of group and selection	manner.			
of members/screening				
Cacrep 2.F.6.b.,c.,e.,f				
Ethically and culturally	Ethics and cultural	Inadequate coverage	Moderate coverage	Adequate coverage
relevant strategies	consideration were	of group structure	of roup structure and	of group structure
	not met in a	and components of	components of group	and components of
Cacrep 2.F.6.g	satisfactorily manner.	group make-up and	make-up and	group make-up and
		screening	screening	screening
Address how the 10	Address outside	Inadequate coverage	Moderate coverage	Adequate coverage
hours of outside group	group hours and	of outside group	of outside group	of outside group
have impacted/shaped	impacts were not	hours and impacts.	hours and impacts.	hours and impacts.
development of this	met in a satisfactorily			
curriculum (must	manner.			
upload your group				
verification in the				
appendix)				
Cacrep 2.F.6.h				
Overview of each	Not Satisfactory	Inadequate	Moderate	Adequate
session w/detailed				
agenda and evaluation				
plan. Should have				
SMART goals with				
interventions and				
objectives.	Not Cotiefanta	Incology	Madausta	A do eurot -
Proper use of APA	Not Satisfactory	Inadequate	Moderate	Adequate
throughout the				
entirety of project,				
minimum of 7 citations				
At least 10 group	Did not include	Included an	Moderate use of	Adequate use of
activities, exercises, or	evidence-based	inadequate number	evidence-based	evidence-based
interventions used	interventions with	of exercises- some	interventions	interventions for the
with your group	the proposal	unrelated to theory		proposal
proposal				P. 990001
P. 990301				

15 minute		
presentation that		
includes the 10		
activities for the		
evidence-based toolkit		

Group Leadership Experience Rubric

Criteria		Levels of Achievement	
Content	Exceeded	Target	Developing
1.Developmentally Appropriate Materials	16-20 points All developed group materials are age/grade level appropriate for the identified topic and student grade level.	11-15 points Most of the group materials are somewhat age/grade level appropriate for the identified topic and student grade level.	1-10 points Group materials are lacking in age/grade level appropriateness for the identified topic and student grade level. Group materials are noticeably significantly lower or significantly above the identified grade/development level.
2.Recognition of Group Stage	16-20 points Student clearly recognizes, identifies, and articulated the correct group stage.	11-15 points Student mostly recognizes and identifies the correct group stage.	1-10 points Student struggles to recognize, identify, or articulate the correct group stage.
3.Application of Theory and Technique		11-15 points Student mostly and appropriately uses theoretical techniques in the group session.	1-10 points Student struggles to use theoretical techniques correctly or appropriately in the group session. Student is unable to identify the theory for which these techniques align with.
4.Group Leadership Key performance indicator (2.F.6.b)		11-15 points Student mostly applies group facilitation skills to guide the group members through the session from opening to termination.	1-10 points Student applies some group facilitation skills within the group.
5/Facilitating	member goals. Student created a	4-6 points Student mostly demonstrates open and direct communications toward group & member goals. Student worked to a climate of acceptance.	1-3 points Student struggled to demonstrate open and direct communication toward group & member goals. Student struggled to create a climate of safety & acceptance.
Evaluating	process, movement, and direction &	4-6 points Student mostly assesses group process, movement, and direction & individual and group dynamics.	1-3 points Student struggles to assess group process, movement, and direction & individual and group dynamics.
Protecting	psychological risks (e.g., confidentiality & member selection in	4-6 points Student mostly safeguarded members from psychological risks (e.g., confidentiality & member selection in groups).	1-3 points Student struggled to safeguard members from psychological risks (e.g., confidentiality & member selection in groups).

	7-8 Points	4-6 points	1-3 points
Supporting	Student effectively creates a trusting atmosphere that encourages	Student mostly creates a trusting atmosphere that encourages	Student struggles to create a trusting atmosphere that encourages
	disclosure & change.	disclosure & change.	disclosure & change.
Initiating	7-8 Points Student effectively promotes group participation & introducing new	4-6 points Student mostly promotes group participation & introducing new	1-3 points Student struggles to promote group participation & introducing new
	direction for continued momentum.	direction for continued momentum.	direction for continued momentum.
Goal Setting	7-8 Points Student effectively establishes group	4-6 points Student mostly establishes group	1-3 points Student struggles to establish group
Som Soming	goals; aiding members in identifying meaningful personal goals; directing group activities toward goals attainment.	goals and directs group activities toward goals attainment.	goals or aid members in identifying meaningful personal goals or struggles to direct group activities toward goals attainment.
	7-8 Points	4-6 points	1-3 points
Linking	Student effectively encourages	Student encourages member-to-	Student struggles to encourage
	member-to-member vs. member-to- facilitator communication; effectively connects commonalities.	facilitator communication; connects commonalities.	member-to-member vs. member-to- facilitator communication; very limited in identifying commonalities.
	7-8 Points	4-6 points	1-3 points
Feedback	Student effectively expresses specific, honest reactions (thoughts and/or feelings) based on observation.	Student mostly expresses specific, honest reactions (thoughts and/or feelings) based on observation.	Student struggles to expresses specific, honest reactions (thoughts and/or feelings) based on observation.
	May include gentle "confronting" (e.g., discrepancies between verbal and non-verbal messages).		
Suggesting		4-6 points Student gives information and assists members to look at situations from a new perspective.	1-3 points Student gives information yet struggles to assist members to look at situations from a new perspective.
	7-8 Points	4-6 points	1-3 points
Interpreting	Student effectively provides possible explanations for thoughts, feelings, and behaviors.	Student attempts to provides possible explanations for thoughts, feelings, and behaviors.	Student struggles to provide possible explanations for thoughts, feelings, and behaviors.
Self-disclosure	7-8 Points Student effectively and appropriately	4-6 points Student reveals one's own reactions	1-3 points Student inappropriately reveals
	reveals one's own reactions to here- and-now group events.	to here-and-now group events.	one's own reactions to here-and- now group events (too much or too little self-disclosure.)
Modeling		behaviors through one's own actions	1-3 points Student struggles to demonstrate desired behaviors through one's
	actions and reactions.	and reactions.	own actions and reactions.
	7-8 Points	4-6 points	1-3 points
Blocking	Student effectively and appropriately used redirection, here-and-now	Student attempted to use redirection, here-and-now experiencing to stop	Student missed an opportunity to use redirection, here-and-now
	experiencing to stop unproductive	unproductive behaviors such as	experiencing to stop unproductive
	behaviors such as story-telling, excessive questioning, undue	story-telling, excessive questioning, undue pressure to disclose, gossiping,	behaviors such as story-telling, excessive questioning, undue
	pressure to disclose, gossiping, etc.	etc.	pressure to disclose, gossiping, etc.

~8	7-8 Points Student effectively pulled together important elements and/or themes of a session or particular set of interactions.	4-6 points Student pulled together important elements of a session.	1-3 points Student struggled to pull together important elements and/or themes of a session or particular set of interactions.
	7-8 Points Student effectively helped members to bring closure to the experience (e.g., "suggesting" how members might transfer what they have learned in group to life outside of group); may include providing resources/referrals; arranging a follow-up group session; inviting individual consultation following group termination.	closure to the experience.	1-3 points Student struggled to effectively help members bring closure to the experience.
	·	·	Total Points = 200