

# **COURSE OUTLINE**

## **HUMS-123 Group Counseling Skills 3 Semester Hours**

### **HOWARD COMMUNITY COLLEGE**

#### **Description**

Students will receive training in a group-counseling model for use with both mental health and chemically abusing/dependent clients. The emphasis will fall on the group, client and counselor contributions to the group process, and how these factors influence and interrelate with one another. (3 hours weekly) NOTE: Also listed as HEED-123.

#### **Overall Course Objectives**

1. Describe the emotional demands and rewards of counseling clients in a group setting.
2. Discuss the boundaries necessary for a healthy and effective counseling relationship regarding conducting counseling groups.
3. Identify the various group counseling styles and techniques.
4. Demonstrate the importance of group rules and how they affect the growth of the group and the individuals within the group.
5. Provide examples of the personal and social costs of mental illness and addictive behavioral patterns.
6. Identify the stages of the group process and demonstrate the techniques while facilitating the group's growth and progress.
7. Identify symptoms and behavior patterns associated with emotional and behavioral disturbances and chemical dependency.
8. Recognize defense mechanisms utilized by clients, and be able to effectively confront individuals to help them recognize any destructive behavioral patterns.

#### **Major Topics**

1. Review of major group therapy styles and techniques
2. Understanding of the importance of and adherence to group rules and professional ethics
3. The evolutionary stages of group development
4. Recognition of the symptoms of psychological and addictive patterns and diagnoses
5. Identification of the defense mechanisms used by clients, and methods of constructive clinical confrontation

## **Course Requirements**

### **Grading/Exams:**

Grading procedure will be determined by the individual faculty member but will include the following: journal, group participation, group facilitation, mid-term exam, course project, course project presentation, and final exam. Final grades will be on the basis of the cumulative total.

### **Writing:**

Journals will be kept throughout the entire semester. A course project will be a minimum of three and a maximum of five pages. This assignment is to be typewritten/word processed and double-spaced. An oral presentation of an overview of the project is also required.

## **Other Course Information**

This course is an Arts and Sciences elective.