

Course Syllabus

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PSY645: Group Counseling

Dates: 10/23/17 - 12/17/17

Meeting Day/Time:

Mondays, 2:00 p.m. - 5:00 p.m.

Wednesdays, 3:00 p.m. - 5:00 p.m.

Location: Mission Valley Campus

Credit Hours: 3

PLNU MISSION

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

INSTRUCTOR INFORMATION



Instructor: Dr. Gina Robertson Smith

Email: ginarobertsonsmith@yahoo.com

[\(mailto:ginarobertsonsmith@yahoo.com\)](mailto:ginarobertsonsmith@yahoo.com)

COURSE DESCRIPTION

Theories and techniques of group therapy are studied as well as basic and advanced group interventions. Students learn the stages of group dynamics, the curative factors of group therapy, and various types of group treatment.

This foundational course gives students an approach to learning Group Counseling by participating in a group experience to learn the many aspects of group dynamics.

INSTITUTIONAL LEARNING OUTCOMES (ILO)

1. Learning, Informed by our Faith in Christ

Students will acquire knowledge of human cultures and the physical and natural world while developing

skills and habits of the mind that foster lifelong learning.

2. **Growing, In a Christ-Centered Faith Community**

Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.

3. **Serving, In a Context of Christian Faith**

Students will serve locally and/or globally in vocational and social settings.

PROGRAM LEARNING OUTCOMES (PLO)

1. Students will articulate a clear, accurate understanding of their professional identity as either an LMFT, LPCC, or both.
2. Students will demonstrate knowledge of the fundamental domains in their selected area of specialization, in professional clinical counseling (i.e., foundations; counseling prevention, and intervention, diversity and advocacy; assessment; research and evaluation; and diagnosis) or marriage and family therapy (i.e., human development, family dynamics, systemic thinking, interactional theories, traditional and contemporary marriage and family theories, and research and cultural context).
3. Students will demonstrate the ability to apply relevant research and evaluation models in practice of clinical counseling.
4. Students will demonstrate skills and practices of clinical counseling in the delivery of mental health services (e.g., assessment, diagnosis, treatment, termination, documentation, and ethical practice).
5. Students will deliver mental health services with multicultural competence and sensitivity.
6. Students will demonstrate ability to integrate faith with clinical counseling practice in clinically appropriate, culturally sensitive, and ethical manner.

COURSE LEARNING OUTCOMES

This course is designed to prepare students to meet the licensure standards in Clinical Mental Health programs as a clinically competent group counselor. This will be achieved by preparing the student to demonstrate required knowledge pertaining group counseling skills.

1. Identify and apply theories of group dynamics to their own personal experience theories of multicultural counseling, identity development, and social justice.
2. Examine attitudes, beliefs, understandings, and acculturative experiences of group members.
3. Evaluate counseling situations based on Biblical standards and that promotes appreciation of diversity.
4. Examine counselors' roles in developing self-awareness, promoting social justice, advocacy and conflict resolution, that promote optimal wellness for the whole person in group process.
5. Begin to develop a professional identity and its associated responsibilities based the student's chosen emphasis (populations students are competent to serve).
6. Demonstrate appropriate graduate research and writing skills (including APA style) through papers and presentation associated with the group counseling process.

GROUND-RULES OF THE COURSE

Together we will create a dynamic learning environment where:

1. Learning is challenging but safe.

2. Learning is experiential and active.
3. Communication is open. . . opposing viewpoints are welcomed.
4. All are learners and all are teachers. . . we will learn from each other.
5. Mistakes are okay. . . this is a no-guilt, no-blame zone.
6. The point is to learn and grow. . . grades are a by-product and not the goal.
7. Integrity and honesty are expected.
8. Confidentiality is expected.

CREDIT HOUR INFORMATION

It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their course work. As a graduate course, students can expect the work in this class to be significant, and students should plan on spending up to 15-20 hours a week engaged in the course. The estimated time expectations for this course are shown below:

Assignments	Pre-Course Hours	Course Hours	Post-Course Hours
Group Participation (F2F sessions)	--	48	--
Reading		26	
Writing/Reflection Papers		30	
Other Assignments and Learning Activities		15	
Quizzes		15	
TOTAL HOURS	--	134	--

COURSE ASSIGNMENTS

1. **Canvas Journal Questions:** The course text and lecture materials have been supplemented with questions designed to personalize the material covered in class. It is expected that course material will be read before the scheduled lecture so that informed and lively discussion may be the primary focus of class meetings. Journal questions may also be utilized for class discussion, so please attempt to complete your thoughtful responses prior to class.
2. **Reflection Papers:** Write a reflection paper each week. Some things you might include are: themes of group experience, issues of conflicting identities, what personal experiences of differing identities exist for you and how might they impact your counselor identity. Since these are your reflections, you may use first person in this paper (APA formatting, no title page or abstract needed).
3. **Research Papers:** There will be four papers in the course that require additional research or reflection: Family Tree Analysis Paper, Transference Experience Paper, Family of Origin Paper, and the Group Experience Reflection Paper.

4. **Quizzes:** Quizzes will be essay. They will not be cumulative. Quizzes will include assigned reading and will reflect on the group process.

REQUIRED TEXTS AND RECOMMENDED RESOURCES

Yalom, Irvin D. (2005). *The Theory and Practice of Group Psychotherapy* (5th ed.) New York, NY: Basic Books Publishing.

Additional Readings

American Psychological Association. (2010). *Publication Manual of the American Psychological Association*, 6th Edition. Washington, DC: American Psychological Association.

Carnes, Patrick. (2012). *A Gentle Path through the Twelve Steps: The Classic Guide for All People in the Process of Recovery*. Center City, MN: Hazeldon Publishing.

Disclaimer: The above resources provide information consistent with that required by state licensing boards in the class subject area. Point Loma Nazarene University does not necessarily endorse specific religious, philosophical, or political positions found in these resources.

APA Papers

All papers written in the Graduate Counseling program should be in APA style. Here are some helpful websites to help you write and format your paper:

- [APA Style Essentials - Prof. Degelman Vanguard University](http://www.vanguard.edu/psychology/faculty/douglas-degelman/apa-style/) (<http://www.vanguard.edu/psychology/faculty/douglas-degelman/apa-style/>)
- Downloadable APA Style Helper: [APA for Psychology](http://www.docstyles.com/apaguide.html) (<http://www.docstyles.com/apaguide.html>)
- [Psychology with Style: A Hypertext Writing Guide](http://www.uwsp.edu/psych/APA4b.htm) (<http://www.uwsp.edu/psych/APA4b.htm>)
- [The OWL at Purdue: APA Style](https://owl.english.purdue.edu/owl/section/2/10/) (<https://owl.english.purdue.edu/owl/section/2/10/>)

All papers should include the following sections unless indicated otherwise:

1. Title page
2. Abstract
3. Main body with headings
4. Reference page

Please check the *APA Manual* or the websites for further formatting helps.

ASSESSMENT AND GRADING

Grading Points

Assignments	Points
Canvas Journal Questions 6@25 pts	150
Quizzes 7@30_pts	210
Weekly Reflections 7@20	140

Group Experience Reflection Paper and Other Assigned Papers	400
Attendance and Participation in Group	100
Total:	1000

Grade Scale

Grade Scale Based on Percentage of Points Earned				
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F ≤ 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

- Only grades of C- or better will count toward program GPA.
- A cumulative program GPA of 3.0 or higher is required to graduate.

ATTENDANCE POLICY

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. Therefore, regular attendance and participation in each course are minimal requirements. Absences are counted from the first official meeting of the class regardless of the date of the student's enrollment. If more than 20 percent of the classes are reported as missed, the faculty member may initiate the student's de-enrollment from the course without advance notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" or "NC." There are no refunds for courses where a de-enrollment was processed.

A student who registers late must therefore be exceptionally careful about regular attendance during the remainder of the course. Registered students who neither attend the first class session nor inform the instructor of record of their desire to remain in the class may, at the request of the instructor, be removed from the class roster.

Exceptions to the foregoing attendance regulations due to extenuating circumstances beyond the student's control may be granted only by appeal to the Vice Provost for Academic Administration. Students should consult the syllabus of each course for specific applications of and elaborations on the above attendance policy.

If a student misses a class for a University excused absence the student must provide the appropriate documentation to the professor. No penalty will be assessed for an approved University excused absence from class. Any work, assignments, class notes, or other information presented during the class during which the student is absent is the sole responsibility of the student. Please seek this information from fellow students who attended that class session before contacting the professor.

In the event of an officially excused absence on the due date of an assignment, the assignment will be due the next class time. All penalties for late assignments will then be assessed from that revised due date.

Group participation is necessary to demonstrate familiarity with the assignments and the ability to transfer theory into practice. The following criteria will be used to evaluate participation.

- Group discussions and willingness to share
- Appropriateness of comments
- Ability to listen and reflect comments useful for clarification or meaningful contribution to the group.
- Willingness to be transparent.
- Willingness to participate in exercises and simulations.
- Insight and application of insight.
- Sensitivity to participation of others in the class; avoids dominating discussions.
- Group and class participation demonstrates understanding of learned theory.
- Demonstration of authentic empathy and compassion.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the Class Schedules site. No requests for early examinations will be approved.

SPIRITUAL CARE

A cornerstone of a PLNU education is helping students realize their mental, physical, social, moral, and spiritual ideals. Understanding and living out a personal commitment to faith and our Wesleyan heritage are means for achieving self-worth and understanding, the motivation for building a just social order. Students receive support to build skills and habits in spiritual formation that motivate a life of service which is lifetime. PLNU encourages community engagement among students, faculty, and staff that honors service to others as an expression of that commitment. There are resources for your Christian faith journey available at [Graduate and Professional Student Spiritual Life \(https://www.pointloma.edu/opportunities/graduate-professional-student-spiritual-life\)](https://www.pointloma.edu/opportunities/graduate-professional-student-spiritual-life).

ACADEMIC ACCOMMODATIONS

NOTE: It is your responsibility to maintain your class schedule. Should the need arise to drop this course (personal emergencies, poor performance, etc.); you have the responsibility to first contact the professor. Then if no accommodations can be made, you are responsible to follow through (provided the drop date meets the stated calendar deadline established by the University).

If you have a diagnosed disability, please contact the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodations by phone at 619.563.2810.

ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As stated in the university catalog, "Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. Such acts include plagiarism, copying of class assignments, and copying or other fraudulent behavior on examinations. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course." See Academic Policies in the latest [PLNU Catalog \(https://catalog.pointloma.edu/\)](https://catalog.pointloma.edu/).

PLNU COPYRIGHT POLICY






Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.




USE OF TECHNOLOGY









Point Loma Nazarene University encourages the use of technology for learning, communication, and collaboration. In this course, we will rely on Canvas for accessing course materials, submitting assignments, and collaborating in discussion boards and blogs. We will also use cell phone polling when it enhances our in-class activities. You'll want to make sure you are comfortable with these tools, so take advantage of our computer LabTechs to answer questions and help you with any technology issues. You may also call the Help Desk at x2222.

You are welcome to bring your laptop, iPad, and/or cell phone to class, which we will utilize during many class sessions—but please make sure you use them appropriately and responsibly. ***If a tech tool becomes a distraction or disruption while class is in session, I will simply invite you to no longer bring it to class.***

Course Summary:

Date	Details	
Wed Oct 25, 2017	 WK1: Journal Question (https://canvas.pointloma.edu/courses/37567/assignments/236704)	due by 11:59pm
Fri Oct 27, 2017	 WK1: Group Reflection (https://canvas.pointloma.edu/courses/37567/assignments/236703)	due by 11:59pm
Mon Oct 30, 2017	 WK1: Quiz 1 Yalom Chapters 1 and 2 (https://canvas.pointloma.edu/courses/37567/assignments/236698)	due by 11:59pm
	 WK2: Family Tree Analysis Paper (https://canvas.pointloma.edu/courses/37567/assignments/236705)	due by 11:59pm
Wed Nov 1, 2017	 WK2: Journal Question (https://canvas.pointloma.edu/courses/37567/assignments/236707)	due by 11:59pm

Date	Details	due by
Fri Nov 3, 2017	 WK2: Group Reflection https://canvas.pointloma.edu/courses/37567/assignments/236706	11:59pm
Mon Nov 6, 2017	 WK2: Quiz 2 Yalom Chapter 3 https://canvas.pointloma.edu/courses/37567/assignments/236696	11:59pm
Wed Nov 8, 2017	 WK3: Journal Question https://canvas.pointloma.edu/courses/37567/assignments/236709	3pm
Fri Nov 10, 2017	 WK3: Group Reflection https://canvas.pointloma.edu/courses/37567/assignments/236708	11:59pm
Sun Nov 12, 2017	 Mid-Course Evaluation https://canvas.pointloma.edu/courses/37567/assignments/236694	11:59pm
Mon Nov 13, 2017	 WK3: Quiz 3 Yalom Chapter 6 https://canvas.pointloma.edu/courses/37567/assignments/236693	11:59pm
	 WK4: Transference Experience Paper https://canvas.pointloma.edu/courses/37567/assignments/236712	11:59pm
Wed Nov 15, 2017	 WK4: Journal Question https://canvas.pointloma.edu/courses/37567/assignments/236711	11:59pm
Fri Nov 17, 2017	 WK4: Group Reflection https://canvas.pointloma.edu/courses/37567/assignments/236710	11:59pm
Mon Nov 20, 2017	 WK4: Quiz 4 Yalom Chapter 7 https://canvas.pointloma.edu/courses/37567/assignments/236699	11:59pm
Wed Nov 22, 2017	 WK5: Journal Question https://canvas.pointloma.edu/courses/37567/assignments/236714	11:59pm
Fri Nov 24, 2017	 WK5: Group Reflection https://canvas.pointloma.edu/courses/37567/assignments/236713	11:59pm
Wed Nov 29, 2017	 WK6: Journal Question https://canvas.pointloma.edu/courses/37567/assignments/236716	11:59pm
Fri Dec 1, 2017	 WK6: Group Reflection https://canvas.pointloma.edu/courses/37567/assignments/236715	11:59pm
Mon Dec 4, 2017	 WK6: Quiz 5 Yalom Chapters 8 and 10 https://canvas.pointloma.edu/courses/37567/assignments/236697	11:59pm

Date	Details	
Wed Dec 6, 2017	 WK7: Family of Origin Paper (https://canvas.pointloma.edu/courses/37567/assignments/236717)	due by 11:59pm
Fri Dec 8, 2017	 WK7: Group Reflection (https://canvas.pointloma.edu/courses/37567/assignments/236718)	due by 11:59pm
Mon Dec 11, 2017	 WK7: Quiz 6 Yalom Chapter 13 (https://canvas.pointloma.edu/courses/37567/assignments/236692)	due by 11:59pm
Wed Dec 13, 2017	 WK8: Group Experience Reflection Paper (https://canvas.pointloma.edu/courses/37567/assignments/236719)	due by 11:59pm
	 WK8: Quiz 7 Yalom Chapter 16 (https://canvas.pointloma.edu/courses/37567/assignments/236700)	due by 11:59pm
Sun Dec 17, 2017	 Academic Honesty Verification Statement (https://canvas.pointloma.edu/courses/37567/assignments/236695)	due by 11:59pm
	 End-of-Course Evaluation (https://canvas.pointloma.edu/courses/37567/assignments/236702)	due by 11:59pm
	 Attendance & Participation (https://canvas.pointloma.edu/courses/37567/assignments/236701)	