P-760 Group Psychotherapy, Fall 2011
Classroom 162/165
Thursdays, 2:15 p.m. until 5:00 p.m.
Instructor: K. Brynolf Lyon, PhD, CGP, LMHC Office 248

Purpose:

The purpose of this class is to introduce students to the history, theory, and contemporary practices of group psychotherapy. Students successfully completing this class will be able to:

-- Understand the development of group psychotherapy as a professional practice in this country;
-- Design an appropriate group psychotherapy structure;
-- Assess patients for the suitability of their entrance into a group;
-- Interpret group-developmental and dynamic issues that occur within a group therapy setting;
-- Plan and facilitate appropriate group therapy interventions;
-- Explore the effects of race, gender, ethnicity, and sexual orientation on group work;
-- Articulate the ethical responsibilities of the group therapist;
-- Develop an understanding of the spiritual dimensions of group therapy.

Requirements:

(1) reading of assigned texts and articles
(2) participation in Experiential Training Group (see attachment)
(3) leading a group-15% of course grade
(4) two page single-spaced mock group psychotherapy plan (outline will be distributed)—10%
(4) three exams—each counts 25% of course grade

Required Readings:

Irvin Yalom, The Theory and Practice of Group Psychotherapy, 5th Edition
Caroline Garland, ed., The Groups Book: Psychoanalytic Group Psychotherapy

*The following articles on reserve in the library:

D. Cheng, et al., “Splitting and Projective Identification in Multicultural Group Counseling”
J. Salvendy, “Ethnocultural Considerations in Group Psychotherapy”
A. Abernathy, “Working with Racial Themes in Group Psychotherapy”
D. Davidson and A. Thomas, “Buddhism and Group Analysis”
J. Jacques, “Working with Spiritual and Religious Themes in Group Therapy”
K. Brynolf Lyon, “Sometimes the Other is Not-Me: Identity, Difference, and Spirituality in Group Psychotherapy”

Additional readings on Trauma and Termination will be on reserve.
**Attendance and Incompletes:**

Attendance is important. Persons missing more than two class sessions for any reason will not successfully complete the class. Incompletes are strongly discouraged. They are granted only at the discretion of the Academic Dean.

**Plagiarism**

Plagiarism is wrong. Don’t do it. Ignorance of the policy is no excuse. If you don’t know the policy, you are responsible for checking it out.

**Use of Technology and Wireless Devices**

Students are expected to pay attention to what is happening in the class and not distract other students. **No** texting, phone or internet usage is permitted during the class unless authorized by the course instructor. Cell phones must be turned off or placed on mute. Students who violate this policy will be asked to leave the class, no exceptions.
Course Outline

The course is divided into two sections. The first section meets 2:15 pm – 3:30 pm on scheduled days. It will focus on lectures and discussion. The second section meets 3:45 pm - 5 pm and is composed of an Experiential Training Group in which students learn from their experience in a demonstration therapy group led by various persons.

September 1 – September 8
Topics: Why Group Therapy?/Therapeutic Factors in Group Therapy
Training tasks: issues in joining
ETG: Facilitator: Bernie Lyon
Reading: Garland, Prologue and Chapter 1; Manual, pp. 1-13
Yalom and Leszcz, pp. 1-116

September 15
Topic: Basic Therapist Tasks and Orientation
Training task: the here-and-now
ETG: Facilitator: Group members
Reading: Yalom and Leszcz, pp. 117-199
Manual, pp. 14-41

September 22
Topic: Transference Issues
Training task: dilemmas of group leadership
ETG: Facilitator: Class Members
Reading: Yalom and Leszcz, pp. 201-230
Garland, pp.19-59

September 29—Exam #1
Topic: Client Selection and Group Composition
Training Task: Facilitating Change
ETG: Facilitator: Class members
Reading: Yalom and Leszcz, pp. 231-308
Manual, pp. 42-60
October 6

Topic: Stages of Group Life
Training Task: Countertransference

ETG: Facilitator: Class members

Readings: Yalom and Leszcz, pp. 309-390
Manual, 61-111

October 13—No Class/Fall Break

October 20

Topic: Problem Members/Problem Leaders
Training Task: Responding to Difficulty

ETG Facilitator: Class Members

Reading: Yalom and Leszcz, pp. 391-428
Garland, pp. 60-77

October 27—Exam #2

Topic: More Severely Disturbed Groups
Training Task: Containing Difference and Splitting

ETG: Facilitator: Class members

Readings: Garland, pp.78-97, 213-226

November 3

Topic: Spirituality in Group Therapy
Training Task: Spirituality in Group Life

ETG Facilitator: Class Members
Readings: On Reserve
November 10

Topic: Difference in Group
Training Task: Containing and Metabolizing Difference

ETG Facilitator: Group Members

Readings: On Reserve

November 17

Topic: Trauma and Groups
Training Task: Dissociative Processes in Groups

ETG Facilitator: Group Members

Readings: On Reserve

November 24—No Class

December 1

Topic: Trauma and Groups/Ethical Issues
Training Task: Dissociative Process in Groups

ETG Facilitator: Group Members

Readings: On Reserve
AGPA Ethical Guidelines (on AGPA Website)

December 8

Group Therapy Plan Due
Topic: Termination
Training Task: Endings in Groups

ETG Facilitator: Instructor

Readings: On reserve
Manual, 117-126

December 15—Final Exam
Sign Up Sheet for Leadership of ETG

September 15: ___________________________________________________

September 22: ___________________________________________________

September 29: ___________________________________________________

October 6: ______________________________________________________

October 20: _____________________________________________________

October 27: _____________________________________________________

November 3: ____________________________________________________

November 10: __________________________________________________

November 17: ___________________________________________________

December 1: _____________________________________________________