

GRAYS HARBOR COLLEGE

**SYLLABUS
2004-2006
ALSA 136
GROUP DYNAMICS
3 CREDITS**

I. COURSE DESCRIPTION

This course is an introduction to the principles of group process with emphasis on group counseling with chemically dependent clients. By its very nature a course in group counseling must be experimental. All students will be expected and encouraged to participate in the group activities.

II. AIMS AND OBJECTIVES

INTENDED COURSE OUTCOMES & DESIRED ABILITIES

Intended Course Outcome	Desired Student Abilities
Meet mandated course requirement for Substance/Alcohol Counselor I Certification by Bureau of Alcohol and Substance Abuse, Chemical Dependency Certification Board and State Department of Licensing.	Disciplinary learning, Critical Thinking, Social & Personal Responsibility, Using Resources
Introduce students to theoretical framework and skills necessary to leading group process focusing on participants dealing with substance/alcohol abuse	Disciplinary learning, Literacy, Critical Thinking, Social & Personal Responsibility, Using Resources

III. TEXTBOOK

- A. Group: Process and Practice, 5th edition, Corey & Corey, Brooks Cole
- B. The Healing Bond: Treating Addictions in Groups, 1989, Rogers, Norton

IV. OTHER INSTRUCTIONAL MATERIAL

V. TECHNIQUE OF INSTRUCTION

VI. ORGANIZATION OF COURSE CONTENT

- A. Principles of Group Process
 1. Definitions of a group
 2. Confidentiality
 3. Types of groups
 4. Theories of group process and dynamics
 5. Curative factors in group counseling
 6. What to observe in groups

7. Role of the group leader
8. Issues n co-leading
9. Making interventions
- B. Group Counseling with Chemically Dependent Clients
 1. Special circumstances created by the chemically dependent client
 2. Purposes therapy serves
 - a. Socialization
 - b. Support system development
 - c. Enhancing social and psychological competence
 - d. Maintaining sobriety
 3. Initiating a group and selecting members
 4. Purposes and techniques of intervention
 - a. Establishing and maintaining group norms
 - b. Balancing individual and group needs
 - c. Modeling interpersonal skills
 - d. Promoting group cohesiveness
 - e. Modeling and teaching goal-setting, problem-solving and decision-making skills
- C. Sociological and Cultural Factors
 1. Informing groups
 2. Implications during group counseling

VII. METHODS OF EVALUATION

Mid-term exam

Final exam

Instructor evaluation of student performance