The University of Oklahoma
College of Continuing Education
Advanced Programs – Course Syllabus

Course Title:
Group Counseling in Human Relations

Course Number:
HR 5433-221

Course Description:
This course examines a variety of group counseling models, types of groups, the role of the group counselor, group members, and techniques and strategies for facilitating group work.

Class Dates, Location and Hours:

Dates: December 1-6, 2015
Location: Spangdahlem AB, Germany. Students should check with Site Director for classroom location.
Hours: Tuesday - Friday 6:00-9:30 pm; Saturday and Sunday 8:30 a.m.-4:30 p.m.
Last day to enroll or drop without penalty: November 2, 2015

Site Director:
Chérié Cutler. Phone: DSN 452-7555, CIV 06565-61-7555; Fax: Spangdahlem Library 06565-7843; Email: apspangdahlem@ou.edu

Professor Contact Information:

Course Professor: Jolene Ring, M. Ed.
Mailing Address: 2505 Halifax Way
Norman, OK 73069
Telephone Number: (405) 329-4698
Fax Number: (405) 329-8500
E-mail Address: jerdok@aol.com
Professor availability: The professor will be available via e-mail to students before and after the class sessions. On-site office hours are half an hour before and after each class session, by appointment.

Textbook(s) and Instructional Materials:
Student materials are available at the OU Follett Bookstore located at 1185 Asp Avenue; Norman, OK, and can be ordered online, by phone, by email, or by fax. Ordering online at http://www.bkstr.com/oklahomastore/home is strongly recommended – students can track the status of their order within 48 hours. If an order has not been shipped within three days, students can contact the Follett textbook manager by phone (405) 325-3511, (800) 522-0772 (toll-free) or email 0831mgr@fhfg.follett.com. Phone orders (ask for the textbook manager and identify yourself as an Advanced Programs student) can be placed 8 a.m. to 6 p.m. Monday through Thursday; 8 a.m. to 5 p.m. on Friday; 10 a.m. to 4 p.m. on Saturday (CST). Summer hours: 9 a.m. to 5 p.m. Monday through Friday (CST). Fax orders can be placed 24 hours a day at (405) 325-7770. Text prices are available online.

Note: The Follett/AP Bookstore is the Advanced Programs contractual textbook provider. Should text changes become necessary after publication of the course syllabus, Advanced Programs will facilitate text returns/refunds only for texts purchased through the Follett/AP Bookstore.

Course Objectives:
The purpose of this course is twofold:

1. to acquaint the students with the theories and techniques of the major approaches to group counseling through didactic presentation, and
2. to engender integration of content with practical application through encouragement of student participation in various types of group experiences. The course is designed as a training in growth group facilitation rather than one of personal therapy. The focus will be on developing and improving group facilitation skills.

Upon completion of this course, the student will be able to:

- incorporate concepts and principles of theories in generating answers to simulations that will demonstrate appropriate application of theories to groups in education and mental health;
- demonstrate understanding of factors affecting leadership, membership, ethics, and establishment of goals in groups;
- utilize skills acquired in the areas of communication, controversy, creativity, decision making, problem-solving, conflict, and power; and
- gain insight into personal interaction in groups through instruments, feedback, and class discussions.

Assignments, Grading and Due Dates:

Readings:
Read the texts. Please do not do any of the exercises in *Joining Together* since we will do some of them during class time and some of them will be shifted to other units.

Influence Groups Paper

**Due on the first day of class:** Write a brief paper (3-5 pages) describing at least three groups which have had influence on establishing your identity and perception of self-worth. In the paper, describe the ways by which these groups influenced you and the parts of your makeup that were affected by each of these groups. Concentrate on norms-governed behavior in each of these groups, on the ways decision making and problem solving occurred, how members dealt with conflict and controversy, whether there were gender issues, diversity issues, and how the power was distributed. Please note that this paper will be discussed in small groups. (10% of the grade)

Research or Theoretical Paper and Presentation:

Write a research or theoretical paper which should be based on at least three references, and should follow APA style. Be prepared to give an overview in class. You may select from the list of topics below. If you would like to select a different topic, you must contact the professor prior to class for permission. **Written paper due the first night of class.** Presentations will be scheduled the first night for presentations throughout the two weekends. (40% of the grade)

Examples of Topics for Theoretical Paper:

1. Use of Trauma Focused Cognitive Behavioral Theory in groups
2. Transactional analysis and group process.
3. Group techniques and the Gestalt model.
4. Is behavior modification the key to a successful group process in Reality Therapy?
5. How to use transference in group counseling.
6. Comparison of Rational Emotive Therapy and Reality Therapy.
Examples of Topics for Research Paper.

1. Self-directed change groups.
2. Groups in family counseling.
3. Review of 3 evidence based groups
4. Use and success of groups for parents
5. Group leadership skills.
7. Confrontation and its use in group counseling.
8. Self-disclosure in growth groups.
9. Group counseling with young children.
10. Behavioral rehearsal in group counseling.

Final evaluation - Consists of two components:

1. A subjective evaluation of the student’s group leadership potential. (20% of the grade)
2. Short essays and simulations. Bring several empty pages, stapled, with your name on each. You will be given five new simulations that were not covered in class. For each simulation, you will have to select two theories from three provided and generate a response. A list of the short essay questions pool from which the exam questions will be taken will be provided on the first day of class. (30% of the grade)

Grading:
This is a letter-graded course: A, B, C, D, or F.

Notice: Failure to meet assignment due dates could result in a grade of I (Incomplete) and may adversely impact Tuition Assistance and/or Financial Aid.
POLICIES AND NOTICES

Attendance/Grade Policy

Attendance and participation in interaction, individual assignments, group exercises, simulations, role playing, etc. are valuable aspects of any course because much of the learning comes from discussions in class with other students. It is expected that you attend all classes and be on time except for excused emergencies.

Excused absences are given for professor mandated activities or legally required activities such as emergencies or military assignments. It is the policy of the University to excuse absences of students that result from religious observances and to provide without penalty for the rescheduling of examinations and additional required class work that may fall on religious holidays. Unavoidable personal emergencies, including (but not limited to) serious illness; delays in getting to class because of accidents, etc.; deaths and funerals, and hazardous road conditions will be excused.

If you are obtaining financial assistance (TA, STAP, FA, VA, Scholarship, etc.) to pay all or part of your tuition cost, you must follow your funding agency/institution’s policy regarding “I” (Incomplete) grades unless the timeline is longer than what the University policy allows then you must adhere to the University policy. Students who receive Financial Aid must resolve/complete any “I” (Incomplete) grades by the end of the term or he/she may be placed on “financial aid probation.” If the “I” grade is not resolved/completed by the end of the following term, the student’s Financial Aid may be suspended make the student ineligible for further Financial Aid.

Students are responsible for meeting the guidelines of Tuition Assistance and Veterans Assistance. See the education counselor at your local education center for a complete description of your TA or VA requirements.

Academic Integrity and Student Conduct

Academic integrity means honesty and responsibility in scholarship. Academic assignments exist to help students learn; grades exist to show how fully this goal is attained. Therefore all work and all grades should result from the student's own understanding and effort.

Academic misconduct is any act which improperly affects the evaluation of a student’s academic performance or achievement. Misconduct occurs when the student either knows or reasonably should know that the act constitutes misconduct. Academic misconduct includes: cheating and using unauthorized materials on examinations and other assignments; improper collaboration, submitting the same assignment for different classes (self-plagiarism); fabrication, forgery, alteration of documents, lying, etc…in order to obtain an academic advantage; assisting others in academic misconduct; attempting to commit academic misconduct; destruction of property, hacking, etc…; intimidation and interference with integrity process; and plagiarism. All students should review the Student’s Guide to Academic Integrity at [http://integrity.ou.edu/students_guide.html](http://integrity.ou.edu/students_guide.html)

Students and faculty each have responsibility for maintaining an appropriate learning environment. All students should review policies regarding student conduct at [http://studentconduct.ou.edu/](http://studentconduct.ou.edu/)

Accommodation Statement

The University of Oklahoma is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your local OU Site Director.

Course Policies

Advanced Programs policy is to order books in paperback if available. Courses, dates, and professors are subject to change. Please check with your OU Site Director. Students should retain a copy of any assignments that are mailed to the professor for the course. Advanced Programs does not provide duplicating services or office supplies.

Any and all course materials, syllabus, lessons, lectures, etc. are the property of professor teaching the course and the Board of Regents of the University of Oklahoma and are protected under applicable copyright.

For more information about Advanced Programs, visit our website at: [http://www.goou.ou.edu/](http://www.goou.ou.edu/)
INSTRUCTOR VITA
Jolene Ring, M.Ed.

Education
1980 Master’s in Guidance and Counseling Psychology, University of Oklahoma

Current Positions
- Chief Operating Officer, Shadow Mountain Behavioral Health Systems
- Adjunct Assistant Professor, Department of Human Relations, University of Oklahoma, Norman, OK
- Advanced Programs professor since 1994

Frequently Taught Advanced Programs Courses
- HR 5100 Counseling with Children
- HR 5153 Human Emotions
- HR 5083 Seminar in Group Dynamics
- HR 5113 Child Abuse and Neglect
- HR 5113 Anxiety Disorders
- HR 5113 Sexual Abuse
- HR 5113 Play Therapy
- HR 5100 Group Counseling

Major Areas of Teaching and Research Interest
- Therapeutic Issues with Children
- Attachment
- Clinical Interventions

Major Professional Affiliations
- Oklahoma Psychiatric Hospital Association
- Oklahoma Mental Health Counseling Association
- American Business Women’s Association