Course Title:
Group Counseling in Human Relations

Course Number:
HR5433-220

Course Description:
This course focuses on several theories and approaches to group counseling. A systems perspective on group interaction will be presented. Students will be encouraged to participate in small group discussions, group interaction simulations, and in exploration of topics, selected to be of relevance to this class. Several activity-based resources will be used. The course is designed as a training course in group counseling facilitation rather than one of personal therapy. The course is designed to assist students in developing and improving group facilitation skills. The purpose of this course is two-fold: (1) to acquaint students with the theories and techniques of major approaches to group counseling through didactic presentation; and (2) to encourage integration and practical application through encouragement of student participation in various group exercises.

Class Dates, Location and Hours:

| Dates:     | September 18-23, 2012 |
| Location:  | Lakenheath, England. See Site Director for classroom location. |
| Hours:     | Tues-Fri 6:00-9:30 p.m.; Sat-Sun 8:30 a.m.-4:30 p.m. |
| Last day to enroll or drop without penalty: | August 20, 2012 |

Site Director:
Lexi Kemp. Phone: 44-1638-52-6186; DSN 226-6186; Fax: 44-1638-532827; E-mail: aplakenheath@ou.edu

Professor Contact Information:

| Course Professor: | Judith K. Adams, Ph.D. |
| Mailing Address:  | 9726 East 42nd Street South, Suite 106 Tulsa, OK 74146 |
| Telephone Number: | (918) 712-7711 |
| Fax Number:       | (918) 712-8865 |
| E-mail Address:   | jkadams1@mindspring.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 Follett/AP Bookstore located in the Oklahoma Memorial Union, 900 Asp Ave., Norman, OK. Orders can be placed online at www.oklahomaunion bkstr.com or by telephone at 866-369-9713 (toll free in the U.S.) or 405-325-5960 (outside the U.S.). E-mail orders may be sent to oklahomaunion@bkstr.com. Representatives are available from 8 a.m. to 6 p.m. CST Monday through Thursday and 8 a.m. to 5 p.m. CST on Friday. Summer hours: 8 a.m. to 4 p.m. CST. Faxed orders may be placed 24 hours a day to 866-223-5607 (toll free in the U.S.) or 405-325-7140 (outside the U.S.).

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:**

- Students will be presented theoretical concepts of group counseling and information regarding the pragmatics of group counseling, i.e., screening group members, ethics of group counseling, formats for groups, etc.
- Students will be presented opportunities to practice group facilitation skills. Students will practice facilitating group sessions, as well as participating in simulating group exercises.
- Students will develop appreciation for stages of group formation, development, and termination and will understand group counseling with a variety of problems and populations.

**Units of the Course:**

1. Overview of Various Types of Groups
2. Ethical and Professional Guidelines for Group Leader
   a. Confidentiality
   b. Group Techniques
3. Stages of a Group
   a. Forming a Group: Member Selection and Screening
   b. Initial Stage
   c. Transition Stage
   d. Working Stage
   e. Ending a Group
4. Specific Types of Groups
   a. Children, Adolescents, Adults, Elderly
   b. Non-directive, Behavioral, Psychodrama
   c. Topic focused, symptom focused
   d. Use of Group Methods with Special Populations
5. Utilizing Group Discussion and Group Process to Address Special Topics
   a. Parenting and Family Issues
   b. Critical Incident Stress Debriefing: Combat Operational Stress Response
   c. Deployment Preparation
   d. Reintegration
   e. Recognizing and Addressing Post-traumatic Stress Disorder

**Assignments, Grading and Due Dates:**

1. Due the first day of class: Write a brief paper (4-6 pages) describing at least three groups which have had an influence on your identity and self-concept. In the paper, describe the ways in which these groups have influenced you. Address the norms which governed the behavior of the members of each group and how decision making and problem solving was handled in each of these groups. Describe how members dealt with conflict and controversy. This self-awareness paper will count for 40 points or one-fifth of the grade.
2. Daily critiques: At the end of each day, each student will be asked to write a synopsis or critique (1-paragraphs) of the activities of that day. The purpose of this critique will be to help the student integrate and synthesize the activities of the day, but will also provide the instructor with feedback about the daily activities. These critiques will count for 5 points per day, or a total of 25 points.
3. Class participation: Students will be expected to participate in group discussions and class activities. These simulations will aid students in learning about group counseling first hand. Students will be given the opportunity to facilitate the discussion and interaction, to develop skills. Topics to be utilized for these group discussions will be decided on by the class, considering several possibilities.
Suggestions from the class will also be entertained. Personal therapy will not be the objective and personal disclosure will not be required. Students’ professional roles will be respected and any disclosures in class will be treated as confidential. Class participation will count for 40 points, or one fifth of the grade.

4. Psycho-educational Presentation, Educational Teaching, or other Didactic Presentation followed by Discussion. Each pair of students will present a 10 minute teaching or “briefing” on a subject of his choice, followed by a 15 minute discussion, with possible question and answer opportunity. This focused teaching will count for 20 points or one tenth of the grade.

5. Group Proposal: The major written assignment a proposal for a group that each student could facilitate. In some cases, this may be a hypothetical group or an extension of a group with which the student is already familiar. The project for a group should include a brief “literature review,” providing basic rationale and justification for this type of group. The group purpose should be identified and discussed briefly. The identified members for the hypothetical group should be discussed, such working mothers, first-time pregnant couples, adolescents, the elderly, military retirees, or any other members who would attend the group. The means for recruiting members, advertising for the group, or accepting referrals to the group should be addressed. Other relevant factors should be addressed, such as meeting times and frequency, cost of session, policy for missing sessions, rules for expulsion from the group, etc. The proposal should address whether the group is voluntary or mandatory, and if mandatory, what records and reports might be generated regarding attendance and participation. A brief description of what will be addressed in each session of the group should be included, considering 6 to 15 sessions of a time-limited group. Means for assessing the on-going effectiveness of the group and to evaluate the over-all effectiveness at the time of termination should be included. This may be an actual group with which the student is familiar or one which he/she would like to facilitate. Completion of the group project will count for 50 points or one fourth of the grade.

6. Quiz: One quiz will be given to assess general knowledge of group process. This quiz will likely consist of multiple choice as well as one or two essay questions. This quiz will be 25 points, or one eight of the grade.

Grading:

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

- 180-200 points = A
- 160-179 points = B
- 140-159 points = C
- 120-139 points = D
- 100-119 points = F
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. 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 Honesty

Honesty is a fundamental precept in all academic activities and … [you] have a special obligation to observe the highest standards of honesty. Academic misconduct in any form is inimical to the purposes and functions of the University and is therefore unacceptable and is rigorously proscribed. Academic misconduct includes:

- cheating (using unauthorized materials, information, or study aids in any academic exercise), plagiarism, falsification of records, unauthorized possession of examinations, intimidation, and any and all other actions that may improperly affect the evaluation of a student’s academic performance or achievement; assisting others in any such act; or attempting to engage in such acts.

All acts of academic misconduct will be reported and adjudicated as prescribed by the student code of the University of Oklahoma. All students should review the “Student’s Guide to Academic Integrity” found at http://www.ou.edu/provost/integrity

Accommodation Statement

The College of Continuing Education [Advanced Programs] is committed to making its activities as accessible as possible. For accommodations on the basis of disability, please contact your 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.

Copyright

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/
INSTRUCTOR VITA
Judith K. Adams, Ph.D.

Education
- 1968 BA, Psychology, English, Concordia College, Moorhead, MN
- 1976 MA, Clinical Psychology, University of Nevada, Las Vegas, NV
- 1982 Ph.D., Clinical Psychology, University of Nebraska, Lincoln, NE

Current Positions
- Clinical Psychologist, Marital and Family Therapist Solo Private Practice, Tulsa, OK
- Assistant Professor; Psychology & Counseling, Northeastern State University, Tahlequah-Broken Arrow.
- Adjunct Professor, Univ. of Oklahoma, Human Relations, Advanced Programs Norman, OK- since 1983
- Licensed Psychologist
- Licensed Marital and Family Therapist
- Licensed Certified Alcohol and Drug Counselor
- Certified Trauma Specialist
- Diplomate Board Certified Forensic Examiner, with interest in child custody and child abuse issues
- Board Member- Oklahoma Alcohol and Drug Counselor Association- Certification Board

Frequently Taught Advanced Programs Courses
- HR 5100 Ethical Issues in Counseling
- HR 5100 Basic Counseling Skills in Human Relations
- HR 5113 Child Abuse and Neglect
- HR 5113 Ethical Issues in Human Relations
- HR 5113 Suicidal/Homicidal Clients
- HR 5413 Chemical Dependency
- HR 5433 Group Counseling in Human Relations
- HR 5083 Seminar in Group Dynamics

Major Areas of Teaching and Research Interest
- Psychotherapy and psychological Assessment: Marriage and Family Therapy
- Critical Incident Debriefing- Psychological First Aid
- Post-Traumatic Stress Disorder: Psychological, Neuropsychological, and Spiritual Aspects of PTSD
- Forensic Psychology, Expert Testimony, and Psychology Interface with the Legal System
- Child Abuse Investigations: Methodological Errors and Protocols for Proper Investigation
- Allegations of Child Abuse Occurring in Divorce and Custody Disputes- Parental Alienation in Divorce
- Addictions Counseling, including Substance Abuse, Eating Disorders, Addictive Behaviors
- Spiritual Issues in Chemical Dependency and Addictions Counseling

Representative Publications and Presentations
- Ethical and legal issues in suspected sexual abuse cases, TAMFT, Dallas, Texas: Jan. 30, 1998.
• Interviewing children in suspected sexual abuse cases. Nat’l Assoc-State VOCAL Org. Tucson, AZ Sep 97
• Methodological errors in child abuse investigations, Nat’l Assoc-State VOCAL Org. Tucson, AZ. Sep. 97
• Hearsay testimony in suspected sexual abuse cases, Tulsa Bar Association, March, 1997.

**Major Professional Affiliations**

- American Psychological Association
- American Association for Marriage and Family Therapy
- Oklahoma Association for Marriage and Family Therapy
- Oklahoma Drug and Alcohol Professional Counselor Association
- National Association of Alcoholism and Drug Abuse Counselors
- American College of Forensic Examiners
- International Association of Trauma Counselors