Universality of Group Counseling

- Group Counseling: A Powerful Therapeutic Tool
- Group Counseling: Key to Substance Abuse Treatment
- Goals of Group Work
- Brief History of Group Therapy
- Group Dynamics
- Yalom’s Curative Factors
  - Concrete Factors
  - Existential Factors

Stages of Group Development

- Development of a Psychotherapy Group
- Understanding Group Development
- Stages
  - Initial Stage
    - Forming (Preaffiliation)
  - Transitional Stage
    - Storming (Power and Control)
    - Norming (Intimacy)
  - Working Stage
    - Performing (Differentiation)
  - Final Stage
    - Adjourning (Separation)
- Termination

Group Process

- Basic Concepts
- Advantages to Group Work
- Theories of Attitude Change
- Kelman’s Social Relationships Theory
  - Compliance
  - Identification
  - Internalization
- Counselor’s Role in Effecting Client Change
- Types of Groups
  - Psychoeducational
  - Skills Development
C205: Group Counseling

Course Outline

- Cognitive Behavioral
- Support
- Interpersonal Process
- Specialized Groups
- Self-Help Groups vs. Therapy Groups

Group Leadership

- Keys to an effective group leader
  - Counselor as Leader: Not Always a Natural Fit
  - Leading By Example
- Personal Qualities of an Effective Group Leader
- Multicultural Counselors
- Leadership Styles
  - Introduction to Leadership Styles
  - Lewin’s Leadership Styles
    - Authoritarian (Autocratic)
    - Participative (Democratic)
    - Delegative (Laissez-faire)
- Functions of the Group Leader
  - Executive Function
  - Caring
  - Emotional Stimulation
  - Meaning Attribution
  - Others
    - Fostering Client Self-Awareness
    - Establishing Group Norms
- A Common Mistake: Leader-Focused Groups
- Case Consultation

Facilitation Techniques Used By Group Leaders

- Practice Makes Perfect
- Group Counseling Skills
  - Part 1 (Active Listening, Restating, Reflecting Feelings)
  - Part 2 (Summarizing, Questioning, Interpreting)
  - Part 3 (Clarifying, Confronting)
  - Part 4 (Supporting, Empathizing, Disclosing Oneself, Modeling, Facilitating)
  - Part 5 (Setting Goals, Evaluating, Giving Feedback, Suggesting, Protecting, Blocking, Terminating)
C205: Group Counseling

Course Outline

- Role-Playing in Group
- Co-Therapy
  - Introduction
  - Advantages and Disadvantages of Co-Facilitation
- Confrontation in Group
  - Historic Use of Confrontation in Groups
  - Alternate View of Confrontation
- Transference and Countertransference
- Staying in the "Here-and-Now"
- Use of Self-Disclosure in Group

The Challenging Group

- Handling Difficult Situations
- Problematic Client Types
  - The Silent Client
  - The Self-Righteous Client
  - The Defensive Client
  - The Monopolizing Client
  - The Hostile Client
  - The Dangerous Client
    - From Hostile to Dangerous
    - Assessing Risk for Violence
- Resistance
  - Working with Difficult Clients
  - Group is About Clients, Not the Counselor

Final Thoughts and Resources

- Final Thoughts
- Resources for Professionals
- Bibliography