

Syllabus  
Therapy and Psychoeducational Groups  
PSYC 6123 Sec 101  
Fall 2022

Professor:	Arthur R. Cardona	Office:	120 O' Donohoe
Office Hours:	TR 9:30am – 11:00am	Phone:	940-397-4718
Class Time:	TR 8:00-9:20pm	email:	<a href="mailto:arthur.cardona@msutexas.edu">arthur.cardona@msutexas.edu</a>
Location:	OD110		

**Text:**

Yalom, I. D. (2020). *The theory and practice of group psychotherapy (6<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 this course, we will incorporate a Student-Led Teaching component to enhance your understanding of the material and foster a collaborative learning environment. In this component, you will work in groups where students will take turns leading discussions, explaining concepts, and assisting one another with challenging topics. The goal is to create an interactive space where you can actively engage with the course content, share different perspectives, and reinforce your knowledge through teaching your peers. To promote active engagement and thorough preparation, each class session will include randomly selected students who will lead discussions on specific chapter headings or subheadings. This means that there may be multiple lead instructors within a single session, each responsible for different parts of the material. You must prepare for each class as if you might be one of the leaders, ensuring that you are ready to discuss any assigned readings or topics. Active participation from all students, including those not leading the discussion, is required to keep the conversation dynamic and productive. Non-teaching students are expected to ask questions, provide insights, and contribute to discussions to support their peers and deepen their own understanding. Participation in student-led sessions is crucial, as it encourages the development of communication skills, critical thinking, and the ability to articulate and explain concepts. Each class participation is worth 20 points (total of 200 points).

In the second component, 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 (total of 160 points).

The last 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 lead one interpersonal/psychoeducational 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 a final exam throughout the semester. The Final will be worth 200 points each.

**Grades:**

A	549-610
B	488-548
C	427-487
D	366-426
F	0-365

**Attendance:**

Class attendance is required. Each student is allowed two absences without penalty. Each additional absence will result in a 10% reduction in the students' final grade. Students will be responsible for the material they miss when absent. **No late assignments will be accepted.** Students with more than four absences will be dropped from the course with a failing grade.

**Make-up Exams:**

Make-up exams will be provided if necessary. Make-up exams will be oral exams conducted via Zoom during a 45-minute block. Exams must be completed within four class days of the missed 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	8/27		Course Introduction PAL assignments
1	8/29	APA Ethics IAGP Guidelines	Ethics
2	9/3	NO CLASS	
2	9/5	Experiential Groups & Psychoeducational Groups	PDFs
3	9/10	Yalom Ch. 1-4 (pgs. 9-152)	Therapeutic Factors
3	9/12	Yalom Ch. 1-4 (pgs. 9-152)	Therapeutic Factors
4	9/17	Yalom Ch. 5-7+ (pgs. 153-292, 552-560)	Therapist Tasks
4	9/19	Yalom Ch. 5-7+ (pgs. 153-292, 552-560)	Therapist Tasks
5	9/24	Yalom Ch. 8-9+ (pgs. 293-376, 521-533, 538-545)	Group Formulation
5	9/26	Yalom Ch. 8-9+ (pgs. 293-376, 521-533, 538-545)	Group Formulation
6	10/1	Yalom Ch. 10-11 (pgs. 377-476)	Yalom Ch. 12 (pgs. 477-521)
6	10/3	Yalom Ch. 10-11 (pgs. 377-476)	Yalom Ch. 12 (pgs. 477-521)
7	10/8	Yalom Ch. 14-15 (pgs. 571-638)	
7	10/10	Yalom Ch. 14-15 (pgs. 571-638)	
8	10/15	Group Video: First Program	WORKBOOK
8	10/17	Group Video: First Program	WORKBOOK
9	10/22	Group Video: First Program	WORKBOOK
9	10/24	Group Video: First Program	WORKBOOK
10	10/29	Group Video: First Program	WORKBOOK
10	10/31	Group Video: Second Program	WORKBOOK
11	11/5	Group Video: Second Program	WORKBOOK Assign Group Dates
11	11/7	Group Video: Theory Lectures	WORKBOOK
12	11/12	Student Groups	

12	11/14	Student Groups	
13	11/19	Student Groups	
13	11/21	Student Groups	
14	11/26	Student Groups	
14	11/28	NO CLASS THANKSGIVING	
15	12/3	NO CLASS	
15	12/5	Final Exam	