

# Virginia Western Community College

## MEN 221

### Group Process I

#### **Prerequisites**

MEN 100, MEN 101, MEN 102

#### **Course Description**

Studies the stages of group development, role of the group leader, and contemporary models of group counseling utilized in mental health counseling. Includes experiential training in group leadership. (VCCS MCR Description)

This course is designed to provide the student with the foundations of group counseling. Special emphasis will be placed on group counseling theories, group leadership skills, group membership and behavior, and the dynamics of group process.

**Semester Credits: 3**

**Lecture Hours: 3**

## **Required Materials**

1. Textbook
2. Internet access
3. Canvas

### **Textbook:**

Gladding, S.T. (2012). *Groups: A Counseling Specialty, 6<sup>th</sup> ed.* Pearson ISBN-13 978-0-13-705152-6

### **Other Required Materials:**

None

## **Course Outcomes**

### **At the completion of this course, the student should be able to:**

- Demonstrate understanding of the history of group development, including significant contributors and socio-cultural factors which impacted on group development.
- Distinguish between group counseling and group psychotherapy in relation to client populations, goals, and training requirements.
- Demonstrate understanding of the ethical and legal responsibilities of group leaders.
- Demonstrate basic group leadership skills in class demonstrations.
- Demonstrate a working knowledge of the formation and creation of groups and critical factors involved in this process.
- Demonstrate a comprehensive perspective of the stages of group development, the various roles of participants, leadership skills and appropriate tasks of the group facilitator during each stage of group development.
- Conduct a research review of specialized group management and present these findings in class discussions.
- Accept and utilize written and oral evaluations of their skill acquisition.

**Topical Description**

1	Introduction to Group Work
2	Group Leadership
3	Ethical and Professional Issues in Group Practice
4	Early Stages of Group
5	Later Stages of Group
6	Therapeutic Factors
7	Interpersonal Learning
8	Group Cohesiveness
9	Therapeutic Factors: An Integration
10	The Therapist: Basic Tasks
11	The Therapist: Working in the Here and Now

**Notes to Instructors**

None