Course number, title and credits; total time allocation

<table>
<thead>
<tr>
<th>Course Letter/Number</th>
<th>PSY 225</th>
<th>Credits</th>
<th>3</th>
<th>Title</th>
<th>Introduction to Group Therapy</th>
</tr>
</thead>
</table>

Lecture/Discussion 15 hrs/semester Lab hrs/semester Clinical 30 hrs/semester

Catalog Description and Pre- and Co-requisites (Same as taxonomy and catalog)
This course is designed to expose the student to the principles and concepts associated with the conduct of group therapy. The course will be a combination of lecture and application. The course is designed for psychology/social work majors with an interest in clinical applications.

Knowledge, Skills and Abilities Students Acquire from this Course (Educational Objectives)
Develop an understanding and knowledge of:
1) the fundamental concepts associated with the practice of various group therapy modalities
2) the reasons why and when group therapy is chosen as the principle therapeutic intervention
3) the potential impact a dynamic group has upon cognitive, behavioral and affective processes
4) the change mechanisms associated with group therapy
5) the role of the group therapist
6) the potential obstacles common to effective group interventions.

Associate Degree Outcomes Addressed in this Course (These must appear in course syllabus.)
ADO#5: Understand human behavior and social systems, the principles which govern them, and their implications for the present and future.
ADO#9: Work productively with others, recognizing individual contributions to group success.

Units/topics of Instruction
A) The What, Why and When of Group Therapy
B) The Historical Background
C) The Modalities
D) Group Life Cycles
E) Ego Defense and Adjustment
F) Transference/Countertransference
G) The Difficult Client
H) Group Therapy as a Negative Experience
I) Ethical and Legal Issues

Instructional Techniques and Procedures
33% of each class dedicated to lecture/discussion format.
66% of each class dedicated to the conduct/practice of group therapy. Students will be given the opportunity to lead the group after sufficient training has occurred.

Instructional Use of Computer or Other Technology
The use of traditional classroom technology during lecture/discussion period

Instructional Materials and Costs to Students
Textbook

Skills and abilities students should bring to the course

<table>
<thead>
<tr>
<th>Able to read</th>
<th>a limited amount of material</th>
<th>x</th>
<th>an average amount of material</th>
<th>Able to compute</th>
<th>basic, pre-algebraic problems</th>
<th>x</th>
<th>an above average amount of material</th>
<th>simple algebraic problems</th>
<th>higher order mathematical problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>Able to read</td>
<td>relatively easy material</td>
<td>x</td>
<td>moderately difficult material</td>
<td>x</td>
<td>technical or sophisticated material</td>
<td>x</td>
<td>short compositions</td>
<td>medium length compositions</td>
<td>lengthy compositions</td>
</tr>
<tr>
<td>Able to use technology</td>
<td>keyboard skills/familiar with computer</td>
<td>x</td>
<td>computer application</td>
<td>Other necessary abilities</td>
<td>x</td>
<td>Adaptive interpersonal skills</td>
<td>x</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The course is usually scheduled

Day: ❑ Fall ❑ Winter ❑ Spring

Evening: ❑ Fall ❑ Winter ❑ Spring

Prepared by _Anthony Cleveland_ ___________________________ Date _December 11, 2012_

Approved by Dept. ___________________________ Date ___________________________ Date ___________________________

Approved by Dean ___________________________ Date ___________________________ Date ___________________________

Approved by Curr. Comm. ___________________________ Date ___________________________ Date ___________________________

(Last names, please) Form Revised 12/4/00