

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.

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**

Textbook
Internet access
Canvas

Textbook

Gladding, S.T. (2012). *Groups: A Counseling Specialty, 8th ed.* Pearson ISBN-13 978-0-135-16689-5.

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

Introduction to Group Work

Group Leadership

Ethical and Professional Issues in Group Practice

Early Stages of Group

Later Stages of Group

Therapeutic Factors

Interpersonal Learning

Group Cohesiveness

Therapeutic Factors: An Integration

The Therapist: Basic Tasks

The Therapist: Working in the Here and Now

Notes to Instructors

None

[TITLE IX STATEMENT](#)

[ADA STATEMENT](#)