

JCC OFFICIAL COURSE OUTLINE

Course number, title and credits; total time allocation

Course Letter/Number	PSY 225	Credits	3	Title	Introduction to Group Therapy		
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

Able to read	<input type="checkbox"/> a limited amount of material <input type="checkbox"/> an average amount of material <input checked="" type="checkbox"/> an above average amount of material	Able to compute	<input type="checkbox"/> basic, pre-algebraic problems <input type="checkbox"/> simple algebraic problems <input type="checkbox"/> higher order mathematical problems
Able to read	<input type="checkbox"/> relatively easy material <input checked="" type="checkbox"/> moderately difficult material <input type="checkbox"/> technical or sophisticated material	Able to write	<input type="checkbox"/> short compositions <input type="checkbox"/> medium length compositions <input checked="" type="checkbox"/> lengthy compositions
Able to use technology	<input type="checkbox"/> keyboard skills/familiar with computer <input type="checkbox"/> computer application <input type="checkbox"/> web navigation	Other necessary abilities	<input checked="" type="checkbox"/> Adaptive interpersonal skills <input type="checkbox"/> <input type="checkbox"/>

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 _____

Approved by Dean _____

Date _____

Approved by Curr. Comm. _____

Date _____

(Last names, please)

Form Revised 12/4/00