



GRAND CANYON
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CNL-520 | Group Counseling Topics & Objectives

COURSE DESCRIPTION

This course provides a broad understanding of group development, group dynamics, group counseling theories, and ethical standards with reference to professional and substance use disorders counseling. The course addresses group process components, appropriate selection criteria, developmental stage theories, group members' roles and behaviors; and group leadership styles and approaches. The course includes didactic and experiential group learning. Required synchronous group experience: 12 hours. Prerequisite: CNL-515.

CREDITS

3

PREREQUISITES

CNL-515.

CO-REQUISITES

None

Topic 1: Group Counselor Professional Identity

Objectives:

- 1.1: Analyze the strengths and professional development requirements that are core to the competencies and characteristics of a group counselor. [CACREP 2.F.6.d]
- 1.2: Asses the goals and appropriate uses of the various types of groups in the practice of counseling. [CACREP 2.F.6.f]
- 1.3: Analyze the legal and ethical issues relevant to group counseling. [CACREP 2.F.6.g]

Topic 2: Group Leadership Skills and Techniques

Objectives:

- 2.1: Determine general and specific factors to be considered in selecting, introducing, conducting, and processing specific group exercises. [CACREP 2.F.6.b]
- 2.2: Assess the importance of using group exercises in the group setting to facilitate and develop new skills within each group member. [CACREP 2.F.6.b]

Topic 3: Strategic Use of Groups in Counseling

Objectives:

- 3.1: Illustrate the steps necessary in planning a counseling group. [CACREP 2.F.6.b]
- 3.2: Analyze the therapeutic factors that are correlated with successful group counseling outcomes. [CACREP 2.F.6.c]
- 3.3: Evaluate how multicultural issues impact a group, and the counselor skills necessary to address those issues. [CACREP 2.F.6.d, 2.F.6.f]

Topic 4: Managing Initial and Transition Stages of Group Development

Objectives:

- 4.1: Identify the main characteristics of group members' behaviors at the initial and transitional stages. [CACREP 2.F.6.b]
- 4.2: Analyze the basic skills required of a group counselor in addressing and responding appropriately to challenges faced in the initial and transition stages of a counseling group. [CACREP 2.F.6.b]

Topic 5: Managing the Working and Final Stages of Group Development

Objectives:

- 5.1: Discuss the ethical responsibilities of the group leader to the group as it proceeds through the termination stage to the end, including relapse prevention for members with substance use disorders.
- 5.2: Demonstrate knowledge of characteristics and functions of an effective group leader in the final stages of the group process. [CACREP 2.F.6.d]

Topic 6: Managing Problem Situations in Group Counseling**Objectives:**

- 6.1: Analyze common challenges faced by group leaders in addressing problem situations. [CACREP 2.F.6.f]
- 6.2: Explain the structure needed to maximize the therapeutic outcomes of the group when common problems or difficult group member situations arise. [CACREP 2.F.6.c]

Topic 7: Group Work with Children and Adolescents**Objectives:**

- 7.1: Explain the legal, ethical, and cultural issues involved in designing and facilitating group work with children and adolescents. [CACREP 2.F.6.g]
- 7.2: Analyze the unique facilitation issues and strategies used when working with children and adolescents. [CACREP 2.F.6.f]

Topic 8: Group Work with Adults and Older Adults**Objectives:**

- 8.1: Compare the benefits of topic or themed-centered groups versus specific or focused-centered groups. [CACREP 2.F.6.a]

- 8.2: Analyze issues and group approaches for working with involuntary adult clients. [CACREP 2.F.6.f]
- 8.3: Identify common theories and topics around which adult and older adult groups may be structured. [CACREP 2.F.6.a, 2.F.6.f]
- 8.4: Describe the unique issues and strategies used when working with a diverse population of adults. [CACREP 2.F.6.f]
- 8.5: Formulate approaches to group formation, including recruiting, screening, and selecting members. [CACREP 2.F.6.e]

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