San José State University  
College of Social Sciences  
Advanced Group Dynamics, Spring 2016  
Psychology 225 (01)

Instructor: Elena Klaw, PhD
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Office Hours: W 11:00-1:00 in CL 203
Class Days/Time: Mon. 12:00-2:45
Classroom: DMH 308

Course Description

This course is designed to provide students with theoretical understanding and training in the use of groups for therapy and education in clinical and other settings. Students will learn fundamental core theories about group selection, structure, process, and problem solving. Students will be exposed to a variety of group approaches with an emphasis on the delivery of interventions in the context of evidence-based practice.

Learning Objectives

Specifically, our course objectives are as follows:

- CLO1. Identify principles of group dynamics, including components of group process, developmental stages of a group, and individual and group goal setting.
- CLO2. Demonstrate knowledge of the major theories of group dynamics.
- CLO3. Differentiate theories of group counseling, including commonalities, distinguishing characteristics, and pertinent research and literature.
- CLO4. Understand the therapeutic nature of group work.
- CLO5. Examine group member’s roles and behaviors, and therapeutic factors of group work.
- CLO6. Understand group leadership styles and approaches, including characteristics of various types of group leaders and the relationship between leadership styles and group functioning.
- CLO7. Compare and contrast different group work methods, including group work orientations and behaviors, appropriate selection criteria and methods, group structuring and facilitation skills, and methods for evaluation of group growth and
effectiveness.

- CLO8. Determine when and how to use different types of groups, including task groups, psycho-educational groups, support groups, and counseling/therapy groups.
- CLO9. Know and be able to apply professional preparation standards for group leaders.
- CLO10. Be able to identify and use the ethical and legal principles unique to group work, with an awareness of ethical responsibility to demonstrate sensitivity to group member diversity with regard to race, ethnicity, gender, spirituality, sexual orientation, and disabilities.
- CLO11. Experience being a member of a group, both as a participant and a leader, and receive feedback from peers and supervision from the instructor.
- CLO12. Demonstrate an understanding of the influence of culture and gender.
- CLO13. Explain the source of disputes and the resolution of conflict within and between groups.
- CLO14. Examine the contextual impact on groups and their potential outcomes.
- CLO15. Integrate both theoretical and experiential learning in order to develop critical thinking and analysis.

Program Learning Outcomes (PLO)

Upon completion of the MS in Clinical Psychology…

- Students will demonstrate breadth of knowledge of a variety of psychotherapy theories and in-depth knowledge of one chosen theory of intervention
- Students will demonstrate knowledge of empirically supported clinical interventions and evidence ability to select treatments for individual clients given this literature
- 2.1 Students will demonstrate effective integration and communication of clinical case material
- 2.2 Students will demonstrate the ability to synthesize contextual and cultural variables into presentations of client materials
- 2.3 Students will effectively respond to queries about clinical material and engage in discussions about their clients with supervisors and peers
- 2.4 Students will be able to think and discuss cases other than their own, applying theories, principles, and relevant empirical findings to those cases
- 3.1 Students will demonstrate understanding of different assessment devices and strategies for assessing client outcome over the course of treatment including standardized nomothetic and idiographic approaches
- 4.1 Students will demonstrate depth and breadth of understanding in areas including, but not limited to, psychotherapy theory, service delivery, ethics, assessment, research methods, family therapy, cultural diversity, psychopharmacology, and issues relevant to adult and child clinical populations. Students will be able to apply this knowledge to clinical cases.
- 5.1 Students will demonstrate fulfillment of coursework and other pre-degree licensing requirements outlined by the Board of Behavioral Sciences.
Readings

Required Textbooks


Supplemental Readings

A list of supplemental readings is included at the end of the syllabus to assist you in writing your Group Proposal. You are encouraged to seek out other theoretical and empirical readings to inform your understanding of group dynamics and approaches and to guide your proposal.

Class Format

Each class meeting will have a didactic and an experiential segment. The didactic portion will include discussions of the readings related to group dynamics and approaches and film demonstrations. The experiential section will involve practice in running and participating in groups. Starting during the second class session, approximately 50 minutes of class time will be spent participating in an 8 session graduate student process group that you will take turns co-facilitating with a partner. This section of the course draws directly from the work of Marianne Schneider Corey (2014) and her explanation of this methodology is provided here: *The purpose of this course is to teach you about the functioning of groups. The bias of the instructor is that YOU are the most important component in the group process, and not merely you as a technician. Thus, the focus of the course is on how you bring yourself as a person into your small groups. The purpose of these ... groups is not to provide group therapy. However, your interactions in [the] group will hopefully be real, based upon real concerns, and the group will hopefully be therapeutic. Thus, you are expected to participate in a personal way, with a focus on sharing your thoughts and feelings as it pertains to what it is like for you to be a part of your experiential group. You are expected to give feedback to others and also to listen to and consider feedback you receive from others. The focus is not so much on resolving your personal problems. Rather, the focus will be more on here-and-now issues as they emerge within the context of the small groups and exploration of any of the personal topics you bring into your group. Hopefully, this class will be therapeutic, a catalyst for your growth and a path for increasing your awareness of yourself in a group situation. You are not expected to disclose your deepest personal concerns, yet you are expected to deal with your personal reactions to what is taking place in the here-and-now context of the unfolding of the group. It is our expectation that members will engage in risk-taking as a way of expanding personal boundaries and that each participant will take active steps to create a safe climate of support. It is, of course your responsibility to maintain*.
confidentiality, just as you would do with clients. Any breach of confidentiality may result in immediate withdrawal from the course. You are always expected abide by the APA and CAMFT Code of Ethics.

Assignments and Grading Policy

The total points possible for this class is 200.

- 4 Integration Assignments: 15 Points each = 60 points
- Group Observation Reaction Paper: 20 points
- Group Proposal: 50 Points
- Group Proposal Presentation: 20 points
- Final Reflection on Group Participation: 25 points
- Class Participation: 25 Points

Integration Assignments

Integration Assignments will consist of essay questions that ask you to apply insights gained from your readings to your own understandings of your role as a group therapist. Each completed assignment will be no more than three double spaced pages using a standard 12-point font.

Integration Assignment 1

A) What are some advantages that you see in using a group format for treatment?
B) Drawing from your reading, what are your current primary concerns or questions about leading a group?
C) In setting up a new group, what are some ethical and legal considerations that you think are most important?

Integration Assignment 2

A) Describe the therapeutic factors and why they are important for understanding and conducting group work.
B) What do you believe about how people heal? In what context do people heal? What must be present in order for people to heal?
C) What methods work to help people heal?

Integration Assignment 3

A) What are your thoughts on preparing people ahead of time for group participation? What kind of pre-group preparation do you think is valuable?
B) What are the main characteristics of a group during the initial stage? What are some typical behaviors of members during the first few meetings?
C) What do you as a group leader see as the most important tasks and functions at this time?

Integration Assignment 4

A) What are some signs that will help you recognize transference in a group? How can you detect transference of members to you? How about transference between certain members? How can you work therapeutically with transference in the sessions?
B) What steps could you take to become aware of possible countertransference on your part? How can you use your own feelings and reactions toward group members to facilitate the process? When might your reactions impede group process?

C) If you were leading an open group (with changing membership), what would you want to attend to when a member is preparing to leave the group? What signs would you look for in determining the person’s readiness to terminate?

Group Observation Reaction Paper
Observe one mutual-help or psycho-educational group meeting such as AA, NA, Al Anon or NAMI. You will turn in a brief (no more than 3 page, double spaced, 12 point font) reaction paper including the following information:
1. What, when and where was the meeting?
2. How did you find out about the meeting?
3. What were your emotional reactions to being at the meeting?
4. What reactions to your presence did you experience from other members?
5. Relating your observations to your reading so far, what did you learn about group process and effects from attending this meeting?
6. Would you recommend this type of meeting to a client and why?
7. What would be the most effective way to connect your client to this group?

Group Proposal: This paper may be written with a partner. Both partners will receive the same grade on the final product. The final paper should be 10 pages, double-spaced using a 12-point font. You will select a specific population (e.g., the elderly, Latino teenagers, adolescent mothers, dual career couples, children with learning disabilities), or client issue (e.g., depression, divorce, loss, smoking cessation, incest) and review the relevant group therapy literature to find out what approaches and techniques have been found to be effective for this population or concern. Based on your literature review and the guidelines provided in chapter 5 of the Corey text, describe the targeted issue (its effects, symptoms, number of people affected), the rationale for providing the type of group you are proposing, and the available evidence for the approach you have selected. Describe the goals of this group, your distribution of responsibilities with a co-therapist and any prescreening, member selection and recruitment that you will do. Using bullet point format, outline a total of 5 sessions, including the objectives, content, techniques, and information contained in each session. See chapters 10 & 11 in the Corey textbook for proposal examples. You may include handouts and a resource list beyond the 10-page maximum. Address the following in your proposal:
1. How will you handle member reactions and group dynamics?
2. How will you address issues related to culture, class, gender, and development?
3. How will you know if the group sessions were effective?

Presentation
This presentation may be conducted with a partner. In 20 minutes, briefly present your group proposal and demonstrate part of one session to the class. Try to elicit role-playing by students to show how the group would progress and provide example of the types of dynamics that might occur.
Participation
You are required to both attend and participate in class discussion and experiential group work. Missing more than one class session may result in failing the course.

Grading
The various parts of the course add up to 200 possible points. To tabulate your final grade, just add your total points achieved and divide by 2. To convert your percentage points to a letter grade, use the following scale.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
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<tbody>
<tr>
<td>98-100</td>
<td>A+</td>
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<tr>
<td>93-97</td>
<td>A</td>
</tr>
<tr>
<td>90-92</td>
<td>A-</td>
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<tr>
<td>88-89</td>
<td>B+</td>
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<tr>
<td>83-87</td>
<td>B</td>
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<tr>
<td>80-82</td>
<td>B-</td>
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<td>78-79</td>
<td>C+</td>
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<tr>
<td>73-77</td>
<td>C</td>
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<td>70-72</td>
<td>C-</td>
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<tr>
<td>68-69</td>
<td>D+</td>
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<td>63-67</td>
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<td>60-62</td>
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General Expectations, Rights and Responsibilities of the Student
As members of the academic community, students accept both the rights and responsibilities incumbent upon all members of the institution. Students are encouraged to familiarize themselves with SJSU's policies and practices pertaining to the procedures to follow if and when questions or concerns about a class arises. To learn important campus information, view University Policy S90–5 at http://www.sjsu.edu/senate/docs/S90-5.pdf and review SJSU current semester’s policies and procedures in the course catalog. In general, it is recommended that students begin by seeking clarification or discussing concerns with their instructor. If such conversation is not possible, or if it does not address the issue, it is recommended that the student contact the Department Chair as the next step.

Dropping and Adding
Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at http://www.sjsu.edu/provost/services/academic_calendars/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.

Consent for Recording of Class and Public Sharing of Instructor Material
University Policy S12-7, http://www.sjsu.edu/senate/docs/S12-7.pdf, requires students to obtain instructor’s permission to record the course and the following items to be included in the syllabus:
• “Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor’s permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.”
  o In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well.

• “Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.”

Academic integrity
Your commitment, as a student, to learning is evidenced by your enrollment at San Jose State University. The University Academic Integrity Policy S07-2 at http://www.sjsu.edu/senate/docs/S07-2.pdf requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sjsu.edu/studentconduct/.

Campus Policy in Compliance with the American Disabilities Act
If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at http://www.sjsu.edu/aec to establish a record of their disability.

Student Technology Resources
Computer labs for student use are available in the Academic Success Center at http://www.sjsu.edu/at/asc/ located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing
topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the Writing Center website at http://www.sjsu.edu/writingcenter. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook.

(Note: You need to have a QR Reader to scan this code.)

SJSU Counseling and Psychological Services
Located on the corner of 7th Street and San Carlos in the new Student Wellness Center Room 300B, SJSU Counseling and Psychological Services has professional psychologists, social workers, and counselors that are available to provide confidential consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more, visit http://www.sjsu.edu/counseling.
Course Schedule

*Course schedule is subject to change. You are expected to come to class and check email to remain current.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading Due</th>
<th>Evaluation Due</th>
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<tbody>
<tr>
<td>2/1</td>
<td>Introduction to Group Work: Review Syllabus, Expectations &amp; Types of Groups</td>
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<tr>
<td>2/8</td>
<td>The Role of the Group Counselor</td>
<td>Corey Ch. 1 &amp; 2, Yalom Ch. 7</td>
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| 2/15 | Ethical and Legal Issues in Group Counseling  
*Evolution of a Group-DVD* | Corey Ch. 3, Yalom Ch. 1          | Integration 1 |
| 2/22 | Basics of Group Therapy: Theoretical Approaches & Techniques Part 1    | Corey Ch. 4, Yalom Ch. 2 & 3     |                |
| 2/29 | Theoretical Approaches & Techniques Part 2                           | Yalom Ch. 4, 5, 6                | Integration 2  |
| 3/7  | Forming a Group; Therapeutic Factors                                 | Corey Ch. 5 & 6                  |                |
| 3/14 | Initial Stage of a Group                                             | Yalom Ch. 8 & 9                  | Integration 3  |
| 3/21 | Transition Stage of a Group                                           | Corey Ch. 7, Yalom Ch. 10        | Group Proposal |
| 3/28*| *No Class: Spring Break*                                              |                                  |                |
| 4/4  | Working Stage of a Group                                             | Corey Ch.8, Yalom Ch. 11         |                |
| 4/11*| Interpersonal Process                                                 | Yalom Ch. 13 & 14                |                |
| 4/18 | Final Stage of a Group                                                | Corey Ch. 9, Yalom Ch. 12        | Group Observation Reaction Paper |
| 4/25 | *No Class: Community Release for Group Observation*                    |                                  | Integration 4  |
| 5/2  | Current Issues & Models                                               | Corey Ch. 10 & 11, Yalom Ch. 15  |                |
| 5/9  | Student Presentations                                                 | Yalom Ch. 16                     | Present Group Proposal |
| 5/16 | Student Presentations                                                 |                                  | Present Group Proposal |
| **Finals Day** | Ths. 5/19 9:45-12:00 |                                  | Grp. Participation Reflection Due |
Supplemental Readings

Web Sites

- American Group Psychotherapy Association (AGPA): www.agpa.org
- Association for Specialists in Group Work (ASGW): www.asgw.org
- American Psychology and Group Psychotherapy, Division 49 of APA: www.apa.org

Books


Scholarly Articles


