University of Northern Colorado  
School of Applied Psychology and Counselor Education  
APCE 662: Group Dynamics and Facilitation  
Fall 2015  
Course Syllabus

Instructor: Lisa K. Forbes, PhD  
Class Dates: Oct 9-11 & Nov 6-8  
Office: Lowry Campus  
Email: lisaforbes@outlook.com  
Office Hours: By appointment only

Prerequisite: APCE 607  
Co-requisite: APCE 605

Course Description:  
This course features an examination of the theoretical bases of group counseling including group types, group development, leadership styles and skills, and application to various populations. Ethical group leadership is emphasized throughout the course.

Required Text(s):  

Recommended Readings:  

**NOTE:** Additional readings will be assigned by the instructor.

Knowledge & Skill Outcomes (Objectives):  
Upon successful completion of this course students will:

1. Understand group purpose, development, dynamics, theories, methods, skills, and other group approaches in a multicultural society (CACREP II.G.6).

2. Understand principles of group dynamics, including group process components, developmental stage theories, group members’ roles and behaviors, and therapeutic factors of group work (CACREP II.G.6.a).

3. Understand group leadership or facilitation styles and approaches, including characteristics of various types of group leaders and leadership styles (CACREP II.G.6.b).

4. Understand group theories of counseling, including commonalities, distinguishing characteristics, and pertinent research and literature (CACREP II.G.6.c).
5. Understand group counseling methods, including group counselor orientations and behaviors, appropriate selection criteria and methods, and methods of evaluation of effectiveness (CACREP II.G.6.d).

6. Understand group strategies for working with and advocating for diverse populations, including multicultural competencies (CACREP II.G.2.d).

Course Content:
This course is designed to address CACREP standards for Group Work (section II.G.6). This course will provide an overview of group counseling theories. Students will be introduced to principles of group dynamics including group process components, developmental stage theories, group member roles and behaviors, and therapeutic factors of group work. Students will learn effective group leader strategies and skills.

Methods of Instruction:
This course will consist of a combination of didactic instruction and experiential learning. Students are required to fully engage in class discussion. A variety of small group activities will be led throughout the course. Assessment of knowledge will be assessed through a final exam, the development of a comprehensive group proposal, class participation, and personal reflection.

Course Requirements/Assignments:
The following activities will provide opportunities for course participants to achieve those objectives:

1) Attendance and Participation: Attendance for this course is mandatory and necessary. Experiences that are conducted in class are highly interactive, and they simply cannot be replicated. Points will be assigned for attendance, punctuality, and evidence of investment. Course members will be asked to participate in role-plays, group activities, and discussions.

2) Preparation for Class: Students are expected to prepare for each class meeting by reading and studying materials provided and recommended.

3) Group Leadership: Each class member will be asked to co-lead one group activity in class - this will be drawn from projects. Due: last weekend

4) Project: Each course member will follow guidelines to develop a plan for a counseling group. Course members will work in groups of two (2). Due: last class

5) Final Examination: This in class examination will provide a final forum to demonstrate mastery of the course objectives. The examination will consist of objective, short answer, and essay items. Last class

EVALUATION:
Grades will be determined according to the following distribution:

- Attendance and Participation 20 points
- Preparation for Class (Expected/Not Graded) 15 points
- Group Leadership Activity 40 points
- Project 40 points
- Final Examination 40 points
NOTE: Late papers/assignments will be subject to penalties. A whole grade deduction will be applied after each 24-hour period the paper is late. No papers will be accepted after it is 48 hours late.

**Grading:** Final letter grades will be assigned based on the following distribution:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93-100</td>
</tr>
<tr>
<td>A-</td>
<td>90-92</td>
</tr>
<tr>
<td>B+</td>
<td>87-89</td>
</tr>
<tr>
<td>B</td>
<td>83-86</td>
</tr>
<tr>
<td>B-</td>
<td>80-82</td>
</tr>
<tr>
<td>C+</td>
<td>77-79</td>
</tr>
<tr>
<td>C</td>
<td>73-76</td>
</tr>
<tr>
<td>C-</td>
<td>70-72</td>
</tr>
<tr>
<td>D+</td>
<td>67-69</td>
</tr>
<tr>
<td>D</td>
<td>63-66</td>
</tr>
<tr>
<td>D-</td>
<td>60-62</td>
</tr>
<tr>
<td>F</td>
<td>Below 60</td>
</tr>
</tbody>
</table>

**Course Schedule:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading/Assignments DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Course Introduction/Introduction to Group/The Group Counselor: Personal &amp; Professional</td>
<td>-CC &amp; C Chap 1&lt;br&gt;-CC &amp; C Chap 2&lt;br&gt;-CC &amp; C Chap 3 (skip pgs 76-82 – will read for last weekend)&lt;br&gt;-CC &amp; C Chaps 5-8</td>
</tr>
<tr>
<td>Day 2</td>
<td>Forming a Group/Types of Groups/Ethics in Group/Therapeutic Factors in Group</td>
<td>-CC &amp; C Chaps 5-8</td>
</tr>
<tr>
<td>Day 3</td>
<td>Group Stages/Shaping Norms in Groups/Overview of APCE 605 Group Experience</td>
<td>-CC &amp; C Chap 2 (only pgs 43-57)&lt;br&gt;-CC &amp; C Chaps 4 &amp; 9&lt;br&gt;-Yalom Chap 6 (will provide)&lt;br&gt;-Take questionnaire (pg 50) &amp; self-assessment (pg 52) in CC &amp; C chapter 3&lt;br&gt;-Additional articles may be assigned</td>
</tr>
<tr>
<td>Day 4</td>
<td>Process Group Experience/Working in the Here-and-Now/Group Theories/Common Problem Situations and Problem Clients</td>
<td>-Presentations Due&lt;br&gt;-Group Leadership Presentations Due</td>
</tr>
<tr>
<td>Day 5</td>
<td>Leadership Styles and Leadership Approaches/ Cultural Considerations in Group/Evaluation of Effectiveness</td>
<td>-Presentations Due&lt;br&gt;-Group Leadership Presentations Due</td>
</tr>
<tr>
<td>Day 6</td>
<td>Group Termination/Presentations/Final Exam</td>
<td>-Presentations Due&lt;br&gt;-Group Leadership Presentations Due</td>
</tr>
</tbody>
</table>

NOTE: This is intended to be a rough guide to the course topics.
Attendance Policy: Attendance is mandatory. Absences over one hour total will result in a one letter grade reduction. Each subsequent ½ hour absence will result in an additional reduction in letter grade.

Academic Conduct: Cheating on examination, submitting work of other students as your own, or plagiarism in any form will result in penalties ranging from an “F” on an assignment to expulsion from the University.


Professional Conduct: Students are expected to adhere to the appropriate code of ethics for their particular program. Any behavior deemed unethical will be grounds for dismissal from the program. I allow students to use their personal laptops to take lecture notes; however, if at any time I find anyone using their laptop to write e-mail, surf the internet, instant message, check Facebook, or any other non course-related activity, I will restrict use of laptops for the entire class. No text messaging during class will be tolerated either.

Disability Statement: Any student requesting disability accommodation for this class must inform the instructor giving appropriate notice. Students are encouraged to contact Disability Support Services at (970) 351-2289 to certify documentation of disability and to ensure appropriate accommodations are implemented in a timely manner.