

AD ST112 : Group Counseling and the Therapeutic Process

General Information

Author:	<ul style="list-style-type: none">Benjamin Salazar
Course Code (CB01) :	AD ST112
Course Title (CB02) :	Group Counseling and the Therapeutic Process
Department:	AD ST
Proposal Start:	Fall 2024
TOP Code (CB03) :	(2104.40) Alcohol and Controlled Substances
CIP Code:	(51.1501) Substance Abuse/Addiction Counseling.
SAM Code (CB09) :	Clearly Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000104263
Curriculum Committee Approval Date:	05/08/2024
Board of Trustees Approval Date:	06/18/2024
Last Cyclical Review Date:	05/08/2024
Course Description and Course Note:	ADST 112 is an introduction to the dynamics of group interaction and the facilitator functions of the counselor. The course emphasizes group process and management in the "here and now" as a method of bringing about behavioral change. The course includes a strong experiential component as all students participate as both members and facilitators in group process throughout the semester.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Author:	<ul style="list-style-type: none">Benjamin Salazar

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Addiction Paraprofessional Training
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08) Course is not a basic skills course. <input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	Course Special Class Status (CB13) Course is not a special class. Pre-Collegiate Level (CB21) Not applicable.	Grading Basis <ul style="list-style-type: none">Grade with Pass / No-Pass Option Course Support Course Status (CB26) Course is not a support course
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Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to CSU only

Transferability Status

Approved

C-ID	Area	Status	Approval Date	Comparable Course
ADS	Addiction Studies	Approved	No value	ADS 130 X - Group Process and Group Leadership

Units and Hours

Summary

Minimum Credit Units (CB07)	3
Maximum Credit Units (CB06)	3
Total Course In-Class (Contact) Hours	54
Total Course Out-of-Class Hours	108
Total Student Learning Hours	162

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	3	6
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	54
Laboratory	0
Studio	0
Total	54
Course Out-of-Class Hours	
Lecture	108

Laboratory	0
Studio	0
Total	108

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Prerequisite

AD ST101 - Alcohol/Drug Abuse And Dependency (in-development)

Objectives

- Distinguish between the effects of alcohol use, abuse, and dependency on adolescents, the elderly, women, and various ethnic and racial groups.

OR

Co-Requisite

AD ST101 - Alcohol/Drug Abuse And Dependency (in-development)

(AD ST 101 may be taken concurrently)

AND

Prerequisite

AD ST103 - Chemical Dependency: Intervention, Treatment, And Recovery (in-development)

Objectives

- Diagram and explain the bio-psycho-social perspective of the progression of alcohol and other drug dependencies.

OR

Co-Requisite

AD ST103 - Chemical Dependency: Intervention, Treatment, And Recovery (in-development)

(AD ST 103 may be taken concurrently)

AND

Advisory

PSYCH101 - General Psychology

Objectives

- Describe biological bases of behavioral and mental processes, sensation, perception, learning, memory, cognition, consciousness, individual differences, personality, social psychology.
- Discuss applied areas of psychology (e.g. clinical, counseling, forensic, community, organizational, school, and health).

Entry Standards

Entry Standards

Describe the dynamics of early intervention and its relationship to effective treatment and rehabilitation.

Explain the intervention process and various techniques used to move the chemically dependent person into treatment and through recovery.

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction Lecture

Methods of Instruction Discussion

Methods of Instruction Multimedia

Out of Class Assignments

- Written assignments (e.g. benefits and drawbacks of group counseling with the chemically dependent)
- Term paper (e.g. research history and modalities of group counseling in treatment)

Methods of Evaluation

Rationale

Writing Assignment

Term paper (e.g. complete an annotated bibliography covering a current topic in substance abuse counseling)

Other

Class participation

Exam/Quiz/Test

Quizzes

Exam/Quiz/Test

Midterm(s)

Exam/Quiz/Test

Final examination

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
Substance Abuse Mental Health Services Administration	TIP 41 Substance Abuse Treatment Group Therapy	Substance Abuse Mental Health Services Administration	2015	SMA15-3991

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Identify practical considerations in forming various types of groups, including chemically dependent groups.

Describe the responsibilities of the group facilitator and the establishment of group parameters.

Participate as both group member and facilitator.

Critique the interaction of group members with each other and the facilitator.

Discuss stages of group development, as well as the defenses and roles of its individual members.

SLOs

Identify the importance of intra- and interpersonal skill in facilitating the group process.

Expected Outcome Performance: 70.0

ILOs Core ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.

Identify stages of group development, defenses and roles of individual members.

Expected Outcome Performance: 70.0

ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or
Core methodologies to solve unique problems.
ILOs

Apply techniques of Irving Yalom's process group tenets.

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;
Core cultivate creativity that leads to innovative ideas.
ILOs

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or
methodologies to solve unique problems.

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Introduction to Group Psychotherapy and the Addictive Population (4 hours)

- Specific implications for group therapy
- The “disease concept” and group psychotherapy

Modern Group Psychotherapies (9 hours)

- Process oriented growth groups
- Intrapersonal dynamics and the group process
- Interpersonal growth groups
- Working with diverse population

Practical Considerations in Group Formation (5 hours)

- Group format
- Client selection
- Group cohesiveness
- Beginning and advanced groups

Establishing Group Parameters (5 hours)

- Group guidelines/rules of conduct
- Goals and expectations
- Clients with special needs/challenging
- Confidentiality: legal and ethical standards

The Group Leader (7 hours)

- Essential tasks/responsibilities
- Techniques
- Transference/counter-transference
- Disclosure/nondisclosure

Interactional Group Psychotherapy (Yalom) (15 hours)

- Goals and expectations
- Technical expertise
- Process illumination

Modification to Yalom's Model (9 hours)

- Field dependence vs. field independence
- Homogeneity vs. heterogeneity
- Treatment characteristics/divergent elements

Total hours: 54

Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

No

GCC Major Requirements

No Value

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No Value

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value