Mohawk Valley Community College

Utica and Rome, New York

Course Outline

HS233 GROUP COUNSELING SKILLS C-3, Cr-3

Course Description

This course focuses on the acquisition of group counseling skills and techniques applicable for work within human service consumer populations and age groups. Issues include substance abuse, mental health, conflict resolution skills, and trauma. Group techniques and skills are practiced.

Prerequisite

HS 101 Introduction to Human Services.

Course Objectives

The student should be able to:

1. Explain theoretical approaches to group treatment.
2. Describe various types of groups.
3. Explain the advantages and limitations of group counseling.
4. List and identify the stages of group development.
5. Explain the difference between group content versus group process.
6. Explain the selection process and criteria for group membership.
7. Demonstrate a variety of group counseling/group leader techniques.
8. Differentiate between counter-productive and group-enhancing member behaviors.
9. Identify and explain the change process specifically involved for individuals within substance abuse treatment groups.
10. Identify strategies appropriate to group work with diverse populations
11. Differentiate between types of groups within various target populations (i.e., children, adolescents, adults).
12. Describe methods of evaluating groups.

Major Topics

1. Introduction to Group Work
2. Group Leadership Skills
3. Ethical & Legal Issues
4. Forming A Group
5. Initial Stage
6. Transition Stage
7. Working Stage
8. Termination Stage
9. Dealing with Problem Situations
10. Substance Abuse Treatment
11. Group Work with Children
12. Group Work with Adolescents
13. Group Work with Adults
14. Group Work with Elderly
15. Group Evaluation
16. Co-leadership in Groups