

## **COURSE OUTLINE**

### **Introduction to Group Counseling: Addictions**

#### **Course Description**

BS 117. Introduction to Group Counseling: Addictions. 3 hours credit. Prerequisite: BS 116 with a C or better. This course will enable the student to examine the dynamics, development, ethical issues and theoretical approaches to group counseling. The student will examine and apply effective ways of helping those with substance abuse or dependency issues in a group setting and will begin to prepare to enter the field of addiction treatment services and/or another helping profession. This is a required course for Kansas Department of Social and Rehabilitation Services: Addiction and Prevention Services Credential (SRS/AAPS credential).

#### **Course Relevance**

Substance abuse and dependence are significant problems for countless individuals, their family, and society impacted by their effects. The information learned in this course will enable the student to provide assistance within a group setting to persons with substance abuse and dependency issues.

#### **Required Materials**

Kotler & Carlson (2010) *Learning group leadership: an experimental approach* (2<sup>nd</sup> ed.). Thousand Oaks, CA: Sage

#### **Supplemental Materials**

Corey, G., Corey, M.S., & Haynes, R. (2006). *Groups in action evolution and challenges* DVD (1<sup>st</sup> ed.). Belmont, CA: Thomson Brooks/Cole.

Kottler & Carlson. (2010) *Learning group leadership: An experimental approach demonstration* DVD (2<sup>nd</sup> ed.). Thousand Oaks, CA: Sage

#### **Learning Outcomes**

The intention is for the student to be able to:

1. Discuss the basic elements of group process.
2. Explain a variety of group methods appropriate to achieving client objectives in a treatment population.
3. Demonstrate the role of the counselor in a group counseling setting.

#### **Learning PACT Skills that will be DEVELOPED and documented in this course**

Through involvement in this course, the student will develop ability in the following PACT skill area(s):

##### **Communication Skills**

1. Creation and delivery of messages

- Through written assignments, discussions, and group sessions, the student will receive, interpret and communicate observations related to group process and content.
2. Reception and interpretation of messages
- Through written assignments, discussions, and group sessions, the student will receive, interpret and communicate observations related to group process and content.

### **Major Summative Assessment Task(s)**

These learning outcome(s) and the Learning PACT skill(s) will be demonstrated by:

1. Creating a document that synthesizes the student's analysis of strengths and weaknesses as a group member and as a group leader. The student will apply the principles, theories, experiences, readings, and ideas from class and text to an introspective analysis of his/her own behavior in groups.

### **Course Content**

- I. Skills/Competencies – Actions that are essential to achieve the course outcomes:
  - A. Facilitating group process
  - B. Utilize analytical thinking to evaluate group counseling theories and strategies

### **Learning Units**

- I. Basic issues in group work
  - A. Introduction to group work
  - B. Group counselor: person and professional
  - C. Ethical and legal issues in group counseling
  
- II. Group process: stages of development.
  - A. Forming a group
  - B. Initial stage of a group
  - C. Transition stage of a group
  - D. Working stage of a group
  - E. Final stage of a group
  
- III. Application of group process to specific groups
  - A. Groups for children
  - B. Groups for adolescents
  - C. Groups for adults
  - D. Groups for the elderly
  
- IV. Experiencing the group process
  - A. Facilitating a group
  - B. Being a group member
  - C. Integration and closure

### **Learning Activities**

Learning activities will be assigned to assist the student to achieve the intended learning outcome(s) through lecture, instructor-led class discussion, guest speakers, group activities, skill practice and other activities at the discretion of the instructor.

**Grade Determination**

The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: daily work, quizzes, chapter or unit tests, comprehensive examinations, projects, presentations, class participation, and other methods of evaluation employed at the discretion of the instructor.