



MHC 7202

(06/2019)

**COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION**

COURSE TITLE: Group Counseling

COURSE NUMBER: MHC 7202

PREREQUISITES: *MHC 6401, MHC 6503*

COURSE DESCRIPTION: This course introduces students to the theory, research, ethics, and practice of group counseling. Basic principles of group formation, group dynamics, group process, group development, and group leadership are emphasized for various types of groups. Students participate in an experiential group activity for a minimum of 10 hours.

I. MAJOR INSTRUCTIONAL GOALS:

GOAL A:

Understand the principles of group dynamics; including group process components, therapeutic factors of group work. (CACREP STANDARDS F.6.a, F.6.b, F.6.c, F.6.d, F.6.e, F.6.f, F.6.h; CLINICAL MENTAL HEALTH COUNSELING STANDARDS C.1.b, C.3.b).

Knowledge Learning Outcomes: The student will:

A-1 Understand the principles of group dynamics including various dimensions of group process, stages of group development, group member roles and behaviors, and curative/therapeutic factors of group work. (F.6.a, F.6.b, F.6.c, F.6.d, F.6.e, F.6.f, F.6.h, C.1.b, C.3.b)

F.6.a. theoretical foundations of group counseling and group work

F.6.b. dynamics associated with group process and development

F.6.c. therapeutic factors and how they contribute to group effectiveness

F.6.d. characteristics and functions of effective group leaders

F.6.e. approaches to group formation, including recruiting, screening, and selecting members

F.6.f. types of groups and other considerations that affect conducting groups in varied settings

F.6.h. 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

GOAL G:

Demonstrate the ability to lead a counseling group in a culturally sensitive and adaptive manner and evaluate group leadership skills. (CACREP STANDARDS F.5.f, F.5.n, F.6.g, F.6.h; CLINICAL MENTAL HEALTH COUNSELING STANDARDS C.2.j, C.3.b)

Skill Learning Outcome: The student will:

G-1 Demonstrate group leadership skills that are flexible and adaptive to the needs of a diverse group membership. (F.5.f, F.5.n, F.6.g, F.6.h, C.2.j, C.3.b)

F.5.f. counselor characteristics and behaviors that influence the counseling process

F.5.n. processes for aiding students in developing a personal model of counseling

F.6.h. direct experiences in which students participate as group members in a