Administrative Unit: History & Social Sciences

Course Prefix and Number: PSYC 480

Course Title: Group Process

Number of Credit Hours: 3 Lecture Hours: 3 Laboratory Hours: 0

Catalog Description: Psychotherapeutic techniques used in small groups and large-group interventions, including reviews of the current research, legal, and ethical issues associated with paraprofessional and professional practice. Prerequisites: PSYC 101 and PSYC 460. Occasional Offering.

Prerequisite(s)/Corequisite(s): PSYC 101 and PSYC 460.

Text(s): Most current editions of the following:


Course Objectives:

- To understand differing theoretical approaches to group therapy.
- To understand different types and purposes of group work.
- To develop a rationale of group leadership and group therapy.
- To demonstrate group facilitation skills from an integrative theoretical perspective.

Measurable Learning Outcomes:

- Understand the purposes and methods of different types of groups.
- Understand methods and processes of groups.
- Recognize and describe different theoretical approaches to group therapy.
- Understand therapists’ roles and techniques.
- Understand ethics associated with group therapy.
- Describe and explain methods of Gestalt therapy.
- Describe and explain methods of Individual Psychology.
- Describe and explain methods of Rational-emotive therapy.
Describe and explain methods of Reality therapy.
Describe and explain methods of Transactional analysis.
Demonstrate selected techniques of group leadership.
Integrate theory and practice in an APA style paper and in an oral presentation to a group of peers.

Topical Outline (major areas of coverage):

Students in this course are expected to conduct archival research, write a paper using APA style, and report their research findings to a forum of their peers.

• Introduction to group processes
• Group types and methods
• Key concepts of group leadership
• Leader roles and techniques
• Gestalt therapy in groups
• Adler's Individual psychology
• Rational-emotive therapy
• Reality therapy
• Transactional analysis
• Ethics of group counseling
• Integration of theory and practice

Recommended maximum class size for this course: 15

Library Resources:
Online databases are available at http://www.ccis.edu/offices/library/resources.asp. You may access them from off-campus using your eServices login and password when prompted.

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Name Signature

Date: March 23, 2006

NOTE: The intention of the master syllabus is to provide an outline of the contents of this course, as specified by the faculty of Columbia College, regardless of who teaches the course, when it is taught or where it is taught. Faculty members teaching this course for Columbia College are expected to facilitate learning pursuant to the course objectives and cover the subjects listed in the topical outline. However, instructors are also encouraged to cover additional topics of interest so long as those topics are relevant to the course’s subject. The master syllabus is, therefore, prescriptive in nature but also allows for a diversity of individual approaches to course material.

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