EAST CAROLINA UNIVERSITY
SCHOOL OF ALLIED HEALTH SCIENCES
DEPARTMENT OF REHABILITATION STUDIES

REHB 8350 Advanced Group Counseling- 3 credit hours
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Course Description:
Advanced group counseling theory and practice with individuals with disabilities including mental disorders and substance use disorders in a variety of rehabilitation programs. This course has an experiential group counseling focus. Students participate in a counseling group with a personal growth focus followed by a period of didactic processing of different group counseling theories and techniques. Prerequisites REHB 6301 Counseling Theories, REHB 6310 Counseling Prepracticum, and REHB 6350 or equivalent courses.

Course Objectives:
The primary objectives of this course are for students to:
1. Experience group counseling as a group member.
2. Gain knowledge and understanding of the dynamics and processes that operate in therapeutic groups.
3. Gain an understanding of the therapeutic factors operating in group counseling.
4. Develop skills in the analysis of people’s behavior in groups (including self).
5. Develop a theoretical and practical framework to conduct group counseling with individuals with health and mental health disorders in any rehabilitation setting.
6. Develop advanced leadership skills in group counseling.
7. Learn how to apply different counseling theories to group counseling.
8. Gain an understanding of some of the basic research, issues, ethics, and problems in the field of group work in rehabilitation.
9. Work on their own personal growth.

Class Format
First 1 ½ to 2 hours consists of group counseling. This group experience will be primarily a therapeutic counseling group with a personal growth emphasis. Structured exercises may periodically be introduced. Students will take turns leading group sessions.
utilizing a variety of theoretical frameworks. Students are free to participate as members in the counseling group at whatever level of involvement they feel comfortable. Last hour will be devoted to discussing what transpired during the group counseling session. Discussion will focus primarily on group dynamics, personal reactions, insights, counseling theories, and leader interventions. Students will be expected to relate their readings to the discussion.

**Course Requirements:**

1. **Readings:** The reading of the texts and other assigned readings.
2. **Attendance:** Attendance and participation in all of the group activities and subsequent discussion are required. Absences of two or more classes will adversely affect the student’s grade.
3. **Group leadership.** Each student will lead at least one group session.
4. **Journal/Log:** Students are to keep a journal of their perceptions, feelings, reactions, and personal insights. Also, students provide an analysis of the group dynamics and process of each group session to be turned in the following session. Each journal entry is to include two:
   - **Observations:** Briefly describe two events that occurred at that group meeting.
   - **Inferences:** Speculate on possible explanations for each event’s occurrence. Why do you think they did that? Include references from your readings as well as provide your own insights.
   - **Personal Reactions:** When this event occurred what was your personal reaction? What did you think? What did you feel?
   - **Interventions** - What was the intervention, if any? What did you do? What did the other group members or leader do about it?
   - *Put date of group session on each log entry.*
5. **Research paper** must be 15-30 pages in length in WORD format and submitted in both hard copy and as an attachment e-mailed to the professor by April 1. See instructor before proceeding with this project. This is an opportunity to write a manuscript on group work for submission to a professional journal.

**Evaluation/Grades:**

1. **Attendance and participation** in all 15 of the group meetings and discussion is expected. Because of the experiential nature of this course, and the written assignments (Journal/log entries) generated from these experiences, the following criteria have been established:

   - **A =** Demonstrated excellent group leadership skills and knowledge. Demonstrated good knowledge of group dynamics and other group activities through weekly journals/logs and group processing. Research paper satisfactorily completed. One absence.
   - **B =** Demonstrated good group leadership skills and knowledge. Demonstrated good knowledge of group dynamics and other group activities through weekly journals/logs and group

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processing. Research paper satisfactorily completed. Two absences.

C = Demonstrated acceptable group leadership skills and knowledge. Demonstrated good knowledge of group dynamics and other dynamics through weekly journals/logs and group processing. Research paper satisfactorily completed. Three absences.

2. The **journal/log** will be evaluated on a satisfactory/unsatisfactory basis.
3. **Research paper** will be evaluated on a satisfactory or unsatisfactory basis.

**Text (Required):**

**Texts (Recommended)**

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Course Outline

Introduction to Group Work

- Overview of the counseling group
- Other types of groups
- Group counseling in a multicultural context

Ethical and Professional Issues in Group Practice

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Group Leadership

Stages of Group Development

Theoretical Approaches to Group Counseling
- The psychoanalytic approach to groups
- Adlerian group counseling
- Psychodrama
- The existential approach to groups
- The person-centered approach to groups
- Gestalt therapy
- Transactional analysis
- Behavioral group therapy
- Cognitive-behavioral therapy in groups
- Reality therapy in groups

Comparisons, Contrasts, and Integration of Group Therapies