

**HSC 3310 Group Counseling Skills Fall, 2005 (Seq. 5914)**

**Tu/Th 9:25 – 10:40 A.M. Doyne Health Science Room 313**

**Instructor: Lisa K. Ray**

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**Website: <http://faculty.uca.edu/~lray/>**

Office Hours: Please feel free to drop in, but if you have important business, make an appointment!!

Monday through Friday: 8:00 – 9:30 AM

Tuesday/Thursday 10: 45 – 1:00 PM

**Course Description:** This course will place a special emphasis on counseling the addicted person in a group setting. Personal qualities of the addictions counselor, examination of counseling models and multicultural issues will be addressed.

**Textbook:** Corey, Gerald. (2004). Theory and Practice of Group Counseling. (6<sup>th</sup> ed). Belmont, CA: Brooks /Cole.

**Course Objectives:** Upon completion of the course, students will be able to:

1. Discuss the uniqueness of counseling the addicted person in a group setting;
2. Identify multicultural issues in the group context;
3. List recognized group leadership qualities in the addictions counselor;
4. Discuss major issues in the four stages of the group;
5. Explain the rationale for the use of various theoretical approaches in addictions counseling;
6. Compare and contrast theoretical approaches in group counseling;
7. Participate effectively in a task group in problem solving related to group counseling issues;
8. Develop organizational and writing skills through the research of appropriate addictions topics;
9. Debate legal and ethical issues in the context of group counseling;
10. Facilitate counseling groups.

## **Course Outline:**

- I. Overview of the Counseling Group
  - A. Increasing Use of groups
  - B. Types of Groups
  - C. Multicultural issues in group counseling
- II. Group Leadership
  - A. The group leader as a person
  - B. Group leadership skills
  - C. Opening and closing groups
  - D. Developing a leadership style
- III. Ethical and legal issues in group work
  - A. The rights of group members
  - B. Psychological risks in groups
  - C. Appropriate use of techniques
  - D. Leader competence and malpractice issues
- IV. Theoretical approaches in group counseling
  - A. Psychoanalytic approach to groups
  - B. Adlerian approach to groups
  - C. Existential approach to groups
  - D. Person-centered approach to groups
  - E. Gestalt theory in group work
  - F. Transactional analysis
  - G. Behavioral approaches to groups
  - H. Rational-emotive behavior theory in groups
  - I. Reality therapy in groups
- V. Comparing and contrasting theoretical approaches in counseling groups

## **Course Requirements and Evaluation:**

1. Exams: There will be four exams including the final exam. Each exam will be worth 100 points. Students will be given the examination schedule at the beginning of the semester.
2. Quizzes: Unannounced quizzes may be given throughout the semester. If a student is late or absent for the quiz, that quiz cannot be made up. The quizzes will be “extra credit”.
3. Register for WebCT. You will be given 5 bonus points

#### 4. Grading Scale:

<b>90-100%</b>	<b>A</b>
80-89%	B
70-79%	C
60-69%	D
Below 60%	F

**Tentative exam schedule: This schedule may change!!!!**

Exam # 1: Thursday, September 15, 2005

Exam # 2: Thursday, October 13, 2005

Exam # 3: Thursday, November 17, 2005

Final Exam: Finals week December 12-16, 2005

**Absences from class:** Students are required to attend class regularly and to be punctual in their attendance. Students are responsible for all work missed due to illness or university business. Roll will be called at the beginning of each class. If a student misses roll call because of lateness, it is the student's responsibility to notify the instructor at the end of the class so that an adjustment of the attendance record can be made. More than four absences will result in a lowering of the course grade (i.e. lowered by one letter grade), at the instructor's discretion. Chronic absences may result in additional letter grade drops. Students may also be dropped from the class for non-attendance. Students should be courteous and discreet in the event of an emergency necessitating the need for the student to leave the classroom.

**Behavior in Class:** Participation in class is encouraged, however consideration of your fellow students is required. This is a professional degree program and students are expected to behave accordingly. Failure to conduct yourself in a professional and courteous manner may result in being asked to leave class or being dropped from the class.

**Examinations and quizzes:** All examinations are to be taken at the time they are scheduled. If a problem arises requiring a student to be absent for an exam, the student should meet with the instructor as quickly as possible to reschedule the exam. If possible, the student should meet with the instructor before the scheduled examination. Failure to promptly take make-up examinations may result in a lowering of the exam grade. Unannounced

quizzes CANNOT be made up. If the student is late or absent for a quiz, that quiz cannot be made up.

**Cell phones and pagers:** Cell phones and pagers must be turned off before class begins. Abuses of these electronic devices will result in the student being asked to drop the class.

**Student Handbook:** Students should be familiar with all policies in the student handbook; especially the sexual harassment policy and academic policies.

**Documented disabilities:** Any student with a documented disability (e.g., physical, learning, psychiatric, vision, hearing, etc.) who needs to arrange reasonable accommodations must contact the instructor and the Disability Services at the beginning of the semester. The University of Central Arkansas adheres to the requirements of the Americans with Disabilities Act. If accommodations are needed under this Act due to a disability, contact the Office of Disability Support Services at 501-450-3135.

**Academic dishonesty and plagiarism:** Students involved in or supporting acts of academic dishonesty and/or plagiarism will lose credit for the assignments or exam and may be withdrawn from the class with a WF. Book bags and notebooks will be kept under the desks and may not be opened during exams. Students leaving the class during an exam will not be allowed to continue the exam. Students may also be asked to draw for seat assignments. Students are responsible for bringing two # 2 lead pencils and a pen to the exam. The Student Handbook defines academic misconduct as follows:

1. Any academic dishonesty in connection with the taking of, or in contemplation of the taking of any examination. For the purposes of this policy, any student is academically dishonest who (a) knowingly discovers or attempts to discover the contents of an examination before the contents are revealed by the instructor; (b) obtains, uses, attempts to obtain or use any material or device dishonestly; or (c) supplies or attempts to supply to any other person any material or device dishonestly; or (d) during the course of an examination obtains or attempts to obtain unauthorized information from another student or from another student's test materials.)
2. Any misrepresentation of academic work by a student as the product of their own study and efforts.
3. The unauthorized possession, taking, or copying of solutions manuals or computerized solutions for homework or research problems assigned by a professor and/or instructor