

**THE UNIVERSITY OF TEXAS AT AUSTIN**  
**EDP 384D: GROUP COUNSELING/INTERVENTIONS (Unique #10325)**  
**SPRING 2018**

**WEDNESDAYS 1:00 – 4:00**  
**SZB 444**

**Room:**

Lecturer: Michael Fresques, Ph.D.

Telephone: 512-327-6441

Office Hours: By appointment

email: fresques@aol.com

Canvas: canvas.utexas.edu

**Services for Students with Disabilities**

The University of Texas at Austin provides upon request appropriate academic accommodations for qualified students with disabilities. Any student with a documented disability who requires academic accommodations should contact Services for Students with Disabilities at 512-471-6259 (voice) or 512-410-6644 (Video Phone) as soon as possible to request an official letter outlining authorized accommodations

**Course Description and Objectives**

**Course Description:** This course provides an introduction to group psychotherapy with an overview of group dynamics and group processes. The course includes an exploration of group counseling models, group leadership skills and techniques, including planning and facilitating group. A major component of the class is participation in a training group. We will be both learning about group and participating in one. The instructor will lead the process group. Students will have an opportunity to co-lead the group.

**Course Competencies:** Students who complete this class should be able to demonstrate the following:

- . Awareness of group dynamics and group processes;
- . Knowledge of group processing models;
- . Development of group leadership skills and techniques;
- . Basic understanding of how to apply group counseling skills and techniques;
- . Knowledge of ethical issues related to group counseling; and
- . Increased self-awareness of one's impact on the group

**Required Readings**

**Required Textbook:** Yalom, I.D. (2005) The Theory and Practice of Group Psychotherapy (5<sup>th</sup> Ed.). New York: Basic Books.

## Course Requirements

**Confidentiality:** As in all therapeutic situations confidentiality is an essential ingredient. All class participants are expected to maintain confidentiality regarding disclosures made in the training group. Subgroup discussion of group outside of class is unprofessional.

**Attendance:** Students are expected to attend every class and be on time. Because absences impact the entire process group, please be considerate of others. Please let the instructor know in advance, personally or by email, if you know you will not be able to attend a class.

**Reading:** You will also be expected to complete the reading assignments prior to each class so that you can contribute to the class discussions in a meaningful way.

**Deadlines and Extra Credit:** All assignments will be turned in on time. There is no method for accruing extra credit in this class to compensate for required assignments.

### Assignments:

1. **Quiz Questions:** Each week you submit 3 quiz questions with answers based on the current week's reading in Yalom. These will be turned in at the start of each class.
2. **Quiz:** Each week be prepared to take a short oral quiz based on questions submitted by yourself and other students plus any questions the instructor may add.
3. **Co-leadership of the Process Group:** Each week in the process group, a student will co-lead the group with the group leader. This may include a brief consultation between the instructor and the co-leader before and after the process group. This requirement will not be graded.
4. **Final Paper:** An explanation, using what you have learned in reading Yalom, through discussion in class and from your experience in the process group of a single aspect of the group process. You might reflect on any parallels or differences in what you have learned cognitively/emotionally and what you have experienced. The paper should be academic (APA style) and 8 double-spaced pages, excluding title and reference pages. The paper should be academic in tone but use of examples and personal experience from the process group is encouraged. The paper should read like a journal article in a counseling or psychology professional journal. It may be helpful to read several journal articles to get a better handle on the style. The paper should be well-referenced. You should use outside sources other than the textbook to collaborate and reinforce the points you make in your paper. Use as many references as you need to show you have a theoretical grounding about group from the professional literature and that you can relate personal experiences to those concepts.
5. **Canvas Postings:** Each week, a day before class and after reading the assignment, post a paragraph (or more) on something you personally found interesting or pertinent in the reading. Read other class members postings.

## Evaluation

Final paper 60 %  
Quiz questions 5%  
Postings on Blackboard 5%  
Quizzes 30%  
The course is only offered on a pass/fail basis.

**Participation in the process group will not be graded.**

## Course Policies

1. **Academic integrity:** All written work submitted for this course is required to be your own work, not relying on unauthorized assistance. Use of the University Writing Center is considered authorized assistance. For questions on assignments, please consult your instructor and not your classmates. Please provide citations for all material that is not directly from the class lectures and all direct quotations from the textbook, using APA format. According to UT's academic integrity policy on the website listed below:

*"Students who violate University rules on academic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and/or dismissal from the University. Since such dishonesty harms the individual, all students, and the integrity of the University, policies on academic dishonesty will be strictly enforced. For further information please visit the Student Judicial Services Web site:  
<http://deanofstudents.utexas.edu/sjs>."*

2. **Religious holidays:** University policy is to respect religious holidays. Please advise the instructor of any upcoming holidays and the specific dates of a missed class to make arrangements for assignments and ensuring coverage of class materials.
3. **Use of electronics:** Being fully engaged in the learning experience will maximize your mastery of the content of the course, which includes foundational knowledge and skills. Please use your electronics in a way to support your learning. Use of electronic equipment for personal use during class activities is distracting to you and others. Personal use of electronics demonstrates a lack of respect toward the instructor and other students. Please check your cell phone prior to class to make sure that it will not ring or otherwise signal during class. Please put your cell phone away during class. Computers may be used only for taking notes or for class activities. Use of electronic materials during class time for activities beyond the scope of the class (including, but not limited to email, texting, Twitter, YouTube, Facebook, un-authorized web searching etc.) is subject to consequences. Consequences may include a personal warning or loss of privilege for using a computer during class. The instructor reserves the right to amend this policy.
4. **Emergency evacuation policy:** Occupants of buildings on the UT Austin campus are required to evacuate and assemble outside when a fire alarm is activated or an announcement is made. Please be aware of the following policies regarding evacuation. Familiarize yourself with all exit doors in the classroom and the building. Remember that the nearest exit door may not be the one you used when entering the building. If you require assistance to evacuate, inform the

professor in writing during the first week of class. In the event of an evacuation, follow the professor's instructions. Do not re-enter a building unless you are given instructions by the Austin Fire Department, the UT Austin Police Department or the Fire Prevention Services office.

5. ***Behavior concerns advice line (BCAL)***. If students are worried about themselves or someone who is acting differently, they may use the Behavior Concerns Advice Line to discuss by phone how to access resources in regard to concerns about another individual's behavior. This service is provided through a partnership between the Office of the Dean of Students, the Counseling and Mental Health Center (CMHC), the Employee Assistance Program (EAP), and The University of Texas Police Department (UTPD). Call 512-232-5050 or visit <http://www.utexas.edu/safety/bcal>.

**See following page for course schedule and assignment due dates.**

## Group Psychotherapy

### Schedule and Assignment Due Dates

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Date	Topic	Assigned Reading ( <i>All in Yalom</i> )
January 17	Introduction	
January 24	Models of Group Therapy Training	Preface, Ch 17
January 31	Therapeutic Factors Interpersonal Learning	Ch 1-2
February 7	Group Cohesiveness Therapeutic Factors Integration	Ch 3-4
February 14	Therapist Tasks Here-and-Now	Ch 5-6
February 21	Working w/ Process, Transference, Transparency & Resistance	Ch 7
February 28	Selection of Clients Composition of Therapy Groups	Ch 8-9
March 7	Creating Groups	Ch 10
March 14	Spring Break! No Class	
March 21	Stages of Group The Advanced Group	Ch 11
March 28	The Advanced Group	Ch 12
April 4	Problem Group Members <b>Final Papers Due</b>	Ch 13
April 11	Specialized Formats	Ch 14
April 18	Specialized Groups	Ch 15
April 25	Ancestors and Cousins	Ch 16
May 2	Discussion of Student Papers	

This is a proposed course schedule. Advance notice will be given to you if it becomes necessary to make changes. Modifications may be made as a result of collaboration between the instructor and students.