



substance abuse counseling. The application of group counseling skills must be driven by a theory consistent with the counselor's own personal theory of counseling. This course allows students the opportunity to further develop their own theory of counseling and to begin to integrate their counseling theory into the processes common to all groups.

One part of the course will be asynchronous on Canvas with discussion posts, reading quizzes, assignments. Sections 1 & 3 will meet weekly with Dr. Wallbrown, and sections 2 & 4 will meet weekly with Dr. Dobson. You are required to attend the first session during week two, and attend 4 out of 5 live meetings total, including the week you are presenting.

There will also be a live component over Zoom during designated weeks.

**Synchronous Virtual Classroom link for Professor Wallbrown: <https://ulm.zoom.us/j/2648503783>**

## **COURSE PREREQUISITES**

5005 Theories of Counseling; 5010 Methods of Counseling

## **COMMITMENT TO DIVERSITY AND ACCOMODATIONS**

The Counseling Program at ULM is committed to advancing diversity, equity, and inclusion throughout the curriculum and clinical experience. We invite diversity and foster a culture of inclusion that supports multiple dimensions of culture that includes race, ethnicity, gender identity, sexual orientation, religious affiliation, spirituality, nationality, regionality, disability, and beyond.

Within the Counseling Program, we attempt to foster and maintain a safe environment of respect and inclusion for faculty, staff, students, and members of the communities we serve. We educate our faculty and students to be social justice advocates for marginalized populations and direct our curriculum to reflect the diversity of our communities and elevate awareness.

The Counseling Program is committed to building a faculty, staff, and student body that reflects these cultural values. The Counseling Program is committed to making reasonable efforts to assist individuals with disabilities in their efforts to avail themselves of services and programs offered by ULM. To this end, ULM will provide reasonable accommodation for persons with documented qualifying disabilities. Students who have a disability and feel they need accommodations in the course must present a letter to the instructor from the Self-Development, Counseling, and Special Accommodations Center at ULM indicating the existence of a disability and the suggested accommodations. Students who need accommodations because of a known or suspected disability should contact the

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## Content Areas

### This course is designed to enable the student to:

- ◁ Understand the theoretical complexity of groupwork.
- ◁ Understand the skills and techniques of groupwork.
- ◁ Participate in an experiential, intensive group setting and become exposed to various dynamics and concepts of group counseling.
- ◁ Understand group dynamics and major approaches to group guidance and counseling, with emphasis on how to start a counseling group, how to effectively lead groups, and how to evaluate results.

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## Objectives

### Program Objective related to CACREP Core 3.F. Group Counseling and Group Work

Students will learn group skills and strategies in the practice of counseling related to their concentration that will be measured at two points in time with a success rate at or above 80%.

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## CACREP Standards

## Standards Core

**From the objectives above, students will learn the following CACREP standards, and some will be evaluated for the KPI #1 for the Core 3.F.**

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theoretical foundations of group counseling and group work  
dynamics assoc025 442.4BT.025 552.17 467.7 154.05 reg3 13.7T/F1 11E1

F.1







Syllabus and schedule are subject to

**F.**





### Class Schedule

Week	Dates	Topic	CACREP	Readings	Assignments
1	January 21 <sup>st</sup> – 26 <sup>th</sup>	Introduction to Groups	F.3	<ul style="list-style-type: none"> <li>• Syllabus</li> <li>• Chapter 1 Corey</li> <li>• Chapter 1 Yalom &amp; Leszcz</li> </ul>	Discussion Post 1
2	January 27 <sup>th</sup> – February 2 <sup>nd</sup>	<b>First Class Meeting</b> Becoming a Group Leader	F.2, F.3, F.7, F.10	<ul style="list-style-type: none"> <li>• Chapter 2 Corey</li> <li>• Chapter 5 &amp; Yalom &amp; Leszcz</li> <li>• Video- Introduction to DBT</li> </ul>	Class Meeting
3	February 3 <sup>rd</sup> – 9 <sup>th</sup>	Theories and Techniques of Group Counseling & Telehealth Considerations	F.9	<ul style="list-style-type: none"> <li>• Chapter 4 Corey</li> <li>• Week 3 Supplemental Materials on Canvas</li> </ul>	Discussion Post 2
4	February 10 <sup>th</sup> – 16 <sup>th</sup>	<b>Second Class Meeting (Group Co Leadership)</b> -Week 1-3 Content Discussions - Ethical/Legal and Cultural Considerations in Group Work	F.4, F.6, F.10	<ul style="list-style-type: none"> <li>• Chapter 3 Corey</li> <li>• Week 4 Supplemental Materials on Canvas</li> </ul>	Class Meeting
5	February 17 <sup>th</sup> – 23 <sup>rd</sup>	Group Cohesion	F.5	<ul style="list-style-type: none"> <li>• Chapters 2 &amp; 3 Yalom &amp; Leszcz</li> </ul>	Counseling Group Observation 1

Syllabus and schedule are subject to change

6	February 24 <sup>th</sup> – March 2 <sup>nd</sup>	Forming a Group	F.5	<ul style="list-style-type: none"> <li>&lt; Chapter 5 Corey</li> <li>&lt; Optional Zoom meeting Thursday 5-7pm CST – Group Proposal idea</li> </ul>	<p>Discussion Post 3</p> <p>Group Proposal Idea approved</p>
7	March 3 <sup>rd</sup> – 9 <sup>th</sup>	<p><b>Third Class Meeting (Group Co-Leadership)</b></p> <ul style="list-style-type: none"> <li>- Group Cohesion</li> <li>- Forming a Group</li> </ul>	F.5, F.7, F.10	<ul style="list-style-type: none"> <li>• Chapter 10 Yalom &amp; Leszcz</li> </ul>	Class Meeting



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application of technology related to group counseling and group work	F.6
types of groups, settings, and other considerations that affect conducting groups culturally	F.7



