



COURSE TITLE/SECTION: SOCW 7356 (19197) Social Work Practice with Groups in Clinical Settings (Group Therapy in Mental Health Settings)

TIME: Wednesday, 6:00pm – 9:00pm

FACULTY: Travis J. Courville, LCSW

OFFICE HOURS: by appointment

E-mail: tjcourville@comcast.net Phone: 281-814-8213 FAX: 281-437-2587

I. Course

A. Catalog Description

Theories and concepts of interventions with small groups emphasizing roles and skills of social workers in a variety of clinical settings.

B. Purpose

This is an elective course which focuses on theories and concepts of clinical social work practice with small groups. The course is designed to help students understand and practice group work within a multi-social-cultural perspective.

II. Course Objectives

Upon completion of the course students will be able to:

1. formulate a clinical assessment of the group and the group members' biopsychosocial functioning by applying key concepts and principles of interpersonal dynamics and group processes;
2. formulate a diagnostic summary of group processes at different phases of the group's development;
3. critically analyze the role of the group leader and its impact on power and power inequity in social work practice with groups;
4. identify the ongoing dynamics of groups from various theoretical frameworks (i.e. strengths-based, systems, behavioral, psychodynamic, etc.);
5. assess the professional-client relationship and its impact on the helping process in working with groups;
6. analyze the impact of class, gender, race/ethnicity, sexual preference and culture on the interactional processes within a group;

7. use critical thinking in formulating and evaluating appropriate strategies of evidence-based group intervention;
8. demonstrate understanding of such key group dynamic concepts as: contracting, confidentiality, cohesiveness, confrontation, conflict, scapegoating, group norms, catharsis, universality, transference-countertransference, alliances, group composition, size, duration, feedback, and termination.

III. Course Content

See attached topical course outline for specific content to be taught in this course.

IV. Course Structure

Class sessions will be a combination of lecture, discussion, student presentations, and experiential exercises. Lecture material is intended to supplement, not review, the assigned readings. Because the experiential component is a major source of learning, students are expected to attend and participate in all class activities. Guest speakers and audiovisual resources may be a part of the educational experience.

V. Textbooks

Required:

Yalom, I. & Leszcz, M. (2005) The theory and practice of group psychotherapy. (5th ed.). New York: Basic Books

Garvin, C. et al. (2006 paperback edition) Handbook of social work with groups. New York: The Guilford Press

American Group Psychotherapy Association (2007) Practice guidelines for group psychotherapy. New York, New York. www.agpa.org Free PDF download from website. (84 pages)

VI. Course Requirements

A. Reading Assignments

The attached course outline contains weekly topics with required reading assignments. Additional reading assignments may be given during the semester.

B. Written Assignments

(1) An oral PowerPoint presentation with a slide handout on a specific topic in group work. The slide handout (six slides per page) will include at least three salient points and an annotated bibliography of references of a topic agreed upon during the initial class. A copy the handout for each person in class is expected. Due date will be the class time the topic is scheduled for discussion.

(2) An 8-10 page paper entitled, "Toward a personal philosophy of group work". This paper is intended for the student to articulate the theoretical application of social work practice in groups with one's style, principles, and philosophy of helping others. The paper will address at least assessment of group dynamics, strategies of interventions, professional-client relationships, and personal experience with groups. Do not consider bibliography or footnotes as part of the required 8-10 pages. The paper is due on the last day of class.

C. Exams

There will be one mid-semester exam and one quiz. Format of the exam will be multiple choices and open-ended questions about major topics covered in the classroom and textbook. The quiz will be multiple choices and essay. There will be no final exam.

D. Class Attendance

Class attendance and participation are expected and calculated into the course grade. Students can only use laptops for note taking. Any other use will be considered nonparticipation.

VII. Evaluation and Grading

Grading will be based on class attendance and participation, including evidence of having read assignments (45%); written and oral assignment for class discussion (15%); term paper (25%); and one exam & one quiz (15%).

The following grading scale will be used:

A =	96-100% of the points	C+ =	76-79.9%
A- =	92-95.9%	C =	72-75.9%
B+=	88-91.9%	C- =	68-71.9%
B =	84-87.9%	D =	64-67.9%
B- =	80-83.9%	F =	Below 64%

Policy on grades of I (Incompletes): Students are responsible for following University of Houston's policy regarding incomplete course work.

VIII. Consultation

I plan to be available before each class at 5:30 p.m. in the classroom. In addition, students can contact me by cell phone (281-814-8213) or email. You can also leave me a note in my GCSW mailbox for an appointment.

IX. Course Schedule and Reading Assignments

See course outline below for specific content and assignment schedule for this course.

X. Bibliography

The attached bibliography provides additional information on course content.

Addendum: Whenever possible, and in accordance with 504/ADA guidelines, the University of Houston will attempt to provide reasonable academic accommodations to students who request and require them. Please call 713-743-5400 for more assistance.

Please note that these instructions may be altered as needed.

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Course Outline

(Note: This outline may be revised during the semester as needed.)

Aug 24 **Introductions and course overview; history of group interventions, mental health & social work; different theoretical orientations**

Aug 31 **Therapeutic factors; therapist - client relationship**

Yalom: 1, 2 & 4

Garvin: 1

Additional reading:

AGPA Practice Guidelines for Group Psychotherapy, "Creating successful therapy groups", page 7

Sep 07 **Early stages of group therapy; goal setting; administration of groups**

Yalom: 5, 10 & 11

Additional reading:

AGPA Practice Guidelines for Group Psychotherapy, "Preparation and pre-group training", page 25

Sep 14 **Interpersonal learning approach; process vs. outcome**

Yalom: 3, 6

Garvin: 2

Sep 21 **Specialized groups in different settings; co-therapy; TOPIC DISCUSSIONS**

Garvin: 11 & 13

Additional reading:

Brent, D., & Marine, E. (1982). Developmental aspects of the co-therapy relationship, Journal of Marital and Family Therapy, 8(2), 69-75.

Sep 28 **Inpatient group therapy; brief group therapy; TOPIC DISCUSSIONS**

Garvin: 7

Oct 05 **TOPIC DISCUSSIONS**

Oct 12 **MID-SEMESTER EXAM**

Oct 19 **Psychodrama, TOPIC DISCUSSIONS**

Yalom: 14 & 15

Garvin: 11 & 13

Oct 26 **Sexuality issues in group; class; cultural/ethnic issues: TOPIC DISCUSSIONS**

Yalom: 12 & 13

Garvin: 3

Additional reading:

Debiak, D. (2007). Attending to diversity in group psychotherapy: An ethical imperative, International Journal of Group Psychotherapy, 57(1), 1-12.

Courville, T. & Keeper, C. (1984). The issue of sexuality in group psychotherapy, Group, 8(3), 34-42.

Nov 02 **Research in group; TOPIC DISCUSSIONS**

Garvin: 26 & 27

Additional readings:

Hamilton, J., Courville, T., et al. (1993). Quality assessment and improvement in group psychotherapy, American Journal of Psychiatry, 150(2), 316-320.

Nov 09 **Training of group leaders; recent developments in group work;
TOPIC DISCUSSIONS**
Yalom: 17 & Appendix

Nov 16 **Ethical considerations, TOPIC DISCUSSIONS**
Garvin: 5

Additional reading:

AGPA Practice Guidelines for Group Psychotherapy, "Reducing adverse outcomes and the ethical practice of group psychotherapy", page 47

Brabender, V. (2006). The ethical group psychotherapist, International Journal of Group Psychotherapy, 56(4), 395-414.

Northen, H. (1998). Ethical dilemmas in social work with groups. Social Work with Groups, 21(1/2), 5-17.

Nov 30 **Termination and review of educational objectives; FINAL PAPER DUE**

Additional reading:

AGPA Practice Guidelines for Group Psychotherapy, "Termination of group psychotherapy", page 58.

Shapiro, E. & Ginzberg, R. (2002). Parting gifts: Termination rituals in group therapy. International Journal of Group Psychotherapy, 52 (3), 319-336.

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Bibliography**

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American Group Psychotherapy Association (2006) *Principles of Group Psychotherapy*, New York: New York

Bernard, Harold (2006) *Training in Group Psychotherapy Supervision*. New York: American Group Psychotherapy Association, Inc

Bieling, P., et al. (2006) *Cognitive-Behavioral Therapy in Groups*. New York: The Guilford Press

Bion, W. (1961) *Experiences in Groups*. New York: Basic Books

Brabender, V. (2006). The ethical group psychotherapist, *International Journal of Group Psychotherapy*, 56(4), 395-414.

Bradender, V & Fallon, F (1993) *Models of Inpatient Group Psychotherapy*, Washington DC: American Psychological Association

Bradender, V., Fallon, A., & Smolar, A. (2004) *Essentials of Group Therapy*, New Jersey: The John Wiley & Son, Inc.

Burlingame, G., et al. (2008) *Small group treatment – matching models and disorders*. Washington: American Psychological Association.

Burlingame, G., et al. (2004) Small group treatment: Evidence for effectiveness and mechanisms of change. In Bergin and Garfield's *Handbook of Psychotherapy and Behavior Change* (5th ed.) New York: John Wiley & Sons, 647-696.

Chambless, D. et al. (1998). An update on empirically validated therapies, II. *The Clinical Psychologist*, 51(1), 3-16.

Clancy, J (1996) *Anger and Addiction: Breaking the Relapse Cycle*, Madison, Connecticut: Psychosocial Press

Corey, G. (1995) *Group Counseling* (4th edition). Pacific Grove: Brooks/Cole

DeChant, B. (Ed) (1996) *Women and Group Psychotherapy*. New York: Guilford

Debiak, D. (2007). Attending to diversity in group psychotherapy: An ethical imperative, *International Journal of Group Psychotherapy*, 57(1), 1-12.

Fehr, S. (1999) *Introduction to Group Therapy: A Practical Guide*. New York: The Haworth Press

Flores, P. (1997) *Group Psychotherapy with Addicted Populations: An Integration of Twelve-Step and Psychodynamic Theory*. New York: The Haworth Press

Fuhriman, A. & Burlingame, G. (1994) *Handbook of Group Psychotherapy: An Empirical and Clinical Synthesis*. New York: Wiley

Galinsky, M. et al. (2006). The art of group work practice with manualized curricula, *Social Work with Groups*, 29(1), 11-26.

Garvin, C. et al. (2006 paperback edition) *Handbook of Social Work with Groups*. New York: The Guilford Press

Gorski, T (1995) *A Group Leader's Guide to Brief Strategic Problem-Solving Group Therapy*, Independence, Mo: Herald House/Independence Press

Greenberger, D. & Padesky, C (1995) *Mind over Mood: a cognitive therapy treatment manual for clients*, New York: the Guilford Press

Jongsma, A. & Paleg, K. (1998) *The Group Therapy Treatment Planner*. New York: Wiley & Sons

Leszcz, M & Goodwin, P (1998) The rationale and foundations of group psychotherapy for women with metastatic breast cancer, *International Journal of Group Psychotherapy*, 48, (2), 245-273

MacKenzie, K (1997) *Time-Managed Group Psychotherapy: Effective clinical Applications*. Washington DC: American Psychiatric Press

MacNair-Semands, R. (2005) *Ethics in Group Psychotherapy*. New York: American Group Psychotherapy Association, Inc.

Moreno, J. (1964) *Psychodrama* (Vol. 1) New York: Beacon House

Northen, H. (1998) Ethical dilemmas in social work with groups. *Social Work with Groups*, 21 (1/2), 5-17

Padesky, C & Greenberger, D (1995) Chapter 9, Using mind over mood with groups, *Clinician's Guide to Mind Over Mood*, New York: Guilford

Paleg, K. & Jongsma, A. (1999) *The Group Psychotherapy Treatment Planner*. New York: John Wiley & Sons, Inc.

Robertson, M. et al. (2004) Group-based interpersonal psychotherapy for posttraumatic stress disorder: Theoretical and clinical aspects. *International Journal of Group Psychotherapy*, 54(2), 145-175

Rutan, J. S. & Stone, W. N. (2007) *Psychodynamic Group Psychotherapy* (4th edition) New York: Guilford

Shapiro, E. & Ginzberg, R. (2002) Parting gifts: Termination rituals in group therapy, *International Journal of Group Psychotherapy*, 52, (3), 319-336

Spiegel, D, et al (1989) Effect of psychosocial treatment on survival of patients with metastatic breast cancer, *Lancet*, 2, 888-891

- Speigel, D. & Classen, C. (2000) *Group Psychotherapy for Cancer Patients: A Research-based Handbook of Psychosocial Care*, New York: Basic Books
- Spitz, H (1996) *Group Psychotherapy & Managed Mental Health Care*, New York: Brunner/Mazel
- Vannicelli, M. (1989) *Group Psychotherapy with Adult Children of Alcoholics: Treatment Techniques and Countertransference Considerations*. New York: Guilford
- Vinogradov, S., & Yalom, I. (1989) *Group Psychotherapy*. Washington, DC: American Psychiatric Press
- Weber, R. & Gans, J. (2003) The group therapist's shame: A much undiscussed topic, *International Journal of Group Psychotherapy*, 53(4), 395-410.
- Wilfley, D. E., MacKenzie, K., Ayres, V., Welch, R., & Weissman, M. (2000) *Interpersonal Psychotherapy for Group*. New York: Basic Books
- Yalom, I. (1990) *Inpatient Group Psychotherapy*. New York: Basic Books
- Yalom, I. & Leszcz, M. (2005) *The Theory and Practice of Group Psychotherapy* (5th edition) New York: Basic Books.