

School of Health & Social Sciences

CPC 527: Group Counselling Psychology
[Cohort Number/Descriptor]

3 Credits

Effective Date (01/01/2022)

Course Dates: MM/DD/YYYY – MM/DD/YYYY

Faculty & Contact Information

Primary Faculty: [Name, Highest Degree, & Registration]
Email: [CityU Email Address]

Secondary Faculty: [Name, Highest Degree, & Registration]
Email: [CityU Email Address]

*Access to the Internet is required.
All written assignments must be in Microsoft-Word-compatible formats.
See the library's APA Style Guide tutorial for a list of APA resources.*

Vision, Mission, and Values

The vision of CityU's Master of Counselling Program is to educate skilled, diverse, socially just psychological practitioners. Our mission is to prepare culturally competent clinicians to work effectively with individuals through our practitioner-scholar-advocate model. This brings real-world experience into the classroom and emphasizes the core principles of reconciliation, diversity, equity, and inclusion. Our core program values are reconciliation, diversity, advocacy, flexibility, connection, and healing.

Territorial Acknowledgement & Statement of Inclusion

We acknowledge that many of the staff, faculty and students in the Master of Counselling Program at City University in Canada live, work and study on the traditional territory of the [List Specific Nations] First Nations in [Campus Location].

CityU honours human diversity in all its forms and is committed to the principle of universal human dignity. We further acknowledge that our learning community is greatly enriched through the voices and perspectives of staff, faculty, and students from all intersections of society including LGBTQ+, BIPOC and diversely-abled communities.

Course Description

This course provides an experiential introduction to group processing theory including exposure to a variety of therapeutic groups designed to provide support for deeper exploration of self and relationship to others. Students will participate both as facilitators and members of a variety of therapeutic groups. A number of topics will be explored throughout the course including: 1) the history of group therapy; 2) the benefits and challenges of therapeutic groups; and 3) the influences of culture, class, gender, sexuality, and age on group dynamics.

Consideration of Social Justice Issues

City University in Canada is committed to social justice, access, and inclusion. Throughout their studies in the Master of Counselling Program, students are invited to reflect on a range of social justice questions as follows:

- How do the norms of the groups you belong to reinforce or challenge the dominant perspective?
- What are the social justice implications of hierarchy in a group-counselling format?
- How might non-dominant norms enrich our understanding of group processes?

Course Resources

Corey, M.S., Corey G., & Corey C. (2017). *Groups: Process and practice* (10th ed.). Brooks Cole. (9781305865709). **Required.**

Yalom, I. & Leszcz, M. (2020). *The theory and practice of group psychotherapy* (6th ed.). Basic Books. (978-1541617575). **Required.**

Program Outcomes

The content of this course aligns with the following Program Outcomes:

PO 1 Counselling Skills: Apply sound essential Counselling skills derived from a credible knowledge base that encompasses diverse theoretical perspectives:

- 1.1 *Therapeutic Conversations*: Facilitate therapeutic conversations that clarify the presenting problem and demonstrate empathy, active listening, attunement, and rapport-building skills.
- 1.2 *Diagnosis & Treatment*: Develop informed diagnoses and appropriate, culturally-relevant treatment and risk mitigation plans.
- 1.3 *Application*: Synthesize and apply relevant counselling theories and frameworks in a culturally-competent manner when treating clients.
- 1.4 *Client-Centered Care*: Provide compassionate, client-centered care appropriate for the age, history, race/ethnicity, religion, culture, sexual orientation, intersectionality, social location and other unique contexts of the client(s).
- 1.5 *Professional Boundaries*: Establish and maintain professional boundaries.

PO 7 Ethical Practice: Recognize and apply professional ethical standards including clear and appropriate relationships with clients, colleagues, and the community.

- 7.1 *Law & Policy*: Analyze and apply local, provincial, and federal laws, policies, and procedures governing the counselling profession.
- 7.2 *Ethical Relationships*: Build and maintain ethical relationships that respect professional boundaries, sociocultural contexts, and power differentials.
- 7.3 *Decision Making*: Apply decision making models and sound judgement when navigating ethical dilemmas.

Grading Scale

The grades earned for the course will be calculated using City University of Seattle's decimal grading system, found in the current University Catalog (<https://www.cityu.edu/catalog/>).

Scale	100.00 – 92.00	91.99-82.00	81.99 – 75.00	74.99 – 0.00
Decimal Grade Equivalent	4.0 – 3.7	3.6 – 2.7	2.6 – 2.0	1.9 - 0.0
	Exceeds Standard	At Standard	Approaching Standard	Below Standard

Grading rubrics with details on how each assignment will be graded are located under Assignments and/or in My Grades in the online course menu. Students should review the rubric for each assignment prior to completing their work in order to understand how it will be assessed.

Course Assignments and Grading

The grades earned for the course will be derived using CityU's decimal grading system, based on the following:

Overview of Required Assignments	% of Final Grade
Group Therapy Reflection Paper	20%
Peer-Review Group Report	10%
Group Facilitation Presentation/Project	30%
Instructor Determined Assignment	40%
Total	100%

Course Assignment Details

Group Therapy Reflection Paper

Students will write a reflection paper critiquing their facilitation performance. This 5 - 6 -page, double-spaced paper will include: 1) observations about group dynamics; 2) an assessment of members' roles within the group; 3) an analysis of successful and unsuccessful interventions; and 4) ways that co-facilitators can integrate feedback into their group leadership style.

This paper must include a minimum of five peer-reviewed sources from the past 5 years supporting students' reflections. APA formatting and citations are mandatory as the failure to cite sources appropriately constitutes plagiarism.

Grading Criteria	Grade Points
Organization and Coherence	10 Points
Evidence and Support	20 Points
Analysis and use of Course Concepts	20 Points
Professional Ethics	20 Points
Cultural Competence	20 Points
Self-reflection	10 Points
Total	100 Points

Peer Review Group Report

Peer review is a core academic activity in which colleagues support one another's professional development by offering feedback on each other's scholarly work. Working in small groups, students will provide classmates with feedback on one assignment addressing the following questions:

- 1) What did we appreciate about one another's work?
- 2) What did we find challenging about one another's work?
- 3) What changes did we recommend to improve one another's work?

Students will report on their learning in the form of a traditional 3 - 4 page, APA paper or in an alternative format such as blogging, podcasts, Wikis, expressive arts etc.

Grading Criteria	Grade Points
Organization and Coherence	10 Points
Evidence and Support	20 Points
Analysis and use of Course Concepts	20 Points
Evaluating Information	20 Points
Self-reflection	20 Points
APA	10 Points
Total	100 Points

Group Facilitation Presentation/Project

For the written component of this assignment, students will break into dyads, select their own therapeutic issue, and develop a treatment plan to be implemented in the single session group counselling scenario they will facilitate. This plan should be 6 – 8 pages in length, double-spaced using APA formatting and a minimum of five scholarly sources. This assignment will include: 1) background on the presenting issue and an explanation of why it is appropriate for group counselling; 2) a clear rationale for the modality being used; 3) inclusion and exclusion criteria for group membership; and 4) relevant diversity and ethics issues. The treatment plan should also include a summary sheet outlining: 1) group goals; 2) learning outcomes for the session; and 3) contingency plans for resolving group challenges.

For the experiential component of this assignment, students will conduct a 90-minute co-facilitated group session based on the written group treatment plan.

Grading Criteria	Grade Points
Case Conceptualization/Treatment	10 Points
Analysis and use of Course Concepts	20 Points
Professional Ethics	20 Points
Cultural Competence	20 Points
Oral Presentation	20 Points
Therapeutic Conversations	10 Points
Total	100 Points

Instructor Determined Assignment

Students will complete an Instructor Determined Assignment integrating their understanding of course concepts through critical reflection and effective application to counselling settings.

Grading Criteria	Grade Points
Organization and Coherence	10 Points
Evidence and Support	20 Points
Analysis and use of Course Concepts	20 Points
Professional Ethics	20 Points
Cultural Competence	20 Points
APA	10 Points
Total	100 Points

Course Policies

Late Assignments

Graduate students are expected to submit all assignments by the due dates stated in the syllabus. A late assignment is one that is submitted after the due date and time or after any extension has expired.

If circumstances prevent a student from meeting the due date, students should contact the instructor and request an extension at least 48 hours prior to the date the assignment is due. Emergency situations will be considered on a case-by-case basis. Being busy, pressured with outside work, or having competing academic commitments are not usually considered valid reasons to receive extensions.

A student who receives an extension in advance of the due date and abides by the agreement with the instructor is not subject to late penalties. The guideline for late penalties is a deduction of one point per day from the overall grade for the first 10 days and 5 points per day after 10 days. Instructors may vary these guidelines in response to the specific conditions and requirements of each course. In the absence of an alternative announced by the Instructor the default policy is the general guideline cited above. Assignments may be re-written only with the express consent of the Instructor and under exceptional circumstances.

Participation

All MC courses encourage active engagement in discussion, dialogue, role plays and similar exercises in order to receive the maximum educational benefits. Participation includes constructive criticism and the negotiation of different perspectives and ideas. Recognizing that there are many forms of participation a range of forms and styles are welcomed. Active engagement means being attentive. Similarly, it is recognized that there are situations in which learning to hold one's counselor to not participate verbally are valuable learning experiences.

Consistent attendance and a willingness to be actively involved in classroom discussions, small group activities, and at times classroom presentations or role plays assists in creating a vibrant learning community.

Many MC courses include a participation component and, in some cases, assignments specify that participation will be graded. In such cases the criteria for participation will be made known along with the requirements for grade achievement.

Professional Writing

Assignments require error-free writing that uses standard English conventions and logical flow of organization to address topics clearly, completely, and concisely. CityU requires the use of APA style.

University Policies

Students are responsible for understanding and adhering to all of CityU's academic policies. The most current versions of these policies can be found in the [University Catalog](#) that is linked from the CityU Web site.

Antidiscrimination

City University of Seattle and its staff and faculty are committed to supporting our students. We value equity, diversity, and inclusion as a way of life as well as the educational opportunities it provides. City U will not tolerate any form of discrimination based on race, color, ethnicity, sexual orientation, gender identification, socioeconomic status, or religious values. If you have experienced any discrimination based on any of the above, we encourage you to report this to the University. Please report this to your instructor. If you do not feel safe reporting this to your instructor, please report to Dr. Scott Carnz, Provost or to the Vice President of Student Affairs, Melissa Mecham.

Non-Discrimination & Prohibition of Sexual Harassment

City University of Seattle, its staff and its faculty are deeply committed to supporting our students. We value equity, diversity, and inclusion as a way of life as well as for the educational opportunities it provides. CityU will not tolerate any form of discrimination based on race, color, ethnicity, sexual orientation, gender identification, socioeconomic status, or religious values. Any student who has experienced discrimination based on the above criteria is encouraged to report this to the University. Students may report an experience of discrimination to their course instructor. If they do not feel safe reporting to their instructor, students may report an experience of discrimination directly to the university Provost or the Vice President of Student Affairs.

CityU adheres to all federal, state, and local civil rights laws prohibiting discrimination in employment and education. The University is committed to ensuring that the education environment is bounded by standards of mutual respect and safety and is free from discriminatory practices.

In the U.S., the University is required by Title IX of the Education Amendments of 1972 to ensure that all of its education programs and activities do not discriminate on the basis of sex/gender. Sex include sex, sex stereotypes, gender identity, gender expression, sexual orientation, and pregnancy or parenting status. Sexual harassment, sexual assault, dating and domestic violence, and stalking are forms of sex discrimination, which are prohibited under Title IX and by CityU policy. CityU also prohibits retaliation against any person opposing discrimination or participating in any discrimination investigation or complaint process internal or external to the institution. Questions regarding Title IX, including its application and/or concerns about noncompliance, should be directed to the Title IX Coordinator. For a complete copy of the policy or for more information, visit <https://my.cityu.edu/titleix> or contact the Title IX Coordinator.

In Canada, in compliance with the British Columbia Human Rights Code, the Alberta Human Rights Act, WorksafeBC, and the Workers' Compensation Board of Alberta, the University believes that its environment should at all times be supportive and respectful of the dignity and self-esteem of individuals. Discrimination, harassment and bullying conduct, whether through person to person behaviour or via electronic communications such as email or social media is not acceptable and will not be tolerated. As an educational institution, it is our responsibility to cultivate an environment of excellence, equity, mutual respect and to recognize the value and

potential of every individual. The University will take all necessary steps to meet or exceed the requirements of the law to prevent discrimination, harassment and bullying. The Respectful Workplace Policy for the prevention of discrimination, harassment and bullying policy and procedure can be found at <https://www.cityu.edu/discover-cityu/about-cityu/> under the Policies section or at <https://www.cityuniversity.ca/about/>.

Religious Accommodations

CityU has a policy for accommodation of student absences or significant hardship due to reasons of faith or conscience, or for organized religious activities. The University's policy, including more information about how to request an accommodation, is available in the University Catalog and on the my.cityu.edu student portal. Accommodations must be requested by the 20% mark of this course (e.g. day 14 of a ten-week course, day 7 of a 5-week course) using the Religious Accommodations Request Form found on the student dashboard in the my.cityu.edu student portal.

Academic Integrity

Academic integrity in students requires the pursuit of scholarly activity that is free from fraud, deception and unauthorized collaboration with other individuals. Students are responsible for understanding CityU's policy on academic integrity and adhering to its standards in meeting all course requirements. A complete copy of this policy can be found in the University Catalog under *Student Rights and Responsibilities* on the page titled *Academic Integrity Policy*.

Attendance

Students taking courses in any format at the University are expected to be diligent in their studies and attend class regularly. Regular class attendance/contact is important in achieving learning outcomes in the course and correlates in many cases with participation. As such it may be a valid consideration in determining the final grade. At the beginning of each course, the instructor will inform students of the relevance of class attendance/contact to the final grade.

Attendance in this class is vital to learning the required course material and demonstrates professionalism and respect for fellow students and the instructor. All students are required to attend every class for the full duration of the class. Arriving late or leaving early will constitute an unexcused absence. It is expected that students who will not be attending or who will be arriving late notify the instructor before class starts.

Excused absences are limited to ILLNESS OR EMERGENCY. Absences related to illness may require verification from a medical doctor. All other absences will be considered unexcused.

In the event of inclement weather, students will be notified by a CityU representative and / or faculty of site closures. As student and faculty safety is a priority, students who feel that driving conditions are unsafe will be permitted an excused absence without penalty. Students are responsible for notifying the instructor before class starts that they will not be attending class due to inclement weather.

Students with more than 2 unexcused absences will be directed to meet with the local Program Director to discuss continued participation in the course. 3% of students' overall course grade will be deducted for each unexcused absence.

A complete copy of CityU's policy can be found in the University Catalog under *Student Rights and Responsibilities* on the page titled *Attendance*.

Final Assignment Due Date

Final assignments for each class at CityU must be due on or before the final date of the course as indicated in the university's course information system. Due dates that extend beyond the final date of the course may negatively impact tuition funding for students.

Support Services**Disability Services Accommodations Statement**

Students with a documented disability who wish to request academic accommodations are encouraged to contact Disability Support Services to discuss accommodation requests and eligibility requirements. Please contact Disability Support Services at disability@cityu.edu or 206.239.4752 or visit the [Disability Support Services](#) page in the my.cityu.edu portal. Confidentiality will be observed in all inquiries. Once approved, information about academic accommodations will be shared with course instructors.

Library Services

CityU librarians are available to help students find the resources and information they need to succeed in this course. Contact a CityU librarian through the [Ask a Librarian](#) service, or access [library resources and services online](#), 24 hours a day, seven days a week.

Smarthinking Tutoring

CityU students have 24/7 access to free online tutoring offered through Smarthinking, including writing support from certified tutors. Contact CityU's Student Support Center at mycityusupport@cityu.edu to request a username and password.

Master of Counselling's Professional Code (2.0)

In addition to City University's general student code of conduct located in the Registrar's City U Calendar, counselling students are further expected to conduct themselves in a manner that is consistent with the core values of the profession they are entering. Students will be encouraged to adopt the following behaviours and are accountable to their peers, faculty, and CityU to sincerely undertake the development of these hallmarks of maturity:

1. Respect the dignity of classmates, faculty, and administrators without prejudice in all forms of behaviour and communication in matters of race, religion, skin colour, ethnicity, gender, orientation, physical presentation, age, ancestry or birthplace. This includes, but is not limited to, standing up against and/or reporting behaviours such as bullying, scapegoating, gossip, slander etc.
2. Maintain a positive approach to managing course-related, administrative, or relationship challenges in line with the core values of the profession. This includes, but is not limited to, directly approaching specific individuals regarding concerns of note and attempting to collaborate and independently problem-solve prior to involving faculty or administrators in the matter. Students who feel unable to independently resolve the issue should seek the support of cohort representatives, faculty, or staff.
3. Demonstrate exemplary personal conduct consistent with the values of the profession including integrity, accountability, reflexivity, generosity, compassion, inclusiveness, honesty, courage, maturity, thoughtfulness, good judgment, patience, and fairness. Demonstrate a commitment to modelling the standards and ethics of the counselling profession in all aspects of personal conduct in both the university and community at large.
4. Access City University's campuses or resources ONLY with approval from an authorized representative of the university.
5. Recognize that students with formal academic accommodations are expected to meet the same academic standards as their peers with the help of additional supports and reasonable, penalty free extensions.
6. Recognize that consistent face-to-face and online class attendance is a basic, non-negotiable requirement of the program and that the program's attendance policies will be enforced without exception. Students who are absent for any reason are required to make up all instructional hours and assignments at the discretion of the instructor.
7. Ensure that all requests for assignment extensions (with and without accommodations) are submitted to faculty a minimum of 48 hours in advance of the assignment due date. Extensions may not be granted after assignment due dates have passed.
8. Respect and behave in accordance with the appropriate professional boundaries inherent in faculty, administrative, and evaluative roles.
9. As an ambassador for the City University program, conduct themselves in a manner that strengthens the reputation of the profession, one's peers, and the program.
10. Actively develop and practice the core counselling skills of attunement, presence, and empathy in all program-related interpersonal interactions.
11. Respond to feedback from faculty and administrators in ways that facilitate personal growth, preserve our collaborative learning environment, and reflect the standards of the counselling profession.
12. Balance enthusiastic contributions to classroom discussion with ensuring there is sufficient space for all voices to be heard. This involves actively staying aware of the dynamics of class discussions and actively encouraging everyone's participation.
13. Commit to active course participation that contributes to one's own and others learning.
14. Embrace both positive and challenging academic learning opportunities and consider how these experiences can be applied in the service of personal and professional growth.