

Common Course Outline
CMDP 112
Group Counseling: Fundamental Principles
3 credit hours

The Community College of Baltimore County

Description

Group Counseling: Fundamental Principles

Emphasizes the fundamental principles of group counseling and their application to the chemical dependency counseling field; addresses therapeutic factors in group, stages of group development, and the role/task of the therapist at each stage, process and content, and role taking in groups.

Prerequisites: Reading Skill 2, English Skill 2.

Overall Course Objectives

Upon completion of the course the student will be able to:

1. Understand the rationale for and the appropriate use of group counseling.
2. Recognize the stages of development through which groups pass, and the behaviors and issues which accompany those stages.
3. Identify and describe the role and basic tasks of the group therapist and the importance of each.
4. Recognize the process and content components of group, and the leadership behavior necessary to address both.
5. Understand the specific utility of group therapy in the treatment of chemical dependency.
6. Identify and understand the significance of each of the therapeutic factors of group psychotherapy.

Major Topics

Course Overview

Therapeutic Factors

Activation and Illumination of the Here and Now

Feedback Guidelines

Establishing Boundaries

Basic Tasks of the Therapist

Transference and Transparency

Selection of Patients

Composition of the Therapy Group

Creation of the Group

The Forming Stages of Group

The Mature Working Group

Therapeutic Techniques

Course Requirements

Grading/Exams: Grading procedures will be determined by the individual faculty member but will include the following:

Midterm and Final Exams

Other Course Information

This course is a program requirement for the Chemical Dependency Counseling degree and certificate programs.

This course serves as a prerequisite for CMDP173 and CMDP 212.