

**COURSE TITLE/SECTION:** SOCW 7356 (16377) Social Work Practice with Groups in Clinical Setting

**TIME:** Wednesday 6:00pm -9:00pm

**FACULTY:** Travis J. Courville, LCSW

**OFFICE HOURS:** by appointment

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### I. Course

#### A. Catalog Description

Theories and concepts of interventions with small groups emphasizing roles and skills of social workers in a variety of clinical settings.

#### B. Purpose

This is an elective course which focuses on theories and concepts of clinical social work practice with small groups. The course is designed to help students understand and practice group work within a multi-social-cultural perspective.

### II. Course Objectives

Upon completion of this course, students will be able to:

1. formulate a clinical assessment of the group and the group members' biopsychosocial functioning by applying key concepts and principles of interpersonal dynamics and group processes;
2. formulate a diagnostic summary of group processes at different phases of the group's development;
3. critically analyze the role of the group leader and its impact on power and power inequity in social work practice with groups;
4. identify the ongoing dynamics of groups from various theoretical frameworks (i.e. strengths-based, systems, behavioral, psychodynamic, etc.);
5. assess the professional-client relationship and its impact on the helping process in working with groups;
6. analyze the impact of class, gender, race/ethnicity, sexual preference and culture on the interactional processes within a group;
7. use critical thinking in formulating and evaluating appropriate strategies of evidence-based group intervention;
8. demonstrate understanding of such key group dynamic concepts as: contracting, confidentiality, cohesiveness, confrontation, conflict, scapegoating, group norms, catharsis, universality, transference-countertransference, alliances, group composition, size, duration, feedback, and termination.

### **III. Course Content**

See attached topical course outline for specific content to be taught in this course.

### **IV. Course Structure**

Class sessions will be a combination of lecture, discussion, student presentations, and experiential exercises. Lecture material is intended to supplement, not review, the assigned readings. Because the experiential component is a major source of learning, students are expected to attend and participate in all class activities. Guest speakers and audiovisual resources may be a part of the educational experience.

### **V. Textbooks**

#### Required:

Yalom, I. & Leszcz, M. (2005) The theory and practice of group psychotherapy. (5th ed.). New York: Basic Books

Garvin, C. et al. (2006 paperback edition) Handbook of social work with groups. New York: The Guilford Press

American Group Psychotherapy Association (2007) Practice guidelines for group psychotherapy. New York, New York. [www.agpa.org](http://www.agpa.org) Free PDF download from website. (84 pages)

### **VI. Course Requirements**

This section should identify the course assignments, including written assignments, projects, and exams, as well as due dates. It is suggested that any stipulations regarding late submissions be included here.

#### **A. Reading Assignments**

The attached course outline contains weekly topics with required reading assignments. Additional reading assignments may be given during the semester.

#### **B. Written Assignments**

(1) An oral PowerPoint presentation with a slide handout on a specific topic in group work. The slide handout (six slides per page) will include at least three salient points and bibliography/references of a topic agreed upon during the initial class. A copy of the handout for each person in class is expected. Due date will be the class time the topic is scheduled for discussion.

(2) An 8-10 page paper entitled, "Toward a personal philosophy of group work". This paper is intended for the student to articulate the theoretical

application of social work practice in groups with one's style, principles, and philosophy of helping others. The paper will address at least assessment of group dynamics, strategies of interventions, professional-client relationships, and personal experience with groups. Do not consider bibliography or footnotes as part of the required 8-10 pages. The paper is due on the last day of class.

### **C. Exams/Quizzes**

There will be three quizzes. Format will be multiple choices and open-ended questions about major topics covered in the classroom, textbook and other readings. There will be no final exam.

### **D. Class Attendance**

Class attendance and participation are expected and calculated into the course grade. Students can only use laptops for note taking. Any other use of laptop or smart phone for any other reason during class will be considered nonparticipation.

## **VII. Evaluation and Grading**

Grading will be based on class attendance and participation, including evidence of having read assignments (45%); written and oral assignment for class discussion (15%); term paper (25%); and three quizzes (5% each).

The following standard grading scale has been adopted for all courses taught in the college.

A =	96-100% of the points	C+ =	76-79.9%
A- =	92-95.9%	C =	72-75.9%
B+=	88-91.9%	C- =	68-71.9%
B =	84-87.9%	D =	64-67.9%
B- =	80-83.9%	F =	Below 64%

## **VIII. Policy on grades of I (Incomplete):**

The grade of "I" (Incomplete) is a conditional and temporary grade given when students are either **(a)** passing a course or **(b)** still have a reasonable chance of passing in the judgment of the instructor but, for non-academic reasons beyond their control have not completed a relatively small part of all requirements. Students are responsible for informing the instructor immediately of the reasons for not submitting an assignment on time or not taking an examination. Students must contact the instructor of the course in which they receive an "I" grade to make arrangements to complete the course requirements. Students should be instructed not to re-register for the same course in a following semester in order to complete the incomplete requirements.

The grade of "I" must be changed by fulfillment of course requirements within one year of the date awarded or it will be changed automatically to an "F" (or to a "U" [Unsatisfactory] in S/U graded courses). The instructor may require a time period of less than one year to fulfill course requirements, and the grade may be

changed by the instructor at any time to reflect work completed in the course. The grade of "I" may not be changed to a grade of **W**.

**IX. Consultation**

I plan to be available before each class at 5:30 p.m. in the classroom. In addition, students can contact me by cell phone (281-814-8213) or email. You can also leave me a note in my GCSW mailbox for an appointment.

**X. Policy on academic dishonesty and plagiarism**

Students are expected to demonstrate and maintain a professional standard of writing in all courses, do one's own work, give credit for the ideas of others, and provide proper citation of source materials. Any student who plagiarizes any part of a paper or assignment or engages in any form of academic dishonesty will receive an "I" for the class with a recommendation that a grade of F be assigned, subsequent to a College hearing, in accordance with the University policy on academic dishonesty. Other actions may also be recommended and/or taken by the College to suspend or expel a student who engages in academic dishonesty.

All presentations, papers and written assignments must be fully and properly referenced using APA style format (or as approved by the instructor), with credit given to the authors whose ideas you have used. If you are using direct quotes from a specific author (or authors), you must set the quote in quotation marks or use an indented quotation form. For all direct quotes, you must include the page number(s) in your text or references. Any time that you use more than four or five consecutive words taken from another author, you must clearly indicate that this is a direct quotation. Please consult the current APA manual for further information.

Academic dishonesty includes using any other person's work and representing it as your own. This includes (but is not limited to) using graded papers from students who have previously taken this course as the basis for your work. It also includes, but is not limited to submitting the same paper to more than one class. It also includes securing another person to complete any required activities, assignments, quizzes, papers, or exams in an online course, or in any on-line environment. If you have any specific questions about plagiarism or academic dishonesty, please raise these questions in class or make an appointment to see the instructor. This statement is consistent with the University Policy on Academic Dishonesty that can be found in your UH Student Handbook.

**XI. Course Schedule and Reading Assignments**

See course outline below for specific content and assignment schedule for this course.

**XII. Bibliography**

The attached bibliography provides additional information on course content.

**XIII. Americans with Disabilities Statement**

Whenever possible, and in accordance with 504/ADA guidelines, the University of Houston will attempt to provide reasonable academic accommodations to students who request and require them. Please call 713-743-5400 for more assistance. Instructors may not provide accommodations without supporting documentation from the UH Center for Students with Disabilities.

Please note that these instructions may be altered as needed.

## SOCW 7356: SOCIAL WORK PRACTICE WITH GROUPS IN CLINICAL SETTINGS

### Course Outline

**(Note: This outline may be revised during the semester as needed.)**

Aug 26 **Introductions and course overview; history of group interventions, mental health & social work; different theoretical orientations**

Sep 02 **Therapeutic factors; therapist - client relationship**

Yalom: 1, 2 & 4

Garvin: 1

Additional reading:

AGPA Practice Guidelines for Group Psychotherapy, "Creating successful therapy groups", page 7

SEP 09 **Early stages of group therapy; goal setting; administration of groups**

Yalom: 5, 10 & 11

Additional reading:

AGPA Practice Guidelines for Group Psychotherapy, "Preparation and pre-group training", page 25

Sep 16 **Interpersonal learning approach; process vs. outcome (1<sup>st</sup> Quiz)**

Yalom: 3, 6

Garvin: 2

Sep 23 **Specialized groups in different settings; co-therapy; TOPIC DISCUSSIONS**

Garvin: 11 & 13

Additional reading:

Brent, D., & Marine, E. (1982). Developmental aspects of the co-therapy relationship, Journal of Marital and Family Therapy, 8(2), 69-75.

Sep 30 **Inpatient group therapy; brief group therapy; TOPIC DISCUSSIONS**

Oct 07 **Psychodrama; TOPIC DISCUSSIONS**

Oct 14 **2<sup>nd</sup> Quiz**

Oct 21 **Sexuality issues in group; class; cultural/ethnic issues: TOPIC DISCUSSIONS**

Yalom: 12 & 13 & 15

Garvin: 3 & 12

Additional reading:

Debiak, D. (2007). Attending to diversity in group psychotherapy: An ethical imperative, International Journal of Group Psychotherapy, 57(1), 1-12.

Courville, T. & Keeper, C. (1984). The issue of sexuality in group psychotherapy, Group, 8(3), 34-42.

Oct 28 **Research in group; TOPIC DISCUSSIONS**

Yalom: 14

Garvin: 26 & 27

Additional readings:

Hamilton, J., Courville, T., et al. (1993). Quality assessment and improvement in group psychotherapy, American Journal of Psychiatry, 150(2), 316-320.

Nov 04 **Training of group leaders; recent developments in group work; TOPIC DISCUSSIONS**

Yalom: 17 & Appendix

Nov 11 **Ethical considerations, TOPIC DISCUSSIONS**

Garvin: 5

Additional reading:

AGPA Practice Guidelines for Group Psychotherapy, "Reducing adverse outcomes and the ethical practice of group psychotherapy", page 47

Brabender, V. (2006). The ethical group psychotherapist, International Journal of Group Psychotherapy, 56(4), 395-414.

Northen, H. (1998). Ethical dilemmas in social work with groups. Social Work with Groups, 21(1/2), 5-17.

Nov 18 **Special issues in groups: TOPIC DISCUSSIONS (3<sup>rd</sup> Quiz)**

Dec 02 **Termination and review of educational objectives; FINAL PAPER DUE**

Additional reading:

AGPA Practice Guidelines for Group Psychotherapy, "Termination of group psychotherapy", page 58.

Shapiro, E. & Ginzberg, R. (2002). Parting gifts: Termination rituals in group therapy. International Journal of Group Psychotherapy, 52 (3), 319-336.

Additional readings:

**SOCW 7356: Social Work Practice with Groups in Clinical Settings  
Fall 2015  
Bibliography**

Anderson, Joseph (1997) *Social Work with Groups: A Process Model*. New York: Longman

American Group Psychotherapy Association (2007) *Clinical Guidelines for Group Psychotherapy*, New York: New York

American Group Psychotherapy Association (2006) *Principles of Group Psychotherapy*, New York: New York

American Group Psychotherapy Association (2006) *CORE Battery-Revised: An Assessment Tool Kit for Promoting Optimal Group Selection, Process, and Outcome*, New York: New York

Bernard, Harold (2006) *Training in Group Psychotherapy Supervision*. New York: American Group Psychotherapy Association, Inc

Bieling, P., et al. (2006) *Cognitive-Behavioral Therapy in Groups*. New York: The Guilford Press

Bion, W. (1961) *Experiences in Groups*. New York: Basic Books

Brabender, V. (2006). The ethical group psychotherapist, *International Journal of Group Psychotherapy*, 56(4), 395-414.

Bradender, V & Fallon, F (1993) *Models of Inpatient Group Psychotherapy*, Washington DC: American Psychological Association

Bradender, V., Fallon, A., & Smolar, A. (2004) *Essentials of Group Therapy*, New Jersey: The John Wiley & Son, Inc.

Brown, B. (2012) *Daring Greatly*, New York: Gotham Books

Brown, N. (2014) *Facilitating Challenging Groups*, New York: Routledge, Taylor, and Francis Group

Burlingame, G., et al. (2008) *Small group treatment – matching models and disorders*. Washington: American Psychological Association.

Burlingame, G., et al. (2004) Small group treatment: Evidence for effectiveness and mechanisms of change. In Bergin and Garfield's *Handbook of Psychotherapy and Behavior Change* (5<sup>th</sup> ed.) New York: John Wiley & Sons, 647-696.

Chambless, D. et al. (1998). An update on empirically validated therapies, II. *The Clinical Psychologist*, 51(1), 3-16.

Clancy, J (1996) *Anger and Addiction: Breaking the Relapse Cycle*, Madison, Connecticut: Psychosocial Press

Corey, G. (1995) *Group Counseling* (4<sup>th</sup> edition). Pacific Grove: Brooks/Cole

DeChant, B. (Ed) (1996) *Women and Group Psychotherapy*. New York: Guilford

Debiak, D. (2007) Attending to diversity in group psychotherapy: An ethical imperative, *International Journal of Group Psychotherapy*, 57(1), 1-12.

Deering, G. (2014) Process-oriented inpatient groups: Alive and well, *International Journal of Group Psychotherapy*, 64(2), 165-179.

Fehr, S. (1999) *Introduction to Group Therapy: A Practical Guide*. New York: The Haworth Press

Flores, P. (1997) *Group Psychotherapy with Addicted Populations: An Integration of Twelve-Step and Psychodynamic Theory*. New York: The Haworth Press

Flores, P. (2004) *Addiction as an Attachment Disorder*. Northvale, NJ: Jason Aronson Press

Fuhriman, A. & Burlingame, G. (1994) *Handbook of Group Psychotherapy: An Empirical and Clinical Synthesis*. New York: Wiley

Galinsky, M. et al. (2006). The art of group work practice with manualized curricula, *Social Work with Groups*, 29(1), 11-26.

Gans, J. & Counselman, E. (1999) Silence in group psychotherapy: A powerful communication. *International Journal of Group Psychotherapy*, 50(1), 71-86.

Gans, J. (2010) *Difficult Topics in Group Psychotherapy: My Journey from Shame to Courage*. London: Karnac Books.



Garvin, C. et al. (2006 paperback edition) *Handbook of Social Work with Groups*. New York: The Guilford Press

Gorski, T (1995) *A Group Leader's Guide to Brief Strategic Problem-Solving Group Therapy*, Independence, Mo: Herald House/Independence Press

Greenberger, D. & Padesky, C (1995) *Mind over Mood: a cognitive therapy treatment manual for clients*, New York: the Guilford Press

Jongsma, A. & Paleg, K. (1998) *The Group Therapy Treatment Planner*. New York: Wiley & Sons

Leszcz, M & Goodwin, P (1998) The rationale and foundations of group psychotherapy for women with metastatic breast cancer, *International Journal of Group Psychotherapy*, 48, (2), 245-273

MacKenzie, K (1997) *Time-Managed Group Psychotherapy: Effective clinical Applications*. Washington DC: American Psychiatric Press

MacNair-Semands, R. (2005) *Ethics in Group Psychotherapy*. New York: American Group Psychotherapy Association, Inc.

Moreno, J. (1964) *Psychodrama* (Vol. 1) New York: Beacon House

Northen, H. (1998) Ethical dilemmas in social work with groups. *Social Work with Groups*, 21 (1/2), 5-17

Padesky, C & Greenberger, D (1995) Chapter 9, Using mind over mood with groups, *Clinician's Guide to Mind Over Mood*, New York: Guilford

Paleg, K. & Jongsma, A. (1999) *The Group Psychotherapy Treatment Planner*. New York: John Wiley & Sons, Inc.

Robertson, M. et al. (2004) Group-based interpersonal psychotherapy for posttraumatic stress disorder: Theoretical and clinical aspects. *International Journal of Group Psychotherapy*, 54(2), 145-175

Rutan, J. S. & Stone, W. N. (2007) *Psychodynamic Group Psychotherapy* (4<sup>th</sup> edition) New York: Guilford

Shapiro, E. & Ginzberg, R. (2002) Parting gifts: Termination rituals in group therapy, *International Journal of Group Psychotherapy*, 52, (3), 319-336

Spiegel, D, et al (1989) Effect of psychosocial treatment on survival of patients with metastatic breast cancer, *Lancet*, 2, 888-891

Speigel, D. & Classen, C. (2000) *Group Psychotherapy for Cancer Patients: A Research-based Handbook of Psychosocial Care*, New York: Basic Books

Spitz, H (1996) *Group Psychotherapy & Managed Mental Health Care*, New York: Brunner/Mazel

Vannicelli, M. (1989) *Group Psychotherapy with Adult Children of Alcoholics: Treatment Techniques and Countertransference Considerations*. New York: Guilford

Vinogradov, S., & Yalom, I. (1989) *Group Psychotherapy*. Washington, DC: American Psychiatric Press

Weber, R. & Gans, J. (2003) The group therapist's shame: A much undiscussed topic, *International Journal of Group Psychotherapy*, 53(4), 395-410.

Wilfley, D. E., MacKenzie, K., Ayres, V., Welch, R., & Weissman, M. (2000) *Interpersonal Psychotherapy for Group*. New York: Basic Books

Yalom, I. (1990) *Inpatient Group Psychotherapy*. New York: Basic Books

Yalom, I. & Leszcz, M. (2005) *The Theory and Practice of Group Psychotherapy* (5<sup>th</sup> edition) New York: Basic Books.