

## Course Outline for PCN 8

### THEORIES AND CONCEPTS OF GROUP PROCESS

Effective: Fall 2018

#### I. CATALOG DESCRIPTION:

PCN 8 — THEORIES AND CONCEPTS OF GROUP PROCESS — 3.00 units

Concepts and theories of group process for effective functioning in interpersonal and group settings. Includes an introduction to counseling skills such as empathizing, mindful listening, interviewing, decision-making, and conflict resolution. Emphasis on group stages and corresponding group leader techniques. Comparative and integrative approaches to five ethnic groups will be explored: African-Americans, Asian-Americans, European-Americans, Latino-Americans, and Native Americans. Focus on improving the individual's understanding of group dynamics in human services settings and relating across differences of race, gender, ethnicity, sexual orientation, and social class. 3 hours lecture.

3.00 Units Lecture

#### Grading Methods:

Letter or P/NP

#### Discipline:

- Counseling

	<b>MIN</b>
<b>Lecture Hours:</b>	54.00
<b>Total Hours:</b>	54.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

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

1. Prepare and present a group proposal that utilizes relevant theories and concepts of group process
2. Identify and describe effective group leadership skills
3. Explore the ethical and legal issues in group facilitation
4. Describe the evolution of group progression through stages: pre-group, initial, transition, working, and termination
5. Identify group themes and facilitation practices for developing cohesion
6. Explain theoretical orientations and how to apply concepts to group development
7. Analyze intrapsychic impediments to group process
8. Evaluate the efficacy of facilitation techniques through the successful navigation of group stages
9. Apply a multicultural perspective to group facilitation through the appreciation of ethnic norms of African-Americans, Asian-Americans, European-Americans, Latino-Americans, and Native-Americans

#### V. CONTENT:

- A. Introduction to Group Work
  1. Group process theories
  2. Overview of various types of groups: focus, task, psychoeducational, topical counseling, rehabilitative, and psychotherapy
  3. Multicultural perspective on group work through research on topical issues that may impinge on group dynamics for participants of African-American, Asian-American, European-American, Latino-American, and Native-Americans
  4. Research on different group identities
- B. Role of a Group Facilitator
  1. Group facilitator as a person
  2. Group leadership skills
  3. Becoming a diversity-competent group facilitator
  4. The co-leadership role
- C. Ethical and Legal Issues in Group Facilitation
  1. Ethical issues in group membership
    - a. Informed consent
    - b. Involuntary membership
  2. Confidentiality
  3. Role of leader's values in the group
  4. Ethical issues and diverse populations
- D. Forming a Group
  1. Attracting and screening participants
  2. Considerations in forming a group
  3. Uses of pre-group meetings

- E. Group Process: Stages of Development
  - 1. Initial stage
    - a. Creating trust, setting norms
  - 2. Transition stage
    - a. Reluctance, confrontation
    - b. Problem behaviors
  - 3. Working Stage
    - a. Interventions
    - b. Tasks, homework, therapeutic factors
- F. Age Group Differences
  - 1. Children and adolescents
  - 2. Adults
  - 3. Elderly
- G. Topic-Oriented Groups
  - 1. Weight control
  - 2. College students
  - 3. AIDS crisis/HIV support group
  - 4. Women's/Men's issues
  - 5. Relational work
  - 6. Domestic violence
  - 7. Rape survivors
  - 8. Child abusers
  - 9. Institutionalized elderly
  - 10. Bereavement
- H. Final Stage of a Group
  - 1. Consolidation of learning
  - 2. Termination of the group experience
    - a. Loss and grieving
    - b. Unfinished business
    - c. Giving and receiving feedback
    - d. How to apply group learning to life
    - e. Evaluation of the group experience

#### VI. METHODS OF INSTRUCTION:

- A. **Discussion** -
- B. **Projects** -
- C. **Written exercises and case studies** -
- D. Experiential group work
- E. **Lecture** -
- F. Readings from the texts and supplementary materials
- G. DVD/Video presentations and discussion
- H. **Guest Lecturers** -
- I. **Demonstration** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Reading and discussion
  - 1. Identify relevant issues in beginning a new group. Include as many pre-group elements of consideration as possible that would sequence the steps towards implementing the group.
  - 2. After determining the theme for a group, develop a procedure for handling ethical dilemmas.
- B. Writing
  - 1. After viewing the film "Understanding Group Psychotherapy" on Irvin Yalom's group process style, write a brief paper on the techniques he uses to create group cohesion in the here-and-now.
  - 2. Choosing a multicultural issue that is challenging for you, do a position paper on how you might alter your leadership style for that particular group.
- C. Class discussion of significant stages of group development
  - 1. What are the relevant theories that transition groups from one stage to the next?
  - 2. Are Corey and Coreys' arguments of group process linear? Argue your case using reading material and instructor lectures.
- D. Collaborative learning
  - 1. In small groups, create a consensus theme that will be revisited for short periods of time once a week. The group will go through its own stages which will be discussed and analyzed.

#### VIII. EVALUATION:

##### Methods/Frequency

- A. Exams/Tests
  - x
- B. Quizzes
  - x
- C. Group Projects
  - x
- D. Class Participation
  - x
- E. Other
  - 1. Quizzes (multiple choice and short answer format)
  - 2. Midterm and final exams (short essay, multiple choice and true/false format)
  - 3. Evaluations
    - a. Self-evaluations will be required to assess progress through effective group facilitation
    - b. Students will assess each others' skills through group participation and feedback

#### IX. TYPICAL TEXTS:

- 1. Corey, Gerald *Theory & Practice of Group Counseling*. 9th ed., Brooks/Cole, 2015.
- 2. Corey, Marianne Schneider, Corey, Gerald *Groups: Process and Practice*. 9th ed., Brooks/Cole, 2014.
- 3. Cragan, John F., Wright, David W., Kasch, Chris R. *Communication in Small Groups: Theory, Process, Skills*. 7th ed., Thomson Wadsworth, 2008.
- 4. DeLucia-Waack, Janice L., Donigian, Jeremiah *The Practice of Multicultural Group Work*, Thomson Brooks/Cole, 2004.
- 5. Rothman, Juliet C. *Cultural Competence in Process and Practice: Building Bridges*, Allyn & Bacon, 2008.
- 6. Rothwell, J. Dan *In Mixed Company: Communicating in Small Groups and Teams*. 9th ed., Thomson Wadsworth, 2015.

X. OTHER MATERIALS REQUIRED OF STUDENTS: