

PSY- 417: Group Dynamics and Processes (3CHs)

Prerequisite: None

Course Description:

In this course, students will be exposed to theoretical understandings, as well as experiential work in relation to group purpose, development, dynamics, theories of group counselling, and therapeutic approaches to group counselling.

Course Objectives:

This course will facilitate students to:

- Develop basic knowledge of theories of group dynamics stages of group formation.
- Develop an understanding of the different approaches and styles of group leadership.
- Develop critical knowledge of the different theories and models of group counselling, as well as current research and evidence about the effectiveness of each model.
- Develop a critical understanding of the different types of group work, including task groups, psycho-educational groups, and psychotherapeutic groups.
- Develop a key understanding of the various professional, ethical, and legal issues that are inherent in relation to group work.

Course Learning Outcomes:

Upon completion of the module, students will be able to:

- Demonstrate an understanding of the principles of group dynamics, including group process components, developmental stage theories, group members' roles and behaviors, and therapeutic factors of group work.
- Demonstrate an understanding of group leadership styles and approaches, including characteristics of various types of group leaders and leadership styles.
- Demonstrate an understanding of the theories of group counselling, common principles, distinguishing concepts as well as current research and literature.

- Demonstrate an understanding of approaches used for group work, including task groups, psychoeducational groups, and therapy groups.
- Demonstrate an understanding of the professional, ethical, and legal issues inherent in group work.

Course Contents

- Components of Group Processes
- Developmental Stage Theories
- Roles and Behaviors of Group Members
- Therapeutic Factors of Group Work
- Characteristics and Types of Group Leaders
- Leadership Styles
- Theories and Approaches to Group Counselling
- Group Therapist Orientations and Skills
- Selection Criteria and Methods for Group Work
- Methods for Group Effectiveness Evaluation
- Task Groups
- Psycho-educational Groups
- Therapeutic Groups
- Professional, Legal and Ethical Issues in Group Work

Textbook:

- Corey, G. (2012). *Theory and Practice of group counseling*. (8th ed.). Pacific Grove, CA: Brooks/Cole.

Reference Books:

- DeLucia-Waack, J. L., Bridbord, K., H., & Kliener, J. S. (2006). *Group work experts share their favourite activities: A guide to choosing, planning, conducting, and processing*. Alexandria, VA: Association for Specialists in Group Work.
- Jacobs, E., Harvill, R., & Masson, R. (2006). *Group counseling: Strategies and skills* (5th ed.). Pacific Grove, CA: Brooks/Cole.