

Common Course Outline
CMDP 114
Theory and Practice of Group Counseling
4 credit hours

The Community College of Baltimore County

Description

CMDP 114 – 4 Credits - Theory and Practice of Group Counseling focuses on the theory and practice of group counseling and application to chemical dependency counseling. The concepts addressed in this course include: therapeutic factors, stages of group development, process and content, and the unique issues of the addicted population. The course examines the various types of groups including Yalom’s interactional group psychotherapy, stages of change/motivational interviewing groups, and cognitive behavioral groups.

Prerequisites: Reading 052, English 052.

Overall Course Objectives

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

1. describe the rationale for and the appropriate use of group counseling;
2. summarize the therapeutic factors involved in group and discuss the significance of each one;
3. recognize the stages of development through which groups pass, and the client behaviors and issues that accompany those stages;
4. describe the role and basic tasks of the group therapist and the importance of each;
5. differentiate between the process and content components of group, and identify the group leadership skills necessary to address each;
6. discuss the importance of the “here and now” focus in group psychotherapy and demonstrate the various techniques used to achieve this focus in the group;
7. apply the principles of group counseling to a variety of settings;
8. identify the unique issues of the addicted population and analyze how the principles of group counseling are adapted to meet these needs;
9. describe and differentiate between the different types of groups utilized in chemical dependency counseling;
10. analyze group counseling case studies to identify the stages of treatment in chemical dependency counseling and the particular client issues characteristic of each stage;
11. demonstrate through role play the varying therapeutic strategies and group leadership skills appropriate for each stage of treatment;
12. demonstrate group leadership skills by planning, implementing and evaluating a group counseling session that would be appropriate for a specific stage of treatment with the addicted population; and
13. identify the personal qualities required for effective group leadership.

Major Topics

- I. Therapeutic Factors
- II. Working in the “Here and Now”
- III. Basic Tasks of the Therapist
- IV. Transference and Transparency
- V. Selection of Patients
- VI. Composition of the Therapy Group
- VII. Forming Stages of Group and The Mature Working Group
- VIII. Yalom’s Inpatient Model of Group Psychotherapy
- IX. Unique Issues of the Addicted Population

- X. Five Common Group Models in Chemical Dependency Treatment:
 - A. Psycho-Educational
 - B. Skills Development
 - C. Cognitive Behavioral
 - D. Interpersonal Process
 - E. Stages of Change/ Motivational Interviewing
- XI. Stages of Treatment for the Chemically Dependent Population
- XII. Group Leadership: Concepts and Techniques

Course Requirements

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

1. A minimum of two exams. Each exam will include at least one case study analysis where students will be asked to identify various principles of group counseling and suggest various leadership techniques to address those issues.
2. Each student will be required to work with one or two other students to plan a group counseling session that would be appropriate for the addicted population at a particular phase of treatment. The co-leaders will then implement the group session using other classmates to role play the clients. Each student will then submit a paper to discuss the group project, analyze the effectiveness of their presentation and make recommendations for changes to any future implementation of the group session.

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.