

# Common Course Outline

## Group Counseling

### HUSC 205

3 Credits

## The Community College of Baltimore County

### Description

**HUSC 205 – Group Counseling** focuses on the practice of group counseling and its application to the Human Services Counseling field. Students learn the theory behind the practice, stages of group development, and examine the skills required to lead various types of groups. Therapeutic factors and multicultural competency are also explored.

### 3 Credits

**Prerequisites:** HUSC 139

### Overall Course Objectives

Upon completion of this course students will be able to:

1. differentiate the various types of groups;
2. explain the role and tasks of the group counselor;
3. modify the principles of group counseling depending on the setting;
4. classify client needs to the appropriate group setting or intervention;
5. explain the characteristics required for effective group leadership;
6. categorize the process and content components of a group and the skills necessary to address both;
7. identify the ethical issues encountered in group work;
8. apply culturally-competent group counseling skills;
9. apply the Stages of Change within a group atmosphere;
10. summarize the therapeutic factors involved in group counseling;
11. analyze the major theoretical approaches to group counseling including their key concepts, goals, views on the therapeutic relationship, and techniques;
12. demonstrate group leadership skills which are appropriate for specific groups; and
13. differentiate group's stages of development, counselor interventions, and the client behaviors and issues that accompany those stages.

### Major Topics

- I. Types of groups
  - A. Task groups
  - B. Psychoeducation groups
  - C. Counseling groups
  - D. Psychotherapy groups
  - E. Brief intervention groups

- II. Role of the group counselor
- III. Principles of group counseling
- IV. Effective group leadership
- V. Components of the group process
- VI. Ethical Issues
- VII. Cultural competency
- VIII. Therapeutic factors
- IX. Stages of Change
- X. Group theories and interventions
- XI. Population specific groups
- XII. Group stages

### **Course Requirements**

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

### **Grading/exams**

A minimum of two examinations

At least one lesson plan detailing leading a group, minimum 3 pages in length

At least one paper reflecting on their group leadership role experience, minimum 3 pages in length

At least one case study analysis, minimum 4 pages in length

Written Assignments: Students are required to use appropriate academic resources.

### **Other Course Information**

This course is a program requirement for the Human Services Counseling degree.