COUNSELING PSYCHOLOGY 748

ADVANCED THEORY OF GROUP COUNSELING
WINTER, 2010

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This course is designed to give you in depth exposure to group psychotherapy, to help you become better acquainted with the group psychotherapy literature, and to prepare you to be a competent leader of psychotherapy groups. The role that is played by relationships in the development and remediation of psychopathology will also be explored.

Course Requirements

1. Attend class each week and actively participate in presentations, discussions, role-plays, experiential learning and feedback.

2. Complete weekly reading assignments

   A. Turn in reading log weekly.

   B. It is expected that each student come to each class prepared to share a topic, question, problem, issue, etc. from the reading.

3. Mar. 11: Literature Review

   The literature review is a comprehensive review of the group literature concerning research on a process group topic. Topics which may be appropriate: short term psychotherapy; groups with special populations; group roles and/or norms; therapeutic factors in a group; leader variables; etc. The review should be a thorough review of relevant literature.

4. April 1: Group Experience and Presentation

   A. You will be required to be involved with a therapy group throughout the semester in one of three ways – co-lead a group, be a participant in a group, or observe a group. This group must include significant process work.
B. It is expected that a group journal will be kept weekly.

C. It is expected that each student come to each class prepared to share a topic, question, problem, issue, etc. from their group experience.

D. From your experience you will be required to present a conceptualization of your group. The presentation could include observations of the differences between individual and group psychotherapy, whether or not the group is utilizing the unique advantages of group psychotherapy, and your observations regarding the effectiveness of the group for encouraging psychological and behavioral changes.

A high level of creativity is expected in your presentation. It is your task to communicate the tone, dynamics, resistances, cohesion, working style, themes, alliances, or any other relevant and/or significant element of your group in an integrated experiential way (use words if necessary).

5. April 16: Final (Friday 3:00 – 6:00)

**It is suggested that you compile the projects from this semester into a portfolio.

Course Outline

Jan 7  1 – Psychotherapy (The Saying and the Said)


Jan 21  3 – Therapeutic Factors in Group Therapy: Yalom chps. 1-4; Fuhriman chps. 6 & 8

Jan 28  4 – Therapist Tasks: Yalom chps. 5-7, 16-17; Fuhriman chp. 4

Feb 4  5 – Group Structure: Purpose, Format & Pre-group Training: Yalom chp. 10; Fuhriman Chp.5

Feb 11  6 – Client variables: Selection & Composition: Yalom chps. 8-9; Fuhriman chp. 3

Feb 18  7 – Developing Dynamics of a Group: Yalom chps. 11-12; Fuhriman chp. 7

Feb 25  8 – Group Video: Critical Incidents in Groups: Donigian

Mar 4  9 – Measurement in Group: Core-R

Mar 11  10- Literature Review Presentations: Critical Incidents in Groups: Donigian

Mar 18  11 – Diversity in Group Therapy


Apr 1  13 – Group Experience Presentations

Apr 8  14 – Group Experience Presentations

Apr 16  Final (Friday 3:00 – 6:00)
General Honor Code Statement

Brigham Young University exists to provide a university education in an atmosphere consistent with the ideals and principles of The Church of Jesus Christ of Latter-day Saints. That atmosphere is created and preserved through commitment to conduct that reflects those ideals and principles.

As a matter of personal commitment, students, staff, and faculty of Brigham Young University are expected to demonstrate in daily living on and off campus those moral virtues encompassed in the gospel of Jesus Christ, and will

- Be honest
- Obey the law and all campus policies
- Live a chaste and virtuous life
- Use clean language
- Respect others
- Abstain from alcoholic beverages, tobacco, tea, coffee, and substance abuse
- Observe the BYU Dress and Grooming Standards
- Participate regularly in church services
- Support others in their commitment to comply with the BYU Honor Code

Specific policies embodied in the Honor Code include: Academic Honesty, Dress and Grooming Standards, Residential Living Standards, and Continuing Student Ecclesiastical Endorsement.

In addition, BYU does not allow unlawful, discrimination based on race, color, national origin, religion, sex, age, veteran status, or disability. Assistance and grievance procedures are outlined in the Graduate Catalog.

Sexual Harassment

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education and pertains to admissions, academic and athletic programs, and university-sponsored activities. Title IX also prohibits sexual harassment of students by university employees, other students, and visitors to campus. If you encounter sexual harassment or gender-based discrimination, please talk to your professor; contact the Equal Employment Office at 801-422-5895 or 1-888-238-1062 (24-hours), or http://www.ethicspoint.com; or contact the Honor Code Office at 801-422-2847.

Students with Disabilities

Brigham Young University is committed to providing an accessible working and learning atmosphere for all students. If you have a disability which may require special accommodations, please contact the Services for Students with Disabilities (SSD) Office (1520 WSC, 422-2767, 422-0436 TTY). Reasonable academic accommodations are reviewed for all students who have qualified, documented disabilities. Services are coordinated with the student and instructor by the SSD office. If you feel you have been unlawfully discriminated against on the basis of disability, you may seek resolution through established grievance policy and procedures. You may also contact the SSD Office or the Equal Employment Opportunity Office (D-282 ASB, 422-5895).