

Methods of group psychotherapy
PSY 309
(also available at www.e-courses.auca.kg)

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Meeting times: Tue. 12.45; Wed. 10.50
Credit hours: 3
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Required textbooks:

Yalom, Irvin D. and Leszcz, Molyn. (2005). *The Theory and Practice of Group Psychotherapy (5th edition)*, New York, NY: Basic Books.

E-brary resources:

<http://site.ebrary.com/lib/aucentralasia/docDetail.action?docID=10097423&p00=counseling>

Whitaker, D. (2000). *Using groups to help people*, Brunner-Routledge.

Course description:

This is an undergraduate level course designed to provide students with introduction to the theories, concepts and experiences that will develop their competency of group counseling. Students will engage in lecture, readings, in-class activities and observation as well as experiential training groups.

Confidentiality Policy: Confidentiality is extremely important to the integrity of this course. Confidentiality cannot be guaranteed in any situation but we are collectively accountable to maintain a safe, trusting environment throughout the course including the experiential training groups. The disclosure of personal information to anyone outside this class would be considered unethical. Please explore any concerns you have about confidentiality during class time, after class or during a training group.

Grading policy:

There will be a precise algorithm of how the grade will be calculated (look at course evaluation criteria). Taking into account that many of us are susceptible to Above Average Effect (overly positive view of the self), many people in the class will feel that they deserve a higher grade because you are so “close” to it. Do not ask me to change the grade; we are not going to do that.

I would also like to remind you about the policy concerning the X grade. It will be given only in exceptional cases such as sickness and real family problems. This grade will not be given if you think that you are not getting the grade that you think you deserve.

Missed classed and Make-up Exams

There will be only few satisfactory reasons for missing exams. You may miss exams when you are sick (you should present a reference letter from a doctor), you are presenting a paper at the conference, and you have major family problems. All make-up exams will be more difficult than the original exam and will be arranged at the end of the semester.

Grading system

A	95-100% from maximum amount of points	C	74-77 %
A-	90-94 %	C-	70-73 %
B+	88-89 %	D+	68 - 69 %
B	84-87 %	D	64 - 67 %
B-	80-83 %	D-	60- 63 %
C+	78-79 %	F	0-59 %

Course Format and Requirements:

Class participation – 20 points

This includes participation in class discussions, small group discussions, assigned activities and participation in the experiential training group, both as a member and a facilitator. This also includes participation in post-group journaling and debriefing following each experiential training group.

Mid-term exam – 50 points

Final exam – 50 points

Written exams will demonstrate relevant concepts and theories of group work covered in the first and the second halves of the semester.

Written Assignments 50 points

Group Training Experience Intentions and Evaluation Paper

- a. Prior to your group experience, you will write about your goals and intentions as both a member and facilitator of the group.
- b. You will also complete a post-group paper exploring what you learned about group dynamics and group leadership from the perspective of both member and facilitator.
- c. There will be various other short writing assignments throughout the semester

Course Outline and Schedule.

It is a matter of change. The first classes will include introduction to Groups/History, effectiveness and recent developments, characteristics of effective group leaders, group leadership skills, therapeutic factors that operate in groups, cohesiveness, ethical issues in group psychotherapy. The rest of the classes will be devoted to experiential training groups to show group in action.