

UNIVERSITY OF FLORIDA
DEPARTMENT OF COUNSELOR EDUCATION
MHS 6500-Group Counseling: Theories and Procedures

Instructor: Edil Torres Rivera, Ph.D., LPC, NCC, ACS

Office: 1206 Norman Hall

Time & Place of Course: Friday: 1250 – 1550 - Room #1327A NRNA

Office Hours: Tuesday and Wednesday -1100-1500

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CATALOG COURSE DESCRIPTION:

This course is a core requirement for all students in all programs in the University of Florida Department of Counselor Education. It has been our experience that all counselor education graduates will need to have knowledge and skills in group leadership in order to be productive workers in their future careers. It would be difficult to imagine any situation or setting where counselors would never have to understand and apply principles of group leadership.

As group counseling continues to be used as a treatment of choice in almost every aspect of American society, the need for well trained racial/cultural sensitive group leaders abound. Therefore, the purpose of this course is to prepare group leaders with basic entry-level knowledge and skills to work effectively in an ever-changing culturally diverse society.

Course Objectives:

- To learn the history of groups and its relationships to current group practices.
- To identify and to be able to apply group modes in the theory and practice of group counseling.
- To identify and apply facilitative norms and to avoid debilitating norms in group counseling.
- To identify and to be able to apply therapeutic factors in the theory and practice of group counseling.
- To learn and to be able to apply principles of boundary management in the theory and practice of group counseling.
- To learn and to be able to apply principles and practices of stages of group development.
- To learn and to be able to apply principles and practices of process patterns in group work.
- To learn and to be able to apply principles of ethical standards in group work.
- To learn and to be able to apply group leadership principles and practices in group work.
- To learn and to be able to apply selected models of group counseling.
- To identify the advantages and disadvantages of group counseling versus individual counseling.
- To learn specific knowledge and skills for working with difficult group members.
- To identify and explore multicultural considerations in group counseling and therapy with multicultural populations.

REQUIRED READINGS:

DeLucia-Waack, J. L., Gerrity, D., Kalodner, C., & Riva M. (Eds.). *Handbook of group counseling and psychotherapy*. Thousand Oaks, CA: Sage Publications.

Wilbur, M. P. (2002). *Rivers of a wounded heart: One man's journey*. Dulles, VA: Capital

Books.

Yalom, I. D. (2005). *The Schopenhauer Cure : A Novel*. New York, NY: Harper Perential.

Recommended Readings:

Gazda, G. M., Ginter, E. J., & Horne, A. M. (2001). *Group counseling and group psychotherapy: Theory and application*. Boston, MA: Allyn and Bacon.

Schaef, A. W. (1999). *Living in process: Basic truths for living the path of the soul*. New York: Ballantine Publishing Group.

Yalom, I. D. (1996). *Lying on the couch*. New York, NY: Harper Perential.

Yalom, I. D. (1995). *The theory and practice of group psychotherapy* (4th ed.). New York, NY: Basic Books.

Yalom, I. D. (1989). *Love's executioner & other tales of psychotherapy*. New York, NY: Harper Perential.

COURSE REQUIREMENTS:

1. Readings and class participation - Students will be expected to come to class prepared to lead the group and to facilitate the process after leading the group. Attendance is necessary to complete this course, 30% of final grade will be awarded only if you come to class every week **(If you are absent for three classes you will not get this percentage of the class points. It you are absent for three classes you should drop the class)**.
2. Group notes student are to provide professor with process notes every week (30% of final grade).

3. Pre-test, midterm-test and post test will be given during the course, 10% of your grade will be giving if you participate of all three test.
4. Final examination in class (30% of final grade).

GRADING:

Final semester grades will be assigned as follows:

93-100 = A
90-92 =* A-
88-89 = B+
83-87 = B
80-82 =* B-
78-79 = C+
73-77 = C
70-72 = *C-
63-67 = D
59 or less = F

*UF doesn't allow grades on the minus range, therefore, your grade will be the lowest following grade in the ranking.

“UF strives to provide effective, reasonable accommodations students, staff, faculty and visitors with disabilities. Student classroom accommodation issues can be addressed through the Disability Resource Program while other issues go through the ADA Compliance Office” (<http://www.ufl.edu/disability/>). Additionally, “students requesting classroom accommodation must register first with the Dean of Students Office. The Dean of Students Office will provide documentation tot eh the student who must then provide this documentation to the Instructor when requesting accommodation.”

Date	Topic	Readings & Reaction Papers
26 Aug	Introduction to Course. Go over syllabus, review requirements. Definitions <i>Take pretest</i>	DeLucia-Waack et al., Chapters 1 - 4
1 Sept	Hx of group therapy Therapeutic factors Leadership in group	DeLucia-Waack et al., Chapters 5 - 9
8 Sept	(SACES Convention) Theory and group counseling Group process versus group dynamics Group members	DeLucia-Waack et al., Chapters 15, 16, 20, 22, 24, 29, 42
15 Sept	The group counselor Types of groups Mental Set	DeLucia-Waack et al., Chapters 12, 13, 14, 18
22 Sept	Forming a group Composition of groups	DeLucia-Waack et al., Section IV
29 Sept	Group by class Process comments	DeLucia-Waack et al., Chapters VI
6 Oct	Group by class Process comments	
13 Oct	Group by class Process comments	
20 Oct	Group by class Process comments	
27 Oct	Group by class Process comments	
3 Nov	Group by class Process comments	
10 Nov	Group by class Process comments	
17 Nov	Group by class Process comments	
24 Nov	Group by class Process comments	
1 Dec	Termination/Good-byes Posttest Examination Final Examination	