

COU206 Group Facilitation and Group Counselling

Level: 2

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY SEMESTER

Synopsis:

Group Facilitation and Group Counselling presents an active, multi-sensory approach to group counselling. It builds on Group Theory and Group Dynamics, and focuses on applying the therapeutic forces in the group process for group facilitation and counselling. The emphasis is on experiential learning of group facilitation and counselling through role-plays and other hands-on activities. Students also learn and practise group facilitation, leadership and counselling skills through conducting group sessions in their class.

Topics:

- The theory behind the practice of group counselling
- Overview of types of groups and approaches to group counselling
- Therapeutic factors in groups
- Forming a group: Pre-group stage
- Initial stage of group development
- Transition stage of group development
- Working stage of group development
- Ending stage of group development and handling issues in termination
- Developing group leadership competence
- The group counsellor as a person
- The group counsellor as a professional
- Dealing with ethical and professional issues in group counselling

Textbooks:

Corey, M.S. et al.: Groups - Processes and Practice, (eText) 10th Edition Cengage
ISBN-13: 9789814844789

Learning Outcome:

- Review different types of groups (B2)
- Examine the theoretical bases for group counselling (B4)
- Discuss therapeutic factors in the group process (B2)
- Develop a framework for conceptualising group developmental stages and processes (B3)
- Analyse group dynamics to identify professional issues and their implications for counselling (B4)
- Apply theories in group counselling to plan appropriate intervention strategies (B3)
- Demonstrate skills and techniques in leading groups (B3)
- Appraise ethical and professional issues in group counselling (B4)
- Develop intervention strategies to resolve conflicts and issues that may impede the group process (B3)
- Examine one's own effectiveness in leading groups (B4)

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	20
	TUTOR-MARKED ASSIGNMENT 2	30
Overall Examinable Components	ECA	50
Total		100