

Group Counseling

CNL-520

3 Credits

Aug 8 - Oct 2

Course Description

This course provides a broad understanding of group development, group dynamics, group counseling theories, and ethical standards with reference to professional and substance use disorders counseling. The course addresses group process components, appropriate selection criteria, developmental stage theories, group members' roles and behaviors; and group leadership styles and approaches. The course includes didactic and experiential group learning. Required synchronous group experience: 12 hours. Prerequisite: CNL-515.

Instructor Contact Information

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Class Resources

Groups: Process and Practice (REQUIRED)

Corey M. S., Corey G., & Corey C. (2018). *Groups: Process and practice* (10th ed.). Cengage Learning. ISBN-13: 9781305865709

Additional Course Information and Requirements (REQUIRED)

Diagnostic and Statistical Manual of Mental Disorders (DSM) Students of GCU's Counseling programs are required to possess a copy of the current version of the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders (DSM)*. The manual will be used throughout your program. The *DSM* will be used from course to course, so students who already own the current edition of the manual need not purchase another. Once purchased, students should keep the manual for all subsequent classes while attending GCU and for reference after graduation. **Syllabus and Textbook Access** Many states require syllabi for licensure. If you are required to provide syllabi, contact your Student Service Counselor (SSC) to request official copies. Textbooks delivered via BibliU are accessible through the BibliU library upon first access to the digital classroom. It is recommended you download the BibliU app to access your textbooks. If a textbook is not delivered through BibliU, make sure to save the e-book to your computer as a PDF file. If you have trouble saving the e-book, contact GCU Technical Support. **Recommended Program Materials:** **Publication Manual of the American Psychological Association** GCU has made APA templates and other resources available within the Student Success Center. However, be aware that a more complete APA manual can be purchased at your own expense. To order the APA manual, please visit the American Psychological Association.

International Classification of Disease Students are encouraged (not required) to familiarize themselves with the current version of the *International Classification of Disease (ICD)* reference.

<https://www.apa.org/>

Technology Requirements ()

Please Note: You will need to ensure you have a computer with a built-in or external webcam, speakers, and microphone to complete the Zoom group assignments. Please review the University Policy Handbook for more details about the technology requirements as needed. It is also recommended that you purchase a USB headset.

Role Clarification for School Counselors in Training ()

Throughout the program of study, school counselors in training will consider their counselor identity in the context of a school setting. School and clinical mental health counseling courses are integrated in order to best prepare graduates to serve children, adolescents, adults, and families who present multifaceted needs in both school and community settings. Since school counselors work in the education profession but are also well-versed in clinical mental health issues, the school counseling program will abide by the American School Counselor Association (ASCA) Code of Ethics and the Professional Dispositions of Learners.

The National Certified School Counselor (REQUIRED)

For school counselors in training, explore the "The National Certified School Counselor," section of the National Board for Certified Counselors (NBCC) website site in preparation for exams.

<https://www.nbcc.org/certification/ncsc>

ASCA Ethical Standards for School Counselors (REQUIRED)

Review the ASCA Ethical Standards for School Counselors, located on the ASCA website.

[https://www.schoolcounselor.org/About-School-Counseling/Ethical-Legal-Responsibilities/ASCA-Ethical-Standards-for-School-Counselors-\(1\)](https://www.schoolcounselor.org/About-School-Counseling/Ethical-Legal-Responsibilities/ASCA-Ethical-Standards-for-School-Counselors-(1))

ACA Code of Ethics (REQUIRED)

Read "ACA Code of Ethics" from the American Counseling Association.

<https://www.counseling.org/resources/ethics>

ASCA School Counselor Professional Standards and Competencies (REQUIRED)

Review the ASCA School Counselor Professional Standards & Competencies, located on the ASCA website.

<https://www.schoolcounselor.org/getmedia/a8d59c2c-51de-4ec3-a565-a3235f3b93c3/SC-Competencies.pdf>

The School Counselor and Group Counseling (REQUIRED)

Read "The School Counselor and Group Counseling" on the American School Counselor Association website (2022) for assistance with the Topic 1 assignment and DQs.

<https://www.schoolcounselor.org/Standards-Positions/Position-Statements/ASCA-Position-Statements/The-School-Counselor-and-Group-Counseling>

Assessment and Case Formulation (REQUIRED)

Read "Assessment and Case Formulation," by Tasca, Mikail, and Hewitt, from *Group Psychodynamic-Interpersonal Psychotherapy* (2021) for assistance with the Topics 3 and 4 assignment and DQs.

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2020-73377-003&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Professional School Counselor Small Group Counseling Guide (REQUIRED)

Read "Professional School Counselor Small Group Counseling Guide" on the Missouri Department of Elementary and Secondary Education website (2015) for assistance with the Topic 3 assignment and DQs.

<https://dese.mo.gov/media/pdf/guid-respon-serv-small-group-counseling-guide-2015>

GCU SC Professional Disposition of Learners (REQUIRED)

This resource is specifically for school counselors in training. Students in the School Counseling program should refer to the GCU "SC Professional Disposition of Learners" document, located in the Student Success Center.

<https://ssc.gcu.edu/#/page/chss/1576>

GCU Counselor Dispositions (REQUIRED)

Students in the Clinical Mental Health Counseling program should refer to the GCU "Counselor Dispositions" document, located in the Student Success Center.

<https://ssc.gcu.edu/#/page/chss/1576>

Related Counseling Dispositions (REQUIRED)

For any courses that are shared between the Clinical Mental Health Counseling (CMHC) and School Counseling (SC) programs, please refer to the attached graphic for related dispositions between the two programs. If needed, please refer to the dispositions for each program for a full description. The graphic shows how the dispositions are related for both programs.

CNL-505-RS-Related Counseling Dispositions.docx

APA Formatting Tutorial (REQUIRED)

Review the APA Formatting Tutorial for formatting assistance.

<https://www.gcumedia.com/lms-resources/student-success-center/?mediaElement=1FF26538-38D0-EA11-910D-005056BDE9D6>

Lopes Write (REQUIRED)

Refer to the LopesWrite webpage for guidance regarding assignments requiring submission to LopesWrite.

<https://www.gcumedia.com/lms-resources/student-success-center/?mediaElement=1FF26538-38D0-EA11-910D-005056BDE9D6>

Zoom Access (REQUIRED)

As directed by your instructor, access Zoom to complete your course assignments. Zoom can be accessed by clicking on the link below. When initially setting up your Zoom account, be sure to use your **GCU email address**.

https://www.gcumedia.com/digital-resources/zoom/2019/zoom-site-license_1e.php

CLC Group Session Submission Form (REQUIRED)

After your group has conducted its weekly session, the group leader will submit the attached CLC Group Session Submission Form document to the instructor.

CNL-520-RS-T2-7-CLCGroupSessionSubmissionForm.docx

Peer Review Self Review Form and Scoring Guide (REQUIRED)

The attached Peer Review/Self Review form should be completed after each 2 hour group session. The Scoring Guide attached is only for you to review. The Scoring Guide will be completed by the instructor.

Clinical Mental Health Counseling e-Portfolio Requirements (REQUIRED)

At the end of this program, you will be required to submit an e-Portfolio. The e-Portfolio will highlight your progress and accomplishments as a developing clinical mental health counselor both academically and professionally. We recommend that you use Weebly or Google sites to create your portfolio. The portfolio requirements are located on the Counseling Community Connections (CCC) website. Please make sure you have at least one artifact for each required section below. Please note, a few sections are optional. From the Home Page, click on the Counseling programs drop down menu and click on the Clinical Mental Health Counseling tab. Sign into the Clinical Mental Health Counseling page and you will click on the e-Portfolio tab at the top of the page to find the related e-Portfolio documents.

<https://cce.gcu.edu>

Overview of Group Leadership Skills ()

Read the "Overview of Group Leadership Skills" section in Chapter 2 of your textbook, *Groups: Process and Practice*. This section provides a description of the essential skills needed to become a competent and effective group leader.

Points to Remember: Initial Stages of a Group ()

Read "Points to Remember: Initial Stages of a Group" in Chapter 6 of your textbook, *Groups: Process and Practice*. The characteristics, structure, member roles, and tasks of a group are detailed to create a beginning built on trust.

CMHC and SC Counselor in Training Handbook (REQUIRED)

The "CMHC and SC Counselor in Training Handbook" is located on the Student Success Center website.

<https://ssc.gcu.edu/#/page/chss/1576>

Topic 1: Group Counselor Professional Identity

Aug 8, 2024 - Aug 14, 2024 Max Points: 90

Objectives:

1. Analyze the strengths and professional development requirements that are core to the competencies and characteristics of a group counselor. [CACREP 2.F.6.d]
2. Assess the goals and appropriate uses of the various types of groups in the practice of counseling. [CACREP 2.F.6.f]
3. Analyze the legal and ethical issues relevant to group counseling. [CACREP 2.F.6.g]

Resources

Group Therapy (REQUIRED)

Read "Group Therapy," by Ford-Martin and Lerner, from *Gale Virtual Reference Library: The Gale Encyclopedia of Medicine* (6th ed.) (2020).

https://lopes.idm.oclc.org/login?url=https://search.credoreference.com/content/entry/galegm/group_therapy/0?institutionId=5865

Groups: Process and Practice (REQUIRED)

Read Chapters 1 and 3 of *Groups: Process and Practice*.

Optional - Errors of Commission and Omission in Novice Group Counseling Trainees' Knowledge Structures of Group Counseling Situations (OPTIONAL)

For additional information, the following is recommended:

"Errors of Commission and Omission in Novice Group Counseling Trainees' Knowledge Structures of Group Counseling Situations" by Li, Kivlighan, & Gold, from *Journal of Counseling Psychology* (2015).

<https://lopes.idm.oclc.org/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2015-08588-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Self-Inventory of Ethical Behaviors (REQUIRED)

Access and complete the "Self-Inventory of Ethical Behaviors" for DQ1.

CNL-520-RS-T1SelfInventoryEthicalBehaviors-Student.docx

Privacy Breaches and Group Counseling (REQUIRED)

Read "Privacy Breaches and Group Counseling," by Wheeler, from *Counseling Today* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=138467793&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Assessments

Summary of Current Course Content Knowledge

Start Date & Time	Due Date & Time	Points
Aug 8, 2024, 12:00 AM	Aug 8, 2024, 11:59 PM	0

Assessment Description

Academic engagement through active participation in instructional activities related to the course objectives is paramount to your success in this course and future courses. Through interaction with your instructor and classmates, you will explore the course material and be provided with the best opportunity for objective and competency mastery. To begin this class, review the course objectives for each Topic, and then answer the following questions as this will help guide your instructor for course instruction.

1. Which weekly objectives do you have prior knowledge of and to what extent?
2. Which weekly objectives do you have no prior knowledge of?
3. What course-related topics would you like to discuss with your instructor and classmates? What questions or concerns do you have about this course?

Class Introductions

Start Date & Time	Due Date & Time	Points
Aug 8, 2024, 12:00 AM	Aug 10, 2024, 11:59 PM	0

Assessment Description

Take a moment to explore your new classroom and introduce yourself to your fellow classmates. What are you excited about learning? What do you think will be most challenging?

Topic 1 DQ 1 (Obj. 1.3)

Start Date & Time	Due Date & Time	Points
Aug 8, 2024, 12:00 AM	Aug 10, 2024, 11:59 PM	5

Assessment Description

Complete the "Self-Inventory of Ethical Behaviors" located in the Topic 1 Resources. Select the five behaviors that you consider to be the most serious violations of ethical practice. What are the reasons for your selection of these behaviors? Explain.

This discussion question is informed by the following CACREP Standard:

2.F.6.g. Ethical and culturally relevant strategies for designing and facilitating groups.

Topic 1 DQ 2 (Obj. 1.1)

Start Date & Time	Due Date & Time	Points
Aug 8, 2024, 12:00 AM	Aug 12, 2024, 11:59 PM	5

Assessment Description

What experiences have you had in leading a group? Identify the personal characteristics of an effective group leader. What are the three most important skills for group counselors to have? Explain your answer.

This discussion question is informed by the following CACREP Standard:

2.F.6.d. Characteristics and functions of effective group leaders.

Assignment #2: Group Requirements Signature Form

Start Date & Time	Due Date & Time	Points
Aug 8, 2024, 12:00 AM	Aug 14, 2024, 11:59 PM	10

Assessment Description

Complete the "Student Group Requirement Signature Form" document.

You are not required to submit this assignment to LopesWrite.

Attachments

CNL-520-RS-T1-GroupRequirementSignatureForm.docx

CLC - Assignment #1: Group Scheduling Worksheet (Obj. 1.2)

Start Date & Time	Due Date & Time	Points
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Aug 8, 2024, 12:00 AM	Aug 14, 2024, 11:59 PM	20
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Assessment Traits

 Group

Assessment Description

This is a Collaborative Learning Community (CLC) assignment. In this course, you are expected to lead and participate in a group.

Note for Online Students: After your instructor has assigned you to a group, meet virtually as a group in Zoom, and complete the "Group Scheduling Worksheet." The worksheet will then be sent to your instructor for review.

APA style is not required, but solid academic writing is expected.

You are not required to submit this assignment to LopesWrite.

Note for Cohort Students: On the first night of class your instructor will allow you time to meet as a group, develop your schedule, and complete the group worksheet. The worksheet will then be sent to your instructor for review. You are not required to submit this assignment to LopesWrite.

Note to ALL Students: Only online students will be meeting in a synchronous group in Zoom. Cohort students meet in person and do not need the online Zoom application. All students (Online and Cohort) are required to meet as a group for 2 hours in Weeks 2-7.

All questions related to this course should be directed to your instructor.

This assignment is informed by the following CACREP Standard:

2.F.6.f. Types of groups and other considerations that affect conducting groups in varied settings.

Attachments

CNL-520-RS-T1-GroupSchedulingWorksheet.docx

CNL-520 Hour Count Requirement Acknowledgement

Start Date & Time	Due Date & Time	Points
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Aug 8, 2024, 12:00 AM	Aug 14, 2024, 11:59 PM	30
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Assessment Description

The "Hour Count Requirement Acknowledgement Form" outlines the synchronous group hours that are required for successful completion of CNL-520. Electronically sign and date the "Hour Count Requirement

Acknowledgement Form."You are not required to submit this assignment to LopesWrite.

Attachments

CNL-520-RS-HourRequirementAcknowledgement.docx

Topic 1 Participation

Start Date & Time	Due Date & Time	Points
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Aug 8, 2024, 12:00 AM	Aug 14, 2024, 11:59 PM	20
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Topic 2: Group Leadership Skills and Techniques

Aug 15, 2024 - Aug 21, 2024 Max Points: 135

Objectives:

1. Determine general and specific factors to be considered in selecting, introducing, conducting, and processing specific group exercises. [CACREP 2.F.6.b]
2. Assess the importance of using group exercises in the group setting to facilitate and develop new skills within each group member. [CACREP 2.F.6.b]

Resources

Integration of Faith & Learning Resources (REQUIRED)

Review the Counseling & Psychology journals provided on the GCU library's Integration of Faith & Learning Resources website to answer the discussion questions.

<https://libguides.gcu.edu/IFL/journals>

Facilitating Support Groups for Caregivers (REQUIRED)

Read "Facilitating Support Groups for Caregivers," by Collison, from *Counseling Today* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=137685682&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Outpatient Group Psychotherapy (REQUIRED)

View "Outpatient Group Psychotherapy," by Yalom, from the Psychotherapy.net, located on the YouTube website.

<https://youtu.be/PwnfWMNbg48>

Group Dynamics When Battling a Pandemic (REQUIRED)

Read "Group Dynamics When Battling a Pandemic," by Parks, from *Group Dynamics: Theory, Research, and Practice* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2020-69287-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Lessons Learned From Clients in Co-Occurring Recovery Groups (REQUIRED)

Read "Lessons Learned From Clients in Co-Occurring Recovery Groups," by Daley, from *Counselor: The Magazine for Addiction Professionals* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=cul&AN=133679993&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Groups: Process and Practice (REQUIRED)

Read Chapter 2 of *Groups: Process and Practice*.

Modeling Cohesion Change in Group Counseling: The Role of Client Characteristics, Group Variables, and Leader Behaviors (REQUIRED)

Read "Modeling Cohesion Change in Group Counseling: The Role of Client Characteristics, Group Variables, and Leader Behaviors," by Tucker et al., from *Journal of Counseling Psychology* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=edswss&AN=000522842100009&site=eds-live&scope=site&custid=s8333196&groupid=main&profile=eds1>

The Friendly Group (REQUIRED)

Read "The Friendly Group," by Hughes, from *Therapy Today* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=cul&AN=136111486&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Providing Cognitive Behavioral Group Therapy via Videoconferencing: Lessons Learned From a Rapid Scale-Up of Telehealth Services (REQUIRED)

Read "Providing Cognitive Behavioral Group Therapy via Videoconferencing: Lessons Learned From a Rapid Scale-Up of Telehealth Services," by Kneeland et al., from *Practice Innovations* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2021-84817-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Assessments

Topic 2 DQ 1 (Obj. 2.1)

Start Date & Time	Due Date & Time	Points
Aug 15, 2024, 12:00 AM	Aug 17, 2024, 11:59 PM	5

Assessment Description

Refer to your respective code of ethics to identify three ethical considerations related to confidentiality when working with adolescents or children in a group setting. Describe how a group counselor would address ethical concerns in the group setting.

This discussion question is informed by the following CACREP Standards:

2.F.6.b. Dynamics associated with group process and development.

Topic 2 DQ 2 (Obj. 2.2)

Start Date & Time	Due Date & Time	Points
Aug 15, 2024, 12:00 AM	Aug 19, 2024, 11:59 PM	5

Assessment Description

Identify three specific goals that center around spirituality that you may incorporate into a group counseling session? Describe how the approach relates to your own culture and/or belief system.

Use the GCU Library's Integration of Faith & Learning Resources website to support your answer.

This discussion question is informed by the following CACREP Standard:

2.F.6.b. Dynamics associated with group process and development.

Assignment #2: Peer Review/Self Review and Reflection (Obj. 2.1, 3.1, and 3.2)

Start Date & Time	Due Date & Time	Points
Aug 15, 2024, 12:00 AM	Aug 21, 2024, 11:59 PM	15

Assessment Description

During Topic 2, your group should meet virtually for 2 hours in Zoom for online students and in person for cohort students. The group should be led by a different facilitator each week, based on the schedule outlined during Topic 1, and cover the preselected topic. Students will participate in 12 hours of group work throughout the course.

To receive full credit for this assignment, complete the following:

1. The Zoom session must be recorded using the **GCU provided account** to receive credit for this assignment. Refer to the Class Resources document, "GCU Zoom Resources: Counseling and Social Work," for assistance. This week's **facilitator** submits the link.
2. Each student needs to complete the "Peer Review/Self Review and Reflection" form located in the Class Resources.
3. Submit the form to your instructor for review.

APA style is not required, but solid academic writing is expected.

This assignment uses a scoring guide which is located in the Class Resources. Please review the guide prior to beginning the assignment to become familiar with the expectations for successful completion.

You are not required to submit this assignment to LopesWrite.

This assignment is informed by the following CACREP Standards:

2.F.6.b. Dynamics associated with group process and development.

2.F.6.c. Therapeutic factors and how they contribute to group effectiveness.

2.F.6.h. Direct experiences in which students participate as group members in a small group activity, approved by the program, for a minimum of 10 clock hours over the course of one academic term.

CLC - Assignment #1: Group Session Submission Form (Obj. 4.1 and 4.2)

Start Date & Time	Due Date & Time	Points
Aug 15, 2024, 12:00 AM	Aug 21, 2024, 11:59 PM	90

Assessment Traits

 Group

Assessment Description

This is a Collaborative Learning Community (CLC) assignment.

After your group has conducted its weekly session, the group leader will submit the CLC Group Session Submission Form document, located in the class resources, to the instructor. Please review the feedback form, in particular any feedback and suggested changes from the instructor prior to conducting the next week's group session. The Zoom session must be recorded and uploaded in the correct grading portal to receive credit for this assignment.

APA style is not required, but solid academic writing is expected.

You are not required to submit this assignment to LopesWrite.

This assignment is informed by the following CACREP Standard:

2.F.6.b. Dynamics associated with group process and development.

Topic 2 Participation

Start Date & Time	Due Date & Time	Points
Aug 15, 2024, 12:00 AM	Aug 21, 2024, 11:59 PM	20

Topic 3: Strategic Use of Groups in Counseling

Aug 22, 2024 - Aug 28, 2024 Max Points: 135

Objectives:

1. Illustrate the steps necessary in planning a counseling group. [CACREP 2.F.6.b]
2. Analyze the therapeutic factors that are correlated with successful group counseling outcomes. [CACREP 2.F.6.c]
3. Evaluate how multicultural issues impact a group, and the counselor skills necessary to address those issues. [CACREP 2.F.6.d, 2.F.6.f]

Resources

Stress Group (REQUIRED)

Review the "Stress Group" website.

<http://www.stressgroup.com/home.html>

Optional - Intellectual Humility, Spirituality, and Counselling by Gordon, Journal of Psychology & Theology (REQUIRED)

For additional information, the following is recommended:

"Intellectual Humility, Spirituality, and Counselling by Gordon, from *Journal of Psychology & Theology* (2018).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=rh&AN=ATLAI5IE181231001192&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Optional - White Privilege: Unpacking the Invisible Knapsack (OPTIONAL)

For additional information, the following is recommended:

"White Privilege: Unpacking the Invisible Knapsack," by McIntosh, from *Independent School* (1990).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=9604164115&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

From the Inside Out: Group Work with Women of Color (REQUIRED)

Read "From the Inside Out: Group Work with Women of Color," by Short and Williams, from *Journal of Specialists in Group Work* (2014).

<https://lopes.idm.oclc.org/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2014-02751-005&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Nosotros Importamos (We Matter): The Use of Testimonios With Latino Male Adolescents in Group Counseling (REQUIRED)

Read "Nosotros Importamos (We Matter): The Use of Testimonios With Latino Male Adolescents in Group Counseling," by Cervantes, Torres Fernandez, and Flores Carmona, from *Journal of Creativity in Mental Health* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=137070048&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Ethnic Minority Cultural Adaptations of Cognitive Behavioral Therapy (REQUIRED)

Read "Ethnic Minority Cultural Adaptations of Cognitive Behavioral Therapy," by Iwamasa, from *Handbook of Cognitive Behavioral Therapy: Applications* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2021-23706-027&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Pre-Group Preparation (REQUIRED)

Read "Pre-Group Preparation," by Tasca, Mikail, and Hewitt, from *Group Psychodynamic-Interpersonal*

Psychotherapy (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2020-73377-004&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Groups: Process and Practice (REQUIRED)

Read Chapters 4 and 5 and review Chapter 3 of *Groups: Process and Practice*.

Clinical Training Groups for Spirituality and Religion in Psychotherapy (REQUIRED)

Read "Clinical Training Groups for Spirituality and Religion in Psychotherapy," by Rupert, Moon, and Sandage, from *Journal of Spirituality in Mental Health* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=137343278&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Online Counseling Fast (REQUIRED)

Review the "Online Counseling Fast" website for an example of an online counseling service.

<http://www.onlinecounselingfast.com/>

Ten Strategies to Intentionally Use Group Work to Transform Hate, Facilitate Courageous Conversations, and Enhance Community Building (REQUIRED)

Read "Ten Strategies to Intentionally Use Group Work to Transform Hate, Facilitate Courageous Conversations, and Enhance Community Building," by Guth et al., from *Journal for Specialists in Group Work* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-06079-002&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Assessments

Topic 3 DQ 1 (Obj. 3.3)

Start Date & Time	Due Date & Time	Points
Aug 22, 2024, 12:00 AM	Aug 24, 2024, 11:59 PM	5

Assessment Description

What are the therapeutic factors that set the tone for future group work? How does the group leader serve as the sounding board for how the group will facilitate throughout time? How does the belief system of the individual contribute to their role as a professional counselor?

This discussion question is informed by the following CACREP Standards:

2.F.6.d. Characteristics and functions of effective group leaders.

2.F.6.f. Types of groups and other considerations that affect conducting groups in varied settings.

Topic 3 DQ 2 (Obj. 3.2)

Start Date & Time	Due Date & Time	Points
Aug 22, 2024, 12:00 AM	Aug 26, 2024, 11:59 PM	5

Assessment Description

What are some specific goals and methods you may incorporate into group counseling that might be shaped by your culture? Describe the approach you can use that considers the cultural backgrounds of the group members and you. How can group counselors implement spirituality within the group setting as an effective group technique that encourages group cohesion?

This discussion question is informed by the following CACREP Standard:

2.F.6.c. Therapeutic factors and how they contribute to group effectiveness.

Assignment #2: Peer Review/Self Review and Reflection (Obj. 2.1, 3.1, and 3.2)

Start Date & Time	Due Date & Time	Points
Aug 22, 2024, 12:00 AM	Aug 28, 2024, 11:59 PM	15

Assessment Description

During Topic 2, your group should meet virtually for 2 hours in Zoom for online students and in person for cohort students. The group should be led by a different facilitator each week, based on the schedule outlined during Topic 1, and cover the preselected topic. Students will participate in a minimum of 12 hours of group work throughout the course.

To receive full credit for this assignment, complete the following:

1. The Zoom session must be recorded using the **GCU provided account** to receive credit for this assignment. Refer to the Class Resources document, "GCU Zoom Resources: Counseling and Social Work," for assistance. This week's **facilitator** submits the link.
2. Each student needs to complete the "Peer Review/Self Review and Reflection" form located in the Class Resources.
3. Submit the form to your instructor for review.

APA style is not required, but solid academic writing is expected.

This assignment uses a scoring guide which is located in the Class Resources. Please review the guide prior to beginning the assignment to become familiar with the expectations for successful completion.

You are not required to submit this assignment to LopesWrite.

This assignment is informed by the following CACREP Standards:

2.F.6.b. Dynamics associated with group process and development.

2.F.6.c. Therapeutic factors and how they contribute to group effectiveness.

2.F.6.h. Direct experiences in which students participate as group members in a small group activity, approved by the program, for a minimum of 10 clock hours over the course of one academic term.

CLC - Assignment #1: Group Session Submission Form (Obj. 4.1 and 4.2)

Start Date & Time	Due Date & Time	Points
Aug 22, 2024, 12:00 AM	Aug 28, 2024, 11:59 PM	90

Assessment Traits

 Group

Assessment Description

This is a Collaborative Learning Community (CLC) assignment.

After your group has conducted its weekly session, the group leader will submit the CLC Group Session Submission Form document, located in the class resources, to the instructor. Please review the feedback form, in particular any feedback and suggested changes from the instructor prior to conducting the next week's group session. The Zoom session must be recorded and uploaded in the correct grading portal to receive credit for this assignment.

APA style is not required, but solid academic writing is expected.

You are not required to submit this assignment to LopesWrite.

This assignment is informed by the following CACREP Standard:

2.F.6.b. Dynamics associated with group process and development.

Topic 3 Participation

Start Date & Time	Due Date & Time	Points
Aug 22, 2024, 12:00 AM	Aug 28, 2024, 11:59 PM	20

Topic 4: Managing Initial and Transition Stages of Group Development

Aug 29, 2024 - Sep 4, 2024 Max Points: 135

Objectives:

1. Identify the main characteristics of group members' behaviors at the initial and transitional stages. [CACREP 2.F.6.b]
2. Analyze the basic skills required of a group counselor in addressing and responding appropriately to challenges faced in the initial and transition stages of a counseling group. [CACREP 2.F.6.b]

Resources

Forecasting Success: Patients' Expectations for Improvement and Their Relations to Baseline, Process and Outcome Variables in Group Cognitive-Behavioural Therapy for Depression
(REQUIRED)

Read "Forecasting Success: Patients' Expectations for Improvement and Their Relations to Baseline, Process and Outcome Variables in Group Cognitive-Behavioural Therapy for Depression" by Tsai et al., from *Clinical Psychology & Psychotherapy* (2014).

<https://lopes.idm.oclc.org/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=95322642&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Ethnic Minority Cultural Adaptations of Cognitive Behavioral Therapy (REQUIRED)

Read "Ethnic Minority Cultural Adaptations of Cognitive Behavioral Therapy," by Iwamasa, from *Handbook of Cognitive Behavioral Therapy: Applications* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2021-23706-027&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Groups: Process and Practice (REQUIRED)

Read Chapter 8 and review Chapter 4 of *Groups: Process and Practice*.

Sinking Slowly: Diversity in Propensity to Trust Predicts Downward Trust Spirals in Small Groups (REQUIRED)

Read "Sinking Slowly: Diversity in Propensity to Trust Predicts Downward Trust Spirals in Small Groups," by Ferguson and Peterson, from *Journal of Applied Psychology* (2015).

<https://lopes.idm.oclc.org/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2015-01016-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Creativity in Teaching Case Conceptualization Skills: Role-Play to Show the Interconnectedness of Domains (REQUIRED)

Read "Creativity in Teaching Case Conceptualization Skills: Role-Play to Show the Interconnectedness of Domains," by Hinkle and Dean, from *Journal of Creativity in Mental Health* (2017).

<https://doi-org.lopes.idm.oclc.org/10.1080/15401383.2016.1249813>

Optional - Online Counseling Fast (OPTIONAL)

For additional information, the following is recommended:

"Online Counseling Fast" website is an example of an online counseling service.

<http://www.onlinecounselingfast.com/>

Assembling the Group: Screening, Placing, and Preparing Group Members (REQUIRED)

Read "Assembling the Group: Screening, Placing, and Preparing Group Members," by Marmarosh, Markin, and Spiegel, from *Attachment in Group Psychotherapy* (2013).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2013-01876-005&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Optional - Stress Group (REQUIRED)

For additional information, the following is recommended:

"Stress Group" website.

<http://www.stressgroup.com/home.html>

Pre-Group Preparation (REQUIRED)

Read "Pre-Group Preparation," by Tasca, Mikail, and Hewitt, from *Group Psychodynamic-Interpersonal Psychotherapy* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2020-73377-004&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Stages of Group Counseling (REQUIRED)

Watch "Stages of Group Counseling," by Grande, on YouTube (2015). *Please only watch up to 8:17.*

<https://www.youtube.com/watch?v=dwdlBIMSSFI>

Optional - Counseling Special Populations in Schools (REQUIRED)

For additional information, the following is recommended:

Counseling Special Populations in Schools, by Fisher and Kennedy (2016).

<https://ebookcentral-proquest-com.lopes.idm.oclc.org/lib/gcu/detail.action?docID=5763503>

Assessments

Topic 4 DQ 1 (Obj. 4.1)

Start Date & Time	Due Date & Time	Points
Aug 29, 2024, 12:00 AM	Aug 31, 2024, 11:59 PM	5

Assessment Description

Review the "Stages of Group Counseling" video located in the Topic 4 Resources and identify potential forms of conflict you can expect at each of the various stages. What are your own reactions to conflict? How will this influence your ability to help members recognize and work through conflicts?

This discussion question is informed by the following CACREP Standard:

2.F.6.b. Dynamics associated with group process and development.

Topic 4 DQ 2 (Obj. 4.2)

Start Date & Time	Due Date & Time	Points
Aug 29, 2024, 12:00 AM	Sep 2, 2024, 11:59 PM	5

Assessment Description

Refer to Chapter 8 of *Groups: Process and Practice* and share how the use of role-plays among group members could affect the stages of group development. (Share an example using at least one stage of group development.) What purpose could role-play serve for individual members and for the group as a whole?

This discussion question is informed by the following CACREP Standard:

2.F.6.b. Dynamics associated with group process and development.

Assignment #2: Peer Review/Self Review and Reflection (Obj. 2.1, 3.1, and 3.2)

Start Date & Time	Due Date & Time	Points
Aug 29, 2024, 12:00 AM	Sep 4, 2024, 11:59 PM	15

Assessment Description

During Topic 2, your group should meet virtually for 2 hours in Zoom for online students and in person for cohort students. The group should be led by a different facilitator each week, based on the schedule outlined during Topic 1, and cover the preselected topic. Students will participate in a minimum of 12 hours of group work throughout the course.

To receive full credit for this assignment, complete the following:

1. The Zoom session must be recorded using the **GCU provided account** to receive credit for this assignment. Refer to the Class Resources document, "GCU Zoom Resources: Counseling and Social Work," for assistance. This week's **facilitator** submits the link.
2. Each student needs to complete the "Peer Review/Self Review and Reflection" form located in the Class Resources.
3. Submit the form to your instructor for review.

APA style is not required, but solid academic writing is expected.

This assignment uses a scoring guide which is located in the Class Resources. Please review the guide prior to beginning the assignment to become familiar with the expectations for successful completion.

You are not required to submit this assignment to LopesWrite.

This assignment is informed by the following CACREP Standards:

2.F.6.b. Dynamics associated with group process and development.

2.F.6.c. Therapeutic factors and how they contribute to group effectiveness.

2.F.6.h. Direct experiences in which students participate as group members in a small group activity, approved by the program, for a minimum of 10 clock hours over the course of one academic term.

CLC - Assignment #1: Group Session Submission Form (Obj. 4.1 and 4.2)

Start Date & Time	Due Date & Time	Points
Aug 29, 2024, 12:00 AM	Sep 4, 2024, 11:59 PM	90

Assessment Traits

 Group

Assessment Description

This is a Collaborative Learning Community (CLC) assignment.

After your group has conducted its weekly session, the group leader will submit the CLC Group Session Submission Form document, located in the class resources, to the instructor. Please review the feedback form,

in particular any feedback and suggested changes from the instructor prior to conducting the next week's group session. The Zoom session must be recorded and uploaded in the correct grading portal to receive credit for this assignment.

APA style is not required, but solid academic writing is expected.

You are not required to submit this assignment to LopesWrite.

This assignment is informed by the following CACREP Standard:

2.F.6.b. Dynamics associated with group process and development.

Topic 4 Participation

Start Date & Time	Due Date & Time	Points
Aug 29, 2024, 12:00 AM	Sep 4, 2024, 11:59 PM	20

Topic 5: Managing the Working and Final Stages of Group Development

Sep 5, 2024 - Sep 11, 2024 Max Points: 135

Objectives:

1. Discuss the ethical responsibilities of the group leader to the group as it proceeds through the termination stage to the end, including relapse prevention for members with substance use disorders.
2. Demonstrate knowledge of characteristics and functions of an effective group leader in the final stages of the group process. [CACREP 2.F.6.d]

Resources

Stages of Group Counseling (REQUIRED)

Watch "Stages of Group Counseling," by Grande, on YouTube (2015). *Please only watch from 8:17 to 15:24.*

<https://youtu.be/dwdlBlMSSFI?t=497>

What Was That Session Like? An Empirically-Derived Typology of Group Therapy Sessions (REQUIRED)

Read "What Was That Session Like? An Empirically-Derived Typology of Group Therapy Sessions," by Li et al., from *Group Dynamics: Theory, Research, and Practice* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2020-64983-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

The Perils of Addiction (REQUIRED)

Read "The Perils of Addiction," by Rabinowitz, from *Deepening Group Psychotherapy With Men: Stories and Insights for the Journey* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2019-11200-008&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Groups: Process and Practice (REQUIRED)

Read Chapter 9 and review Chapter 8 of *Groups: Process and Practice*.

Making Group Psychotherapy Work for Men (REQUIRED)

Read "Making Group Psychotherapy Work for Men," by Rabinowitz, from *Deepening Group Psychotherapy With Men: Stories and Insights for the Journey* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pzh&AN=2019-11200-005&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Assessments

Topic 5 DQ 1 (Obj. 5.1)

Start Date & Time	Due Date & Time	Points
Sep 5, 2024, 12:00 AM	Sep 7, 2024, 11:59 PM	5

Assessment Description

Identify and discuss three ethical guidelines that are important to consider when designing an 8-week group for adolescents who are referred for school, behavior, and/or substance use issues.

Topic 5 DQ 2 (Obj. 5.2)

Start Date & Time	Due Date & Time	Points
Sep 5, 2024, 12:00 AM	Sep 9, 2024, 11:59 PM	5

Assessment Description

You are now leading a group for 8 weeks with adolescents referred for school, behavior, and/or substance use issues. What are some counselor skills you could display to approach presenting issues such as building rapport, verbalizing challenging feelings, or addressing resistance?

This discussion question is informed by the following CACREP Standards:

2.F.6.b. Dynamics associated with group process and development.

Assignment #2: Peer Review/Self Review and Reflection (Obj. 2.1, 3.1, and 3.2)

Start Date & Time	Due Date & Time	Points
Sep 5, 2024, 12:00 AM	Sep 11, 2024, 11:59 PM	15

Assessment Description

During Topic 2, your group should meet virtually for 2 hours in Zoom for online students and in person for

cohort students. The group should be led by a different facilitator each week, based on the schedule outlined during Topic 1, and cover the preselected topic. Students will participate in a minimum of 12 hours of group work throughout the course.

To receive full credit for this assignment, complete the following:

1. The Zoom session must be recorded using the **GCU provided account** to receive credit for this assignment. Refer to the Class Resources document, "GCU Zoom Resources: Counseling and Social Work," for assistance. This week's **facilitator** submits the link.
2. Each student needs to complete the "Peer Review/Self Review and Reflection" form located in the Class Resources.
3. Submit the form to your instructor for review.

APA style is not required, but solid academic writing is expected.

This assignment uses a scoring guide which is located in the Class Resources. Please review the guide prior to beginning the assignment to become familiar with the expectations for successful completion.

You are not required to submit this assignment to LopesWrite.

This assignment is informed by the following CACREP Standards:

2.F.6.b. Dynamics associated with group process and development.

2.F.6.c. Therapeutic factors and how they contribute to group effectiveness.

2.F.6.h. Direct experiences in which students participate as group members in a small group activity, approved by the program, for a minimum of 10 clock hours over the course of one academic term.

CLC - Assignment #1: Group Session Submission Form (Obj. 4.1 and 4.2)

Start Date & Time	Due Date & Time	Points
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Sep 5, 2024, 12:00 AM	Sep 11, 2024, 11:59 PM	90
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Assessment Traits

 Group

Assessment Description

This is a Collaborative Learning Community (CLC) assignment.

After your group has conducted its weekly session, the group leader will submit the CLC Group Session Submission Form document, located in the class resources, to the instructor. Please review the feedback form, in particular any feedback and suggested changes from the instructor prior to conducting the next week's group session. The Zoom session must be recorded and uploaded in the correct grading portal to receive credit for this assignment.

APA style is not required, but solid academic writing is expected.

You are not required to submit this assignment to LopesWrite.

This assignment is informed by the following CACREP Standard:

Topic 5 Participation

Start Date & Time	Due Date & Time	Points
Sep 5, 2024, 12:00 AM	Sep 11, 2024, 11:59 PM	20

Topic 6: Managing Problem Situations in Group Counseling

Sep 12, 2024 - Sep 18, 2024 Max Points: 135

Objectives:

1. Analyze common challenges faced by group leaders in addressing problem situations. [CACREP 2.F.6.f]
2. Explain the structure needed to maximize the therapeutic outcomes of the group when common problems or difficult group member situations arise. [CACREP 2.F.6.c]

Resources

Involuntary Members in a Group (REQUIRED)

Read "Involuntary Members in a Group," by Schimmel, Jacobs, and Adams, from *The Professional Counselor's Desk Reference* (2nd ed.) (2015).

https://lopes.idm.oclc.org/login?url=https://search.credoreference.com/content/entry/sppcd/involuntary_members_in_a_group/0?institutionId=5865

Association for Specialists in Group Work (REQUIRED)

Explore the "Association for Specialists in Group Work" website.

<https://www.asgw.org/>

Groups: Process and Practice (REQUIRED)

Review Chapters 6, 7, and 9 of *Groups: Process and Practice*.

Principles of Cooperation: Implications for Group Psychotherapy (REQUIRED)

Read "Principles of Cooperation: Implications for Group Psychotherapy," by Parks, from *The Psychology of Groups: The Intersection of Social Psychology and Psychotherapy Research* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-56134-005&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Assessments

Topic 6 DQ 1 (Obj. 6.1)

Start Date & Time	Due Date & Time	Points
Sep 12, 2024, 12:00 AM	Sep 14, 2024, 11:59 PM	5

Assessment Description

How might a group member demonstrate resistive or difficult behavior within a group setting? How might you work in a therapeutic way with such a member's behavior? Provide examples.

This discussion question is informed by the following CACREP Standard:

2.F.6.f. Types of groups and other considerations that affect conducting groups in varied settings.

Topic 6 DQ 2 (Obj. 6.2)

Start Date & Time	Due Date & Time	Points
Sep 12, 2024, 12:00 AM	Sep 16, 2024, 11:59 PM	5

Assessment Description

What are some therapeutic factors to consider when conducting a group that deals with process or substance use addiction? Explain how you would address your selected factors in the group setting.□

This discussion question is informed by the following CACREP Standard:

2.F.6.c. Therapeutic factors and how they contribute to group effectiveness.

Assignment #2: Peer Review/Self Review and Reflection (Obj. 2.1, 3.1, and 3.2)

Start Date & Time	Due Date & Time	Points
Sep 12, 2024, 12:00 AM	Sep 18, 2024, 11:59 PM	15

Assessment Description

During Topic 2, your group should meet virtually for 2 hours in Zoom for online students and in person for cohort students. The group should be led by a different facilitator each week, based on the schedule outlined during Topic 1, and cover the preselected topic. Students will participate in a minimum of 12 hours of group work throughout the course.

To receive full credit for this assignment, complete the following:

1. The Zoom session must be recorded using the **GCU provided account** to receive credit for this assignment. Refer to the Class Resources document, "GCU Zoom Resources: Counseling and Social Work," for assistance. This week's **facilitator** submits the link.
2. Each student needs to complete the "Peer Review/Self Review and Reflection" form located in the Class Resources.
3. Submit the form to your instructor for review.

APA style is not required, but solid academic writing□ is expected.

This assignment uses a scoring guide which is located in the Class Resources. Please review the guide prior to beginning the assignment to become familiar with the expectations for successful completion.

You are not required to submit this assignment to LopesWrite.

This assignment is informed by the following CACREP Standards:

2.F.6.b. Dynamics associated with group process and development.

2.F.6.c. Therapeutic factors and how they contribute to group effectiveness.

2.F.6.h. Direct experiences in which students participate as group members in a small group activity, approved by the program, for a minimum of 10 clock hours over the course of one academic term.

CLC - Assignment #1: Group Session Submission Form (Obj. 4.1 and 4.2)

Start Date & Time	Due Date & Time	Points
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Sep 12, 2024, 12:00 AM	Sep 18, 2024, 11:59 PM	90
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Assessment Traits

 Group

Assessment Description

This is a Collaborative Learning Community (CLC) assignment.

After your group has conducted its weekly session, the group leader will submit the CLC Group Session Submission Form document, located in the class resources, to the instructor. Please review the feedback form, in particular any feedback and suggested changes from the instructor prior to conducting the next week's group session. The Zoom session must be recorded and uploaded in the correct grading portal to receive credit for this assignment.

APA style is not required, but solid academic writing is expected.

You are not required to submit this assignment to LopesWrite.

This assignment is informed by the following CACREP Standard:

2.F.6.b. Dynamics associated with group process and development.

Topic 6 Participation

Start Date & Time	Due Date & Time	Points
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Sep 12, 2024, 12:00 AM	Sep 18, 2024, 11:59 PM	20
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Topic 7: Group Work with Children and Adolescents

Sep 19, 2024 - Sep 25, 2024 Max Points: 135

Objectives:

1. Explain the legal, ethical, and cultural issues involved in designing and facilitating group work with children and adolescents. [CACREP 2.F.6.g]
2. Analyze the unique facilitation issues and strategies used when working with children and adolescents.

Resources

Groups: Process and Practice (REQUIRED)

Review Chapter 11 of *Groups: Process and Practice*.

Let's All Play Together Nicely: Facilitating Collaboration in Children's Groups (REQUIRED)

Read "Let's All Play Together Nicely: Facilitating Collaboration in Children's Groups," by Van Velsor, from *Journal for Specialists in Group Work* (2017).

<https://doi-org.lopes.idm.oclc.org/10.1080/01933922.2017.1338809>

Counselor Preparation in Working With African American Adolescents in Group Counseling (REQUIRED)

Read "Counselor Preparation in Working With African American Adolescents in Group Counseling," by Cheng et al., from *Journal for Specialists in Group Work* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=cui&AN=141935833&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Can the Group Harm the Individual? Reviewing Potential Iatrogenic Effects of Group Treatment for Adolescent Substance Use (REQUIRED)

Read "Can the Group Harm the Individual? Reviewing Potential Iatrogenic Effects of Group Treatment for Adolescent Substance Use," by Hogue et al., from *Clinical Psychology: Science and Practice* (2021).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=2021-45656-006&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

A Customized Social Network Platform (Kids Helpline Circles) for Delivering Group Counseling to Young People Experiencing Family Discord That Impacts Their Well-Being: Exploratory Study (REQUIRED)

Read "A Customized Social Network Platform (Kids Helpline Circles) for Delivering Group Counseling to Young People Experiencing Family Discord That Impacts Their Well-Being: Exploratory Study," by Campbell et al., from *Journal of Medical Internet Research* (2019).

<https://www.ncbi.nlm.nih.gov.lopes.idm.oclc.org/pmc/articles/PMC6942185/>

Teens of Incarcerated Parents: A Group Counseling Intervention for High School Counselors (REQUIRED)

Read "Teens of Incarcerated Parents: A Group Counseling Intervention for High School Counselors," by Gerlach, from *Journal of School Counseling* (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=143427615&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Bowen Family Systems Therapy With Transgender Minors: A Case Study (REQUIRED)

Read "Bowen Family Systems Therapy With Transgender Minors: A Case Study," by Healy and Allen, from

Clinical Social Work Journal (2020).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-23940-001&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Assessments

Topic 7 DQ 1 (Obj. 7.1)

Start Date & Time	Due Date & Time	Points
Sep 19, 2024, 12:00 AM	Sep 21, 2024, 11:59 PM	5

Assessment Description

When leading a group with children and their parents present, explain three special issues that may arise in such a group. How would you manage those issues as the group leader?

This discussion question is informed by the following CACREP Standard:

2.F.6.g. Ethical and culturally relevant strategies for designing and facilitating groups.

Topic 7 DQ 2 (Obj. 7.2)

Start Date & Time	Due Date & Time	Points
Sep 19, 2024, 12:00 AM	Sep 23, 2024, 11:59 PM	5

Assessment Description

Identify and explain an evidence-based adolescent intervention that you would implement in your future practice as a group leader.□

This discussion question is informed by the following CACREP Standard:

2.F.6.f. Types of groups and other considerations that affect conducting groups in varied settings.

Assignment #2: Group Facilitator Peer Review and Reflection (Obj. 2.1, 3.1, and 3.2)

Start Date & Time	Due Date & Time	Points
Sep 19, 2024, 12:00 AM	Sep 25, 2024, 11:59 PM	15

Assessment Description

During Topic 2, your group should meet virtually for 2 hours in Zoom for online students and in person for cohort students. The group should be led by a different facilitator each week, based on the schedule outlined during Topic 1, and cover the preselected topic. Students will participate in a minimum of 12 hours of group work throughout the course.

To receive full credit for this assignment, complete the following:

1. The Zoom session must be recorded using the **GCU provided account** to receive credit for this assignment. Refer to the Class Resources document, "GCU Zoom Resources: Counseling and Social Work," for assistance. This week's **facilitator** submits the link.
2. Each student needs to complete the "Peer Review/Self Review and Reflection" form located in the Class Resources.
3. Submit the form to your instructor for review.

APA style is not required, but solid academic writing is expected.

This assignment uses a scoring guide which is located in the Class Resources. Please review the guide prior to beginning the assignment to become familiar with the expectations for successful completion.

You are not required to submit this assignment to LopesWrite.

This assignment is informed by the following CACREP Standards:

2.F.6.b. Dynamics associated with group process and development.

2.F.6.c. Therapeutic factors and how they contribute to group effectiveness.

2.F.6.h. Direct experiences in which students participate as group members in a small group activity, approved by the program, for a minimum of 10 clock hours over the course of one academic term.

CLC - Assignment #1: Group Session Submission Form (Obj. 4.1 and 4.2)

Start Date & Time	Due Date & Time	Points
Sep 19, 2024, 12:00 AM	Sep 25, 2024, 11:59 PM	90

Assessment Traits

 Group

Assessment Description

This is a Collaborative Learning Community (CLC) assignment.

After your group has conducted its weekly session, the group leader will submit the CLC Group Session Submission Form document, located in the class resources, to the instructor. Please review the feedback form, in particular any feedback and suggested changes from the instructor prior to conducting the next week's group session. The Zoom session must be recorded and uploaded in the correct grading portal to receive credit for this assignment.

APA style is not required, but solid academic writing is expected.

You are not required to submit this assignment to LopesWrite.

This assignment is informed by the following CACREP Standard:

2.F.6.b. Dynamics associated with group process and development.

Topic 7 Participation

Start Date & Time	Due Date & Time	Points
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Topic 8: Group Work with Adults and Older Adults

Sep 26, 2024 - Oct 2, 2024 Max Points: 100

Objectives:

1. Compare the benefits of topic or themed-centered groups versus specific or focused-centered groups. [CACREP 2.F.6.a]
2. Analyze issues and group approaches for working with involuntary adult clients. [CACREP 2.F.6.f]
3. Identify common theories and topics around which adult and older adult groups may be structured. [CACREP 2.F.6.a, 2.F.6.f]
4. Describe the unique issues and strategies used when working with a diverse population of adults. [CACREP 2.F.6.f]
5. Formulate approaches to group formation, including recruiting, screening, and selecting members. [CACREP 2.F.6.e]

Resources

Groups: Process and Practice (REQUIRED)

Review Chapter 11 of *Groups: Process and Practice*.

Counseling Older Adults: Practical Implications (REQUIRED)

Read "Counseling Older Adults: Practical Implications," by Miller and Reid, from *The Professional Counselor's Desk Reference* (2nd ed.) (2015).

https://lopes.idm.oclc.org/login?url=https://search.credoreference.com/content/entry/sppcd/counseling_older_adults_practical_implications/0?institutionId=586

Horticultural Therapy Support Group for Older Adult Caregivers (REQUIRED)

Read "Horticultural Therapy Support Group for Older Adult Caregivers," by Ascencio, Wojtaszek, and Davalos, from *Journal of Therapeutic Horticulture* (2019).

<https://lopes.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=142366620&site=ehost-live&scope=site&custid=s8333196&groupid=main&profile=ehost>

Group Cohesion and Climate in Cognitive Behavioral Therapy for Individuals With a First-Time DUI (REQUIRED)

Read "Group Cohesion and Climate in Cognitive Behavioral Therapy for Individuals With a First-Time DUI," by Cruz, Osilla, and Paddock, from *Alcoholism Treatment Quarterly* (2020).

<https://www.ncbi.nlm.nih.gov/lopes.idm.oclc.org/pmc/articles/PMC7500184/>

Assessments

Topic 8 DQ 1 (Obj. 8.2 and 8.4)

Start Date & Time	Due Date & Time	Points
Sep 26, 2024, 12:00 AM	Sep 28, 2024, 11:59 PM	5

Assessment Description

When leading a group of involuntary participants such as adult clients (21 to 65), what are three unique behaviors that may hinder the progress in this type of group setting? As a group leader, how would you approach and respond to these behaviors?

This discussion question is informed by the following CACREP Standards:

2.F.6.a. Theoretical foundations of group counseling and group work.

2.F.6.f. Types of groups and other considerations that affect conducting groups in varied settings

Topic 8 DQ 2 (Obj. 8.3 and 8.4)

Start Date & Time	Due Date & Time	Points
Sep 26, 2024, 12:00 AM	Sep 30, 2024, 11:59 PM	5

Assessment Description

As a future group counselor, choose a theoretical approach that would be most suitable when working with the older population (65 and above). Describe three challenges you may have when working in a setting with this population.

This discussion question is informed by the following CACREP Standard:

2.F.6.f. Types of groups and other considerations that affect conducting groups in varied settings.

Assignment: Group Design, Selection, and Screening* (Obj. 8.1, 8.2, and 8.5)

Start Date & Time	Due Date & Time	Points
Sep 26, 2024, 12:00 AM	Oct 2, 2024, 11:59 PM	60

Assessment Traits

 Requires LopesWrite

Assessment Description

You have been tasked to design a counseling group from start to finish. To start this task, select one of the following group types.

- Children of divorce
- Children of addicts
- Adult Survivors of abuse (could be sexual or physical)
- Treatment for adults who are addicts
- Grief recovery
- Teens struggling with gender dysphoria (sexual identity)
- Teen support group (parents who are addicts)
- Relationship building (homosexual and heterosexual – there does not have to be a division because a group is a group)

- Domestic violence group for nonoffenders
- Parenting group

Now that you have selected a group type, you need to consider the other details of your group as well to include how new members will be selected. When determining which new members to add, it is suggested you follow a screening process to ensure they are a good fit for the group.

Create a 12-15-slide presentation about your group that includes the following:

- Group type
- Why you chose this type of group
- Population serving including cultural considerations
- Number of sessions
- Number of participants
- Goals of the counseling group
- Theoretical approach(es) to be used in the group and ethical considerations
- A set of screening questions that you, as the group leader, will use to choose the members of the group. Begin with demographic questions (name, age, address, presenting issue, etc.) There should be a minimum of 10 screening questions, not including the demographics questions.
- Speaker notes on each slide that would represent what you would say if giving this presentation in person.
- Use a minimum of three scholarly references in addition to the course textbook to support the findings.

Title slide and reference slide are not included in the slide count. Please ensure the speaker notes are thorough and include 50-75 words for each content-related slide.

Refer to the resource, "Creating Effective PowerPoint Presentations," located in the Student Success Center, for additional guidance on completing this assignment in the appropriate style.

Prepare this assignment according to the guidelines found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

Refer to the LopesWrite webpage for guidance regarding assignments requiring submission to LopesWrite.

*This assignment is recommended as a representative artifact in your e-Portfolio.

This performance assessment assesses the Key Performance Indicator (KPI) for Group Counseling & Group Work.

This assignment is informed by the following CACREP Standards:

2.F.6.a. Theoretical foundations of group counseling and group work.

2.F.6.b. Dynamics associated with group process and development.

2.F.6.c. Therapeutic factors and how they contribute to group effectiveness.

2.F.6.d. Characteristics and functions of effective group leaders.

2.F.6.e. Approaches to group formation, including recruiting, screening, and selecting members.

2.F.6.f. Types of groups and other considerations that affect conducting groups in varied settings.

2.F.6.g. Ethical and culturally relevant strategies for designing and facilitating groups.

CNL-520 Topic 8 Quiz (Obj. Course)

Start Date & Time	Due Date & Time	Points	Time Limit
Sep 26, 2024, 12:00 AM	Oct 2, 2024, 11:59 PM	10	1 hr 30 mins

Assessment Traits

 Timed

Assessment Description

The following quiz has been designed to help prepare you for the national counseling exam. In preparation for the quiz, please review the content learned throughout the course, including the textbook readings. When completing the quiz, please select the best answer.

This performance assessment assesses the Key Performance Indicator (KPI) for Group Counseling & Group Work.

This quiz is informed by the following CACREP Standard:

2.F.6.a: Theoretical foundations of group counseling and group work.

Topic 8 Participation

Start Date & Time	Due Date & Time	Points
Sep 26, 2024, 12:00 AM	Oct 2, 2024, 11:59 PM	20