

HRE 315
Group Counseling
Summer 2008
3 Semester Credits

Instructor:

Brenda K. Kastens, MA, LPC, FT, LMHP
402-540-4772
brenda.kastens@doane.edu

Purpose:

Human Service providers in a variety of settings need an awareness and understanding of the value of group work. Leadership of therapeutic groups involves knowledge of the various working stages of group, techniques in beginning and ending group sessions, focusing in group interactions, learning the major functions of co-facilitation, and how to use strategies in group to increase clients' ability to gain insight and into problem solving approaches. Group facilitators must also be effective in working with cultural diversity, building a climate of trust, and how to help members formulate personal goals.

Course Description:

The course consists of a combination of didactic and experiential sessions. A study of the basic issues and key concepts involved in group counseling and the application of these concepts to a variety of therapeutic groups will be studied. The use of quizzes and student journals will be a major portion of the learning technique.

Required Textbook:

Group Work: A Counseling Specialty, 5th Edition
Samuel T. Gladding
ISBN: 0-13-173595-8

You MUST have this book with you on the first night of class.

Instructional Methods

This course is designed to combine the study of theory with process and practice. Lecture and discussion will be followed by experiential exercises and is designed to integrate information with techniques. Leadership and facilitator responsibilities will be shared and counseling techniques will be practiced. In addition to lecture and discussion, videos and skills practice will be incorporated in the learning process.

Course Objectives

1. Gain knowledge of the theories which apply to group counseling.
2. Identify concepts and techniques from the various therapeutic models effective in the practice of therapeutic group activities.
3. Discover personal facilitation styles for group work.
4. Develop and practice identified techniques as a group facilitator/leader.

5. Review the stages and various dynamics that occur in the evolution of a group.
6. Examine ethical and professional issues involved in group leadership.
7. Practice a variety of interventions in response to common problems that arise within a group.
8. Discover effective designs in group initiation and group dynamics.
9. Explore leadership and co-leadership models and issues.
- 10.** Establish guidelines for working effectively with special groups (Drug/Alcohol, grief, AIDS, elderly, adolescents, etc.)