

## MENNONITE BRETHERN BIBLICAL SEMINARY

**COURSE:** MF- 637  
**TITLE:** GROUP COUNSELING  
**UNITS:** 1.0  
**OFFERED:** FALL 2007  
**INSTRUCTOR:** MARY SHAMSHOIAN, M.A., L.M.F.T.  
**TELEPHONE:** (559) 452-1778  
**SCHEDULE:** TUESDAY, 6:00-9:00 P.M.; 9/18 & 10/2, 16, &30  
**LOCATION:** CALIFORNIA ROOM, FRESNO CAMPUS

### **PRIMARY TEXT(S):**

Yalom, Irvin (2005). Theory and Practice of Group Psychotherapy (Fifth Edition). New York, New York: Basic Books.

### **COURSE DESCRIPTION:**

This course will familiarize students with the theory and practice of group counseling, in both congregational and clinical settings. Various types of groups will be surveyed and students are expected to participate in a group counseling experience.

### **COURSE OBJECTIVES:**

Students will learn to distinguish among types of group counseling experiences and their appropriate uses. Students will be able to compare and contrast the clinical and theological importance of group counseling versus other modalities. Students will gain a basic understanding of group leadership roles and stages of group process. Students will observe and participate in the dynamics of group interaction and leadership.

### **RELATED LEARNING OUTCOMES:**

Students will work towards application of the following MBBS learning outcomes—develop relationship with a cohort of fellow learners, articulate integrative views of humanity, theology, and counseling, demonstrate practice consistent with the laws and ethics that apply to counseling, demonstrate understanding of a wide variety of counseling theories and techniques, demonstrate proactive relational skills across special populations, demonstrate proactive commitment to a community of witness, justice, and peace (apply principles of group dynamics and systems theory).

## **COURSE REQUIREMENTS AND EVALUATION:**

Attendance and participation:	10 points	Group visit/report:	30 points
Log of required reading:	25 points	Structured group activity:	35 points

Hard copies of written assignments are preferred, although WORD documents will be accepted, in consideration of commuters. Assignments submitted in envelopes will be returned in envelopes. Students who want their assignments returned by mail should provide a self-addressed, stamped envelope.

## **GRADING:**

Assignments must be turned in on time for full credit. Late assignments result in a deduction of points equivalent to one-half letter grade for every week late. Students must attend a minimum of 10 hours class time to receive passing credit for the class.

A= 100- 94%	A-= 93- 90%	B+= 89- 87%
B= 86- 83%	B-= 82- 80%	F= 69% and below

## **CLASS POLICIES:**

MBBS academic policies (as well as other school policies) are described at <http://www.mbseminary.edu/fresno/policies/>. These policies provide guidance on academic integrity and plagiarism, accommodation for disabilities, incomplete course work, extensions, dates for changing registration, non-discriminatory and inclusive language, appeals, etc. Students are expected to be familiar with these policies and will be held responsible for adhering to them. If you have questions about how these policies relate to you or to a situation that you face in your studies, please speak to the professor or consult with the Registrar.

MF- 637  
Group Counseling

***Required Assignments***

Due either 10/16 or 10/30:

**Structured Group Activity**

Working in pairs, students will lead a structured group activity using classmates to role-play a group session with a specific client population. The activity can be original or published, but the source must be cited. Students should allow approximately 15-20 minutes for the activity and 10-15 minutes to debrief/process the activity with the mock “group”. Each pair will provide classmates with an activity sheet, explaining the purpose of the activity, the type of group/clients it was designed for, and the instructions for leading it as designed. The activity sheet should also include modification ideas for using the activity with at least one additional specific population.

Due by 10/30:

**Group Visit/Report**

Students will visit either an open community or church based group session, or will obtain permission to visit a closed group therapy session. Without breaching confidentiality, students will write a four page, double-spaced report of their observations including the type of group, purpose of the group, the format of the group, and the makeup of the group. Students will comment on their experience of the group process, including possible stage of treatment, leadership roles within the group, and role of the therapist/facilitator. It is recommended that the visit take place before the student is scheduled to lead his/her structured activity in class.

Due by 11/16:

**Log of Required Reading**

Students will turn in a log of their reading of the required text, noting the dates, times, and pages read. The log will include a succinct paragraph either summarizing each chapter or noting a new insight the student gained from the chapter.