



COUN 8360 | GROUP THEORY AND TECHNIQUES | SPRING 2024

PREREQUISITES

*Completion of group experience prior to graduation

COURSE DESCRIPTION

This course provides counseling students in the counseling program with a basic knowledge of a theoretical and experiential understanding of group purpose, development, dynamics, theories, methods, skills, and other group approaches in a multicultural society.

Course Structure: This course is in a seminar format that is both interactional and experiential. A variety of instructional strategies will be used including: (a) lectures, discussions, and demonstrations by the professor and class members; (b) demonstration and presentation of group activities (c) and small group work for the purpose of practicing skills, critiquing other students' performance and sharing reactions to the group counseling process.

Course Goals: The candidates are to be involved in both theoretical and experiential understandings of learning group purpose, development, dynamics, theories, methods, skills, and other group approaches in a multicultural setting including the following:

- Counselor candidates define and organize group programs including philosophy assessment, prescription, implementation, and evaluation components.
- Counselor candidates have assessment skills related to individual and group approaches in a multicultural society.
- Counselor candidates develop scheduling and consultation skills incorporating group work.
- Counselor candidates develop and organize group counseling program evaluation in one of the areas listed in the COUN 8360 course syllabus.
- Counselor candidates demonstrate an understanding of the importance of research in advancing the counseling profession.

COURSE WEBSITE

You will participate in this course using the [UNO Canvas learning management platform system](#). Once you are in the platform you can learn how to use Canvas effectively, by clicking the "Help" link on the top right of the course page on Canvas.

KNOWLEDGE, SKILLS AND LEARNING OUTCOMES AND CACREP STANDARDS CHART



CACREP Standards Chart

Professional Identity Curriculum Standard(s)	Assignment/Learning Activity
F.6.a Theoretical foundations of group counseling and group work	Chapter 1, 15, 16, 17, and 18: Gladding, S. T. (2020). <i>Groups: A Counseling Specialty</i> (8th ed.). NY: Pearson.
F.6.b Dynamics associated with group process and development	Chapter 2: Gladding, S. T. (2020). <i>Groups: A Counseling Specialty</i> (8th ed.). NY: Pearson.
F.6.c Therapeutic factors and how they contribute to group effectiveness	Chapter 5 and 6: Gladding, S. T. (2020). <i>Groups: A Counseling Specialty</i> (8th ed.). NY: Pearson.
F.6.d Characteristics and functions of effective group leaders	Chapter 3: Gladding, S. T. (2020). <i>Groups: A Counseling Specialty</i> (8th ed.). NY: Pearson.
F.6.e Approaches group formation, including recruiting, screening, and selecting members	Chapter 4: Gladding, S. T. (2020). <i>Groups: A Counseling Specialty</i> (8th ed.). NY: Pearson.
F.6.f. Types of groups and other considerations that affect conducting groups in varied settings	Chapter 8, 9, 11, 12, 13, and 14: Gladding, S. T. (2020). <i>Groups: A Counseling Specialty</i> (8th ed.). NY: Pearson.
F.6.g. Ethical and culturally relevant strategies for designing and facilitating groups	Chapter 10: Gladding, S. T. (2020). <i>Groups: A Counseling Specialty</i> (8th ed.). NY: Pearson.
F.6.h Direct experiences in which students participate as group members in a small group activity for a minimum of 10 clock hours over the course of one academic term.	Completion of group experience prior to graduation is required

Key Performance Indicator

Key Performance Indicator	Courses and Assessment Assignments	CACREP 2016 Standards
<p><u>KSPI 6</u> Students will demonstrate knowledge of group theories with diverse clients and ethical considerations of group practice.</p>	<p>COUN 8360 Group Theory and Techniques <i>Teach a group technique assignment:</i> (Formative Evaluation) Students will present and model a technique relevant to group, lead the class in group activity, and provide to the class a written description of the activity.</p>	<p>2.F.6.g. ethical and culturally relevant strategies for designing and facilitating groups</p>



COURSE OBJECTIVES AND RELEVANT ACCREDITATION STANDARDS

- F.6.a Theoretical foundations of group counseling and group work
- F.6.b Dynamics associated with group process and development
- F.6.c Therapeutic factors and how they contribute to group effectiveness
- F.6.d Characteristics and functions of effective group leaders
- F.6.e Approaches group formation, including recruiting, screening, and selecting members
- F.6.f. Types of groups and other considerations that affect conducting groups in varied settings
- F.6.g. Ethical and culturally relevant strategies for designing and facilitating groups
- F.6.h Direct experiences in which students participate as group members in a small group activity for a minimum of 10 clock hours over the course of one academic term. Will have completed prior to beginning this course

CACREP STATEMENT

This course is designed to develop competence identified by and in compliance with the CACREP for Masters level standards relevant to this course. Additional standards addressed in COUN 8200 are included in the Standards Chart at the end of this course outline.

COURSE REQUIREMENTS

Required Text

Gladding, S. T. (2020). *Groups: A Counseling Specialty* (8th ed.). NY: Pearson. (ISBN-13: 978-0-13-516974-2)

METHODS OF INSTRUCTION.

Face-to-face learning with utilization of digital learning platform (Canvas)

Individual Readings-25%

Individual completion of assignments-25%

In-class lecture/demonstration of skills-35%

In-class group-based work and discussion-15%

Note: Students are expected to read assigned chapters/articles prior to each class meeting.

TECHNICAL REQUIREMENTS

You will need the following in order to participate in this course:

- Computer;
- Reliable internet connection;
- Computer microphone;



- Some way to make and post a simple video (e.g., using a webcam, or a smart phone);
- Open Canvas in a Mozilla Firefox browser

TECHNICAL SUPPORT

You may also receive support from

- Information Technology Services Technical Support (human support)
unohelpdesk@nebraska.edu
402-554-4347 (HELP)
Eppley Administration Building, Room 104
Monday – Friday 8:00 to 5:00 pm

DESCRIPTIONS OF COURSE ACTIVITIES AND ASSIGNMENTS

QUIZZES (10 POINTS EACH; 100 PTS)

The development of your professional identity and your understanding and knowledge of group counseling is paramount to your continued professional development as an ethical and effective counselor. The quizzes cover material from assigned book chapter readings. A quiz consisting of ten (10) multiple choice and True/False questions is given during 10 weeks of classes. If a student is tardy or absent from class, he or she will be unable to make-up the quiz.

TEACH A GROUP TECHNIQUE (100 POINTS)

For this assignment, you will present and model a technique relevant to the chapter assignment(s) of the day. Students will lead the class in a 10-20 minute group activity. Finally, students will provide the class with a written description of the activity (including when and how to use it). See the Rubric at the end of the syllabus for additional instructions.

GROUP-CURRICULUM PAPER (150 POINTS)

Students will write a paper that includes a literature review and group curriculum. The paper must adhere to standards set forth by *American Psychological Association Publication Manual* (6th ed.). It must include:

1. A brief description of a presenting concern that can be addressed in a group setting (i.e. depression).
2. A brief description, if applicable, of the population to be served in the group (i.e. youth).
3. A literature review of evidence-based group practices related to the above mentioned (i.e. CBT).



The literature review must build an empirical rationale for how a specific issue within a specific population is addressed in a group setting (i.e. CBT for youth with depression). A minimum of 10 empirical research studies published in peer-reviewed journals must be referenced for this evidence-based group intervention. It is highly encouraged that students use more references from peer-reviewed journals (empirical and non-empirical) and textbooks.

In addition, students will develop an empirically supported group curricula/session for each of *Transition, Working and Adjourning* stages of groups. The sessions should be designed to last 1 to 1½ hours, depending on your population and need. It must be transparent that the techniques used in each of the three sessions are supported by the literature review. In other words, each session must be evidence-based. No citations are needed in the three-session outlines.

The paper will be a maximum of 8 pages double-spaced. This includes the cover page and 1 page per three group sessions and excludes the bibliography.

The paper will be graded on style (75 points), and content (75 points) equally.

LIVE GROUP PRACTICE SESSIONS/PARTICIPATION (100 POINTS)

Students will be placed in small groups and will be asked to participate in in-class group technique sessions. Each course will focus on a different topic/stage of group to allow students to practice leading, participating, and observing processes of groups. Students will be allotted active participation points based on their group and class involvement. This may also include participating in small discussion groups based on weekly information.

FINAL EXAM (150 POINTS)

At the end of the semester a final exam will be given. This exam is cumulative and will cover material from the entire course including: lectures, student presentations, guest lectures, as well as information from the text and assigned readings. The format of this exam will include multiple-choice questions and an essay question.

IF YOU HAVE ANY PROBLEMS WITH ASSIGNMENTS &/OR DUE DATES, PLEASE CONTACT THE INSTRUCTOR PRIOR TO THE DUE DATE SO POSSIBLE ACCOMMODATIONS MAY BE MADE.

OVERVIEW OF THE ASSIGNMENT GRADES

The table below provides an overview of how much each assignment is worth and when it is due.



Assignment	Points
10 Quizzes	100
Teach a Group Technique	100
Group Curriculum Paper	150
Group Practice Participation	100
Final Exam	150
Total	600

GRADING SCALE

90-100% = A; 80-89%=B; 70-79%=C; 60-69%=D; 00-59%=F

Note: If you are on track for a D, you are failing the course.

Grade	% Range	Points Range
A	90-100	540-600
B	80-89	480-539
C	70-79	420-479
D	60-69	360-419
F	<60%	Less than 419

UNIVERSITY POLICIES

ACCOMMODATIONS

The University of Nebraska at Omaha is committed to providing reasonable accommodations for all persons with disabilities. This syllabus is available in alternate formats upon request. Reasonable accommodations are provided for students who are registered with [Accessibility Services Center](#) (ASC) and make their requests sufficiently in advance. For more information, contact ASC (Location: 104 H&K, Phone: 402.554.2872, Email: unoaccessibility@unomaha.edu.)

ACADEMIC INTEGRITY

Plagiarism and cheating of any kind on an examination, quiz, or assignment will result at least in an "F" for that assignment (and may, depending on the severity of the case, lead to an "F" for the entire course) and may be subject to appropriate referral to the [Office of Academic and Student Affairs](#) for further action. I will assume for this course that you will adhere to the



University of Nebraska at Omaha policies and will maintain the highest standards of academic integrity. In other words, don't cheat by giving answers to others or taking them from anyone else. I will also adhere to the highest standards of academic integrity, so please do not ask me to change (or expect me to change) your grade illegitimately or to bend or break rules for one person that will not apply to everyone.

TITLE IX SEXUAL MISCONDUCT

As your instructor, one of my responsibilities is to help create a safe learning environment on our campus. Title IX and our own Sexual Misconduct policy prohibit sexual misconduct. If you have experienced sexual misconduct, or know someone who has, the University can help. I encourage you to visit [Title IX website](#) to learn more. If you are seeking help and would like to speak to someone confidentially, you can contact the [Counseling and Psychological Services \(CAPS\)](#) or [Gender and Sexuality Resource Center](#).

It is also important that you know that federal regulations and University policy require me to promptly convey any information about potential sexual misconduct known to me to UNO's Title IX Coordinator. In that event, they will work with a small number of others on campus to ensure that appropriate measures are taken and resources are made available to the student who may have been harmed. Protecting a student's privacy is of utmost concern, and all involved will only share information with those that need to know to ensure the University can respond and assist.

CODE OF STUDENT RIGHTS, RESPONSIBILITIES, AND CONDUCT

Students at the University of Nebraska Omaha are expected to maintain standards of personal integrity in accordance with institutional goals for the success of all students. This means students are expected to assume responsibility for their actions; observe national, state, and local laws; follow university policies; and respect the rights and property of all people. For more information see [Student Conduct and Community Standards](#).

GRADING POLICIES

GRADE APPEAL

Individuals who believe that their grade in a particular course does not properly reflect their performance or that the instructor acted in an arbitrary or capricious manner in determining the grade should first contact the instructor to determine the rationale for the grade or if there



was an error in reporting. Consultation with the instructor should take place before taking any formal action in regard to a grade appeal.

You will find the Department of Counseling grade appeal policy in the Student Handbook:

<https://www.unomaha.edu/college-of-education-health-and-human-sciences/counseling/student-resources/student-handbook-fall-2022.pdf>

DROPPING A COURSE

A class can be dropped from your schedule via MavLINK up until the last day to withdraw. The last day to withdraw can be found on the [Academic Calendar](#). If you are currently enrolled, you can click on the "refund" link next to each class in your schedule. You can also contact the Office of the University Registrar to verify the last day to withdraw.

Drops can only be completed in the 100% refund period of your course. If you drop the course from your schedule during this period, it will not be listed on your academic transcript.

Withdraws can be completed up until the last day to withdraw for the semester. If you withdraw from a course, a grade of "W" is given for that course and this will be listed on your academic transcript. "W" grades have no impact on your academic GPA.

COURSE EXPECTATIONS

ATTENDANCE & PARTICIPATION REQUIREMENTS

Given the interactive nature of this course, attendance and active participation is necessary and mandatory in order to develop the necessary knowledge and skills to be ethical and effective counseling professionals. All students are expected to attend class and participate fully in exercises and assignments. You are allowed to miss one class during the semester with no penalty. After one absence, each absence thereafter will result in a one letter grade deduction from your final grade (e.g., if you have an A you will be reduced to a B and so forth). Five points will also be deducted for students who (a) consistently (i.e., more than three times) arrive to class late and/or leave early (by 5 minutes or more) or (b) do not participate during class activities and give/receive respectful feedback to/from class members concerning their ethical & legal decision-making processes and self-awareness. Being present in class & doing other activities (e.g., playing on computer, texting, talking) is not considered being actively involved and will result in appropriate point loss.

PROFESSIONALISM (CONFIDENTIALITY & ETHICS)

In COUN 8360: Group Theory & Practice, you are required to attend an experiential, self-growth group. Naturally, during discussion, student-participants probably will disclose personal



information. It is your duty to maintain confidentiality. You are expected to abide by the American Counseling Association (2005) Code of Ethics, the American School Counselor Association (2004) Ethical Standards, International Association of Marriage and Family Counselors (2005) Ethical Standards & Guidelines, and National Association of School Psychologists (2000) Professional Conduct Manual. A breach of confidentiality will result in the student's removal from the personal growth group, and the student will receive an incomplete in the course.

PRACTICE

This is a class in which you will be learning many new skills. The more you can practice, the faster you will improve. While it is important to understand the material in the textbooks, it is crucial that you be able to demonstrate the required skills.

GRADUATE LEVEL WRITING

Graduate level writing is expected on all written assignments. Written assignments should be typed, free of grammatical and spelling errors, as well as follow guidelines given in class. Reference citations should always be included where needed according to APA writing style. Not meeting these criteria will be reflected in your grade for that writing assignment.

LATE WORK

No late assignments will be accepted.

RIGHT OF REVISION

The instructor reserves the right to revise or adjust the course syllabus to best accommodate the pace and needs of the students.

FAIR USE POLICY

Copying or recording synchronous classes and asynchronous course materials without the express prior approval of Professor Fredericksen is prohibited. All copies and recordings remain the property of UNO and Professor Fredericksen. UNO and Professor Fredericksen reserve the right to retrieve, inspect, or destroy the copies and recordings after their intended use. These policies are not intended to affect the rights of students with disabilities under applicable law or UNO policies.

ACCOMMODATING STUDENTS WITH SPECIAL LEARNING NEEDS



Reasonable accommodations are provided for students who are registered with *Accessibility Services Center (ASC)* and make their requests sufficiently in advance. For more information, contact ASC (Location: 104 H&K, Phone: 402.554.2872, [Email: unoaccessibility@unomaha.edu](mailto:unoaccessibility@unomaha.edu)).

INCLEMENT WEATHER POLICY

In the event of inclement weather, class will be cancelled ONLY if UNO closes. Keep in mind that students are allowed ONE absence without incurring a reduction in points (*if student contacts instructor prior to the scheduled class meeting*). Thus, use your own discretion when deciding not to attend classes throughout the semester when inclement weather is not an issue.

OTHER CONSIDERATIONS

As part of this profession, you are STRONGLY encouraged to join both the American Counseling Association (ACA) and the Nebraska Counseling Association (NCA).

CELLULAR PHONES

Please do not allow cellphones and beepers to interrupt class time. The instructor respectfully asks that you silence or turn off these prior to class. If you must take a call or answer a text message, please remove yourself from the learning environment (i.e., classroom) in order to do so.

ESSENTIAL COURSE OBJECTIVES

The following course elements constitute essential course objectives. Removing or modifying essential course objectives results in fundamental alteration to the course. 1) Ongoing in-class, in-person completion of quizzes (10); 2) in-class, in-person presentation of a technique related to group counseling; 3) completion of a literature review and group facilitation outline, and related in-class, in-person presentation; 4) ongoing in-class, in-person active participation and attendance for course lectures, and course activities, student presentations, and the final exam. If you anticipate difficulty meeting these essential course objectives, please communicate with your instructor about this immediately.



I have read and understand all the assignments and requirements within this syllabus for COUN 8360: Group Theory & Practice – Spring 2019. I also understand that my grade for the aforementioned class will depend upon my successful completion of these assignments and class attendance/participation. My signature below attests to my understanding.

Signature: _____ Date: _____

Student Information Sheet

Name (and preference):

Program Track/Major:

Email address: **PLEASE NOTE – all course correspondence will be sent to your UNO email address. Be sure to forward that email to the address you check regularly.**

What are your expectations for this course?

Do you have any questions for the instructor?

Is there anything else that I need to know about you to help me to teach you more effectively?