YC205

Group Processing & Counselling Theory

3 Credits

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Current Developer: Derek Collins
Reviewer: Joanne McDonald
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Approval: 08/05/2020

The Implementation Date for this Outline is 01/09/2020
Group Processing & Counselling Theory

Calendar Description

This course emphasizes the acquisition of skills necessary to work with individuals in group situations and to lead groups effectively. The developmental stages a group goes through, basic facilitations skills, working with specific populations and dealing with problem situations are explored. Students get the opportunity to facilitate a group activity and apply the concepts learned.

Rationale

This is a required course for Child and Youth Care students. Children and youth in care take part in a variety of group experiences whether they are therapeutic, education, or leisure. Child and Youth Care professionals are responsible for leading groups in a creative, focused, and productive fashion. This course is designed to teach students the knowledge and skills required to be an effective group leader and counselor.

Prerequisites

HS242 and YC203

Co-Requisites

None

Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. demonstrate the skills necessary for establishing and sustaining a professional helping relationship.
2. identify the stages of group development and the dynamics of effective groups.
3. lead a group through a specific task.
4. develop the variety of group experiences.
5. describe the Child and Youth Care Practitioners role in working with children and youth in groups, while respecting human and cultural diversity.
6. reflect on the group process as it relates to the profession and specific settings within the scope of practice.

Resource Materials

Required Texts:


Reference Text:

None

Conduct of Course

This course uses instructor lecture and demonstrations, class discussions, assigned readings, and student presentations to facilitate understanding of the nature of groups and how to be an effective group leader. This course has a strong experiential component and students are required to participate fully.

Evaluation Procedures

<table>
<thead>
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<th>In Class Activities</th>
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<tr>
<td>Presentation of Interactive Group Experience</td>
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<td>Case Studies</td>
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<td>Final Exam</td>
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Grade Equivalents and Course Pass Requirements

*A minimum grade of D (50%) (1.00) is required to pass this course.*

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Students must maintain a cumulative grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.
Attendance

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the satisfaction of the instructor. Frequent absences may result in the student being probation. Further absences may result in suspension from the program.

In cases of repeated absences due to illness, the student may be requested to submit a medical certificate.

*Instructors have the authority to require attendance in classes.*

Course Units/Topics

1. Introduction to Groups

2. Nature of groups
   a) Stages of groups
   b) Group process
   c) Group dynamics
   d) Purpose of groups

3. Planning

4. Beginning stage and phase of groups
   a) Ice breakers
   b) First and second session

5. Basic skills for group leaders
   a) Communication skills
   b) Elements of therapeutic dialogue
   c) Establishing and maintaining group focus
d) Cutting off and drawing out

e) Rounds and diads

6. Introducing, conducting, and processing interactive exercises

7. Leading middle phase of a group

8. Closing a session or group

9. Dealing with problem situations

10. Working with specific populations

11. Leadership

12. Issues in Group Counselling