

COU567 Theory and Practice of Group Counselling

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY 2 YEARS

Synopsis:

COU567 Theories and Practice of Group Counselling, is designed to provide a good theoretical and practical grasp of how to conduct psychotherapeutic groups that facilitate recovery. The focus would be on recognising important dynamics within the group, learning different approaches of formulating therapeutic goals, applying professional and ethical guidelines, and learning to prioritise the use of supportive interventions to promote a functional working group and therapeutic outcomes. Students can also expect to go through the group experience both as a member, conductor and/or observer, to bridge the gap between theoretical understanding and experiential learning.

This course will also examine the implications and possibilities brought about by using non-traditional modes of conducting groups, such as digital platforms.

Topics:

- Overview of Groupwork
- Theories and concepts of groupwork
- Comparison of groupwork approaches
- Core competency of group therapists
- Group Process
- Professional and ethics practice in groupwork
- Fundamental concepts of groupwork
- Fundamental skills of groupwork
- Application of group to different populations
- Application of group to different problems
- Professional and ethical considerations of group therapy
- Developing and applying group therapy in local contexts

Textbooks:

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

Theory and Practice of Group Psychotherapy 5th Irvin D. Yalom, Modyn Leszcz Basic Books
ISBN-13: 9780465092840

Learning Outcome:

- Compare and contrast the theoretical assumptions of different approaches to group counselling
- Discuss the dynamics of the different stages of the group process of different modalities
- Debate professional and ethical issues in group counselling in local context
- Experiment with different approaches to group counselling in local context
- Assemble a repertoire of techniques in group facilitation for practice in local context
- Evaluate the effectiveness of the selected approach through practice

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	ECA	60
Total		100

*The information listed is subject to review and change.