

Common Course Outline
MNTH 205/HUMS 205
Techniques of Group Counseling
3 Credits

The Community College of Baltimore County

Description

Prerequisite: MNTH 101, MNTH 103, RDNG 052 and admission to the Mental Health Program OR HUMS, 101, HUMS 111 and permission of the Human Services Program Director.

Course is designed to familiarize students with the techniques and applications of group counseling and training for use with various populations. Various skills for effective group counseling will be introduced and practiced. The concepts and skills will be examined in the context of group counseling theories.

Overall Course Objectives

At the completion of the course, the student will be able to:

1. identify and define concepts of group counseling.
2. identify and define various models of group counseling.
3. identify and define various theories of group counseling.
4. identify and define the process and intervention methods employed in group counseling.
5. utilize skills and knowledge to co-lead a counseling group.
6. identify and define issues encountered by special populations in group counseling.
7. Identify and define stages of group development
8. Identify and define therapeutic interventions and communications with groups.
9. Identify and utilize approaches to problem clients within group.
10. broaden scope of clinical interventions utilized with clients.
11. develop an awareness of his/her own limitations in counseling sessions.
12. develop self-awareness and demonstrate a capacity for self-improvement.
13. develop knowledge and practical experience to apply group counseling techniques in mental health settings

Major Topics

Group counseling concepts
Theories of group counseling
Stages of group development
Therapeutic interventions and communication with groups
Types of groups
Groups for special populations
Approaches to problem clients within group

Course Requirements

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

Exams
Term paper

Other Course Information

This course is a core course in the Mental Health Program but is open to all students in the CCBC system with the consent of the Mental Health Program Director.