

COURSE OUTLINE

Alcohol/Drug Studies 112 Group Counseling and the Therapeutic Process

I. Catalog Statement

ADST 112 is an introduction to the dynamics of group interaction and the facilitator functions of the counselor. The course emphasizes group process and management in the “here and now” as a method of bringing about behavioral change. The course includes a strong experiential component as all students participate as both members and facilitators in group process throughout the semester.

Total Lecture Units: 3.0

Total Laboratory Units: 0.0

Total Course Units: 3.0

Total Lecture Hours: 48.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 48.0

Prerequisite: AD ST 101 and 103

Recommended Preparation: PSYCH 101

II. Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

- diagram and explain the bio-psycho-social perspective of the progression of alcohol and other drug dependencies;
- describe the dynamics of early intervention and its relationship to effective treatment and rehabilitation;
- explain the intervention process and various techniques used to move the chemically dependent person into treatment and through recovery;
- discuss rudimentary skills in crisis intervention techniques, interpersonal communications, and problem solving with specific application to the alcoholic/addict and the chemically dependent family.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- identify practical considerations in forming various types of groups, including chemically dependent groups;
- identify the importance of interpersonal skill in facilitating the group process;
- describe the responsibilities of the group facilitator and the establishment of group parameters;
- participate as both group member and facilitator;
- critique the interaction of group members with each other and the facilitator;
- discuss stages of group development, as well as the defenses and roles of its individual members.

IV. Course Content

Total Faculty Contact Hours = 48.0

- A. Introduction to Group Psychotherapy and the Addictive Population **(4 hours)**
 - 1. Specific implications for group therapy
 - 2. The “disease concept” and group psychotherapy
- B. Modern Group Psychotherapies **(9 hours)**
 - 1. Process oriented growth groups
 - 2. Intrapersonal dynamics and the group process
 - 3. Interpersonal growth groups
- C. Practical Considerations in Group Formation **(3 hours)**
 - 1. Group format
 - 2. Client selection
 - 3. Group cohesiveness
 - 4. Beginning and advanced groups
- D. Establishing Group Parameters **(3 hours)**
 - 1. Group guidelines/rules of conduct
 - 2. Goals and expectations
 - 3. Problem clients
 - 4. Confidentiality: legal and ethical standards
- E. The Group Leader **(5 hours)**
 - 1. Essential tasks/responsibilities
 - 2. Techniques
 - 3. Transference/counter-transference
 - 4. Disclosure/nondisclosure
- F. Interactional Group Psychotherapy (Yalom) **(15 hours)**
 - 1. Goals and expectations
 - 2. Technical expertise
 - 3. Process illumination
- G. Modification to Yalom’s Model **(9 hours)**
 - 1. Field dependence vs. field independence
 - 2. Homogeneity vs. heterogeneity
 - 3. Treatment characteristics/divergent elements

V. Methods of Instruction

The following methods of instruction may be used in the course:

- lecture;
- audiovisuals;
- small group participation as both member and facilitator.

VI. Out of Class Assignments

The following out of class assignments may be used in the course:

- written assignments (e.g. benefits and drawbacks of group counseling with the chemically dependent);
- term paper (e.g. research history and modalities of group counseling in treatment).

VII. Methods of Evaluation

The following methods of evaluation may be used in the course:

- term paper (e.g. complete an annotated bibliography covering a current topic in substance abuse counseling);
- class participation;
- quizzes;
- midterm(s);
- final examination.

VIII. Textbook(s)

Flores, Phillip. *Group Psychotherapy with Addicted Populations: An Integration of Twelve-Step and Psychodynamic Theory*. 3rd ed. Hoboken: Taylor & Francis, 2007. Print.
16th Grade Textbook Reading Level. ISBN: 0789035294
(This is the most recent edition of this text, see evidence of text book recency)

IX. Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- apply techniques of Irving Yalom's process group tenants;
- identify the importance of intra- and interpersonal skill in facilitating the group process;
- identify stages of group development, defenses and roles of individual members;