



EXTENDED CAMPUS

COLLEGE of PROFESSIONAL
and CONTINUING STUDIES

HR 5433-221: Group Counseling in Human Relations

Course Description:

This course focuses on theories and approaches to group counseling. A systems perspective on group interaction will be presented. This course has two goals: (1) to acquaint students with the theories and techniques of major approaches to group counseling through didactic presentation; and (2) to encourage integration and practical application through encouragement of participation in various group exercises. Students will have opportunity to participate in group interaction simulations, small group discussions, and exploration of topics, selected to be of relevance to this class. The course is designed as a training course in group counseling facilitation rather than one of personal therapy and is designed to assist students in developing group facilitation skills for a variety of focal groups.

Class Dates, Location and Hours:

Dates: March 3 – 8, 2020
Location: Vilseck, Germany. Please contact Site Director for classroom location.
Hours: Tuesday - Friday 6:00-9:30 pm; Saturday and Sunday 8:30 a.m.-4:30 p.m.
Last day to enroll or drop without penalty: February 3, 2020

Site Director:

Email: apvilseck@ou.edu. Phone: CIV 011-49-9662-83-2069; DSN 476-2069.

Professor Contact Information:

Course Professor: Brook Beavers.
Mailing Address: P.O. Box 722041
Norman, OK 73070
Telephone Number: (405) 831-4125
E-mail Address: bbeavers@ou.edu
Professor availability: The professor will be available via email to students before and after the class sessions. On-site office hours are half an hour before and after each class session, by appointment.

Textbook(s) and Instructional Materials:

Student materials are available at the OU Bookstore Website at <https://ou.textbookx.com/institutional/index.php>. There is no longer a physical bookstore, the store will remain, but textbooks will not be stocked. The website has book selling, renting, buying, returning, and order tracking capabilities. If you need help with an order, or if you have any questions contact the toll-free phone at 1-(855)-790-6637, agents are available from 9a – 5p (EST) Monday – Friday. For more information or questions about textbooks, feel free to contact apsyllabi@ou.edu. Text prices are available online

1. Theory and Practice of Group Psychotherapy by Irvin D. Yalom (5th ed.).
2. Material posted on the OU Canvas learning management system: Access Canvas at <https://canvas.ou.edu>, enter your OU NetID and password, and select course to access Material. If

you require assistance with Canvas, please click on the Help icon. You can search the Canvas guides, chat with Canvas support, or contact OU IT.

3. American Psychological Association (2009). Publication manual of the APA (6th ed.). Washington, DC: Author. ISBN 9781433805615.

Course Objectives:

*Students will be presented theoretical concepts of group counseling and information regarding the pragmatics of group counseling, i.e., screening group members, ethics of group counseling, formats for group, etc.

*Students will be presented opportunities to practice group facilitation skills. Students will practice facilitating group sessions, as well as participating in simulating group exercises.

*Students will develop appreciation for stages of group formation, development, and termination and will understand group counseling with a variety of problems and populations.

Course Outline:

I. Eleven Therapeutic Factors

- a. Chapters 1-4

II. Work of the Therapist, What to do and be

- a. Chapters 5-7

III. Chronological View of the Therapy Group

- a. Chapters 8-14

IV. Specialized Groups, Encounter groups

- a. Chapters 15-16

V. Training of the Group Therapist

- a. Chapter 17

Assignments, Grading and Due Dates:

Brief Paper- Due on March 5, 2020 at the beginning of class:

Write a brief paper (4-6 pages) describing at least three groups that have influenced your identity and self-concept. In the paper, describe the ways in which these groups have influenced you, address the norms which governed each group, and how decision making and problem solving was handled in each of these groups. Describe how members dealt with conflict and controversy. This self-awareness paper will count for 15 points.

Daily critiques:

At the end of each day, each student will be asked to write a synopsis and critique (1-3 paragraphs) of the activities of that day (no critique will be required on the final day of class). The purpose of writing each critique is to help the student evaluate, integrate and synthesize the activities of the day, as well as provide the instructor with feedback about each group session. These critiques will count for 3 points per day (total of 15 points).

Class participation:

Students will be expected to participate in group discussions and class activities. These simulations will aid students in learning about group counseling first hand. Students will be given the opportunity to facilitate the discussion and interaction to develop skills. Topics to be utilized for these group discussions will be selected by the instructor and the group leader for each day, offering several options. Personal therapy will not be the objective: personal disclosure will not be required. Students' professional roles will be respected and any disclosures in class will be treated as confidential. Class participation will count for 40 points.

Group Proposal:

The major written assignment is a proposal for a group that each student could facilitate. This may be an actual group with which the student is familiar or one that he/she would like to facilitate. The description of the group should include a basic rationale and justification for the group. The group purpose should be discussed briefly. The selected or identified members for the hypothetical group should be discussed, some group examples could be; working mothers, first-time pregnant couples, adolescents, the elderly, military retirees, or any other group of attendees. The means for recruiting members, advertising for the group, or accepting referrals to the group should be addressed. Other relevant factors should also be addressed, such as meeting times and frequency, cost of session, policy for missing sessions, rules for expulsion from the group, etc. The proposal should address whether the group is voluntary or mandatory, and if mandatory, what records and reports might be generated regarding attendance and participation. A brief description (1-2 paragraphs) of the focus of each session of the group should be included, considering approximately 6 to 10 sessions of a time-limited group. The proposal should include a method for assessing the effectiveness of the group, during the course of the group and/or at the end of the group. The group proposal paper is due March 8, 2020 and will count for 30 points.

Grading:

This is a letter-graded course: A, B, C, D or F.

Assignment Points Percent Pre-Class Paper 15 points 15% Daily Critiques (5) 15 points 15% Class Participation 40 points 40% Final Group Proposal Paper 30 points 30% Total 100 points 100%

Course Grading Scale:

Percent Points Grade

A=90-100 percent 90-100 points

B=80-89 percent 80-89 points

C=70-79 percent 70-79 points

D=60-69 percent 60-69 points

F=50-59 percent 50-59 points

Notice: Failure to meet assignment due dates could result in a grade of I (Incomplete) and may adversely impact Tuition Assistance and/or Financial Aid.

POLICIES AND NOTICES

Attendance/Grade Policy

Attendance and participation in interaction, individual assignments, group exercises, simulations, role playing, etc. are valuable aspects of any course because much of the learning comes from discussions in class with other students. It is expected that you attend all classes and be on time except for excused emergencies.

Excused absences are given for professor mandated activities or legally required activities such as emergencies or military assignments. It is the policy of the University to excuse absences of students that result from religious observances and to provide without penalty for the rescheduling of examinations and additional required class work that may fall on religious holidays. Unavoidable personal emergencies, including (but not limited to) serious illness; delays in getting to class because of accidents, etc.; deaths and funerals, and hazardous road conditions will be excused.

If you are obtaining financial assistance (TA, STAP, FA, VA, Scholarship, etc.) to pay all or part of your tuition cost, you must follow your funding agency/institution's policy regarding "I" (Incomplete) grades unless the timeline is longer than what the University policy allows then you must adhere to the University policy. Students who receive Financial Aid must resolve/complete any "I" (Incomplete) grades by the end of the term or he/she may be placed on "financial aid probation." If the "I" grade is not resolved/completed by the end of the following term, the student's Financial Aid may be suspended making the student ineligible for further Financial Aid.

Students are responsible for meeting the guidelines of Tuition Assistance and Veterans Assistance. See the education counselor at your local education center for a complete description of your TA or VA requirements.

Academic Integrity and Student Conduct

Academic integrity means honesty and responsibility in scholarship. Academic assignments exist to help students learn; grades exist to show how fully this goal is attained. Therefore all work and all grades should result from the student's own understanding and effort.

Academic misconduct is any act which improperly affects the evaluation of a student's academic performance or achievement. Misconduct occurs when the student either knows or reasonably should know that the act constitutes misconduct. Academic misconduct includes: cheating and using unauthorized materials on examinations and other assignments; improper collaboration, submitting the same assignment for different classes (self-plagiarism); fabrication, forgery, alteration of documents, lying, etc...in order to obtain an academic advantage; assisting others in academic misconduct; attempting to commit academic misconduct; destruction of property, hacking, etc...; intimidation and interference with integrity process; and plagiarism. All students should review the Student's Guide to Academic Integrity at http://integrity.ou.edu/students_guide.html

Students and faculty each have responsibility for maintaining an appropriate learning environment. All students should review policies regarding student conduct at <http://studentconduct.ou.edu/>

Accommodation Statement

The University of Oklahoma is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your local OU Site Director.

Adjustment for Pregnancy/Childbirth-Related Issues

Should you need modifications or adjustments to your course requirements because of documented pregnancy-related or childbirth-related issues, please contact me as soon as possible to discuss. Generally, modifications will be made where medically necessary and similar in scope to accommodations based on temporary disability. Please see <http://www.ou.edu/content/eoo/faqs/pregnancy-faqs.html>.

Title IX Resources

For any concerns regarding gender-based discrimination, sexual harassment, sexual misconduct, stalking, or intimate partner violence, the University offers a variety of resources, including advocates on-call 24/7, counseling services, mutual no-contact orders, scheduling adjustments, and disciplinary sanctions against the perpetrator. Please contact the Sexual Misconduct Office at smo@ou.edu or (405) 325-2215 (8-5), or the Sexual Assault Response Team at (405) 615 -0013 (24/7) to report an incident. To learn more about Title IX, please visit the Institutional Equity Office's website at <http://www.ou.edu/content/eoo.html>

Course Policies

Advanced Programs policy is to order books in paperback if available. Courses, dates, and professors are subject to change. Please check with your OU Site Director. Students should retain a copy of any assignments that are mailed to the professor for the course. Advanced Programs does not provide duplicating services or office supplies.

Any and all course materials, syllabus, lessons, lectures, etc. are the property of professor teaching the course and the Board of Regents of the University of Oklahoma and are protected under applicable copyright.

For more information about Advanced Programs, visit our website at: <http://www.goou.ou.edu/>