

Syllabus  
Therapy and Psychoeducational Groups  
PSYC 6123

Professor:	David L. Carlston	Office:	120 O' Donohoe
Office Hours:	T/TR 9-11am, W 9:30-10:30	Phone:	397-4718
Class Time:	12:00-1:20 MW	email:	david.carlston@msutexas.edu
Location:	OD110		

Text:

Yalom, I. D. (2005). *The theory and practice of group psychotherapy (5<sup>th</sup> ed.)*. New York, NY: Basic Books.

Corey, G., Corey, M., & Haynes, R. (2000). *Evolution of a group: Student video and workbook*. New York, NY: Wadsworth.

Goals:

1. Provide students with an overview of common principles in group psychotherapy.
2. Review pertinent psychological research addressing group process and outcome.
3. Facilitate the application of principles to actual practice.

Course Requirements:

In order to meet the aforementioned goals, this course is conceptually divided into two components. One component will be primarily didactic in nature. During this portion of the course, students are expected to stay abreast with all assigned readings and to participate in class discussions. Throughout this section, students will also be required to watch and respond to accompanying video segments. Student preparation for and contribution to the discussion will account for 20 points each viewing.

The second component is an experiential exposure to group therapy. It is anticipated that this experience will provide students with a broader understanding of group principles. Students will have the opportunity to co-lead one interpersonal or experiential group. Following each group session, students will complete a case note for the group as well as a self-evaluation. This experience will be worth a total of 50 points.

Finally, students will complete two exams throughout the semester. Each exam will be comprised of essay questions. Exams will be worth 100 points each.

Grades:

A	315-350
B	280-314
C	245-279
D	210-244
F	0-209

#### Attendance:

Attendance is required for the course. Each student will be allowed two absences without penalty. Each additional absence will result in a 5% reduction of the student's final grade. Students arriving following the taking of attendance will be considered absent. Students will be responsible for the information presented during the class periods for which they were absent. This information includes but is not limited to course content, syllabus changes, and information regarding the research requirement. Furthermore, each absence during student groups will result in a 5% reduction in the student's final grade.

The only absences that will not be counted are absences for a mandatory, university-sponsored event or religious holiday. Mandatory university-sponsored events must be verified by the Dean of Students, Provost, or Athletic Director. Written notification for mandatory university-sponsored events must be provided to the professor at least two days prior to the day of the event. Absences for religious holidays must be cleared through the Dean of Students. Students must inform the instructor of religious holiday absences by the 15<sup>th</sup> day of class.

#### Make-Up Exams:

Make up exams must be completed within two class days of the date the exam was administered. No make-up will be provided for video participation, student groups, or the final exam.

#### Cheating Policy:

Although cheating does occur on campus, any evidence of cheating (e.g., looking on another's paper, allowing someone to look on your own paper, using an unauthorized memory aide) will result in automatic dismissal from the course with a letter grade of "F" and a referral to the Dean of Students, as cheating is a violation of the university honor code.

#### Disability:

Any student who, because of a disability, may require special arrangements in order to meet the course requirements should contact the instructor as soon as possible to make necessary arrangements. Students must present appropriate verification from the University's Disability Support Services (DSS) during the instructor's office hours. Please note that instructors are not allowed to provide classroom accommodation to a student until appropriate verification from the DSS has been provided.

#### Midterm Grade Reports:

In order to help students keep track of their progress toward course objectives, the instructor for this class will provide a Midterm Progress Report through each student's WebWorld account. Midterm progress reports will only be provided for students with a grade of C or less in the course. Midterm grades will not be reported on the students' transcript; nor will they be calculated in the cumulative GPA. They simply give students an idea of where they stand at the midpoint of the semester.

Schedule of topics:

Week	Dates	Readings	Topics
1	8/25-8/31		Course Introduction History
2	9/1-9/7	APA Ethics IAGP Guidelines	No Class 9/2 Ethics
3	9/8-9/14	Yalom Ch. 1-4 (pgs. 1-117)	Therapeutic Factors
4	9/15-9/21	Yalom Ch. 8-10+ (pgs. 231-309, 429-440, 443-447)	Group Formulation
5	9/22-9/28	Yalom Ch. 6-7+ (pgs. 117-230, 456-474)	Therapist Tasks Exam #1 – 9/25
6	9/29-10/5	Yalom Ch. 11-12 (pgs. 309-390)	Group Development Initial Stage – Video
7	10/6-10/12		Transition Stage – Video Working Stage – Video
8	10/13-10/19	Yalom Ch. 13	Ending Stage – Video Problems
9	10/20-10/26		Problem Video
10	10/27-11/2	Psychoeducational groups pdf	Psycho Ed Groups
11	11/3-11/9	Experiential Learning pdf	Experiential Groups
12	11/10-11/16		Experiential Groups
13	11/17-11/23		Developmental Considerations
14	11/24-11/30		No Class 11/27 Student Groups
15	12/1-12/7		Student Groups
16	12/11		Final Exam 3:30-5:30