





# Graduate Counselling and Applied Psychology (GCAP) 672

## Group Counselling and Process Skills (Revision 3)

**Status:** Replaced with new revision, see the [course listing](#)  for the current revision 

**Delivery mode:** [Paced study](#) 

**Credits:** 3

**Area of study:** Counselling

**Prerequisites:** [GCAP 631](#), [GCAP 633](#) and [GCAP 671](#)

**Precluded:** None

**Faculty:** [Faculty of Health Disciplines](#) 

5 weeks online and virtual intensive seminars. Virtual intensive seminars are mandatory and occur on Thursday, Friday, Monday, and Tuesday of Week 3 from 9:30-11:30am MST; on Sunday of Week 6 from 9:30-11am; and on Wednesday, Friday, and Sunday of Week 11 from 9:30am-12pm MST and from 1:30-4pm MST.

**Notes:**

Students with a disability, who require academic accommodation, need to register with the [Access to Students with Disabilities](#)  Centre at Athabasca University. Notification of the need for academic accommodation must normally be provided to the program office **no later than fourteen (14) days prior to the first day of class. It is the student's responsibility to register with the Disability Centre to request academic accommodation if required and to notify the instructor that such accommodation has been requested.** Every reasonable effort will be made to accommodate individual student needs. However, because GCAP courses are paced, all student are required to participate weekly in the online discussion forums. There are also several courses where online exams are required.

## Overview

The major emphasis of GCAP 672: Group Counselling and Process Skills is on developing group leadership skills through the integration of key concepts such as group dynamics and processes, group strategies and techniques, and group member needs and roles with the skills and styles of leadership through the four major group stages: initial, transition, working, and ending. Selected readings and activities will allow students to understand the importance of group counselling, and the practice sessions will provide them with feedback on their group leadership skills.

## Outline

- Lesson 1: Theoretical and Research Foundations in Group Counselling
- Lesson 2: Group Counselling – Forming Groups and the Initial Stage
- Lesson 3: Transition and Working Group Stages
- Lesson 4: Group Counselling - Diversity, Competency, and Ethics
- Lesson 5: Issues in Ending Groups and Group Leader and Co-Leader Skills
- Lesson 6: The Interface Between Diversity/Culture and Tension/Conflict
- Lessons 7 to 10: Course Break. Students completing their Group Manual and involved in group counselling facilitation skills practice

**Note:** Week 3 involves virtual intensive seminars on Thursday, Friday, Monday, and Tuesday mornings from 9.30am – 11.20am MST.

Week 6 involves a virtual intensive seminar on Sunday morning from 9.30am – 11am MST.

Week 11 virtual intensive seminars occur on Wednesday, Friday, and Sunday from 9.30am – noon and 1.30pm – 4pm MST each of these days


## Evaluation

To receive credit for GCAP 672, students must submit all of the course assignments. The passing grade for the course is 70%. The assessment structure for GCAP 672: Group Counselling and Process Skills is based on the following course activities, with the percentage weighting of each activity as indicated. Your final grade for the course will be a composite mark based on your performance in these course activities.

<b>Activity</b>	<b>Weight</b>
Participation in Online Discussions	20%
Assignment 1: Group Counselling Manual Part 1	25%
Assignment 2: Group Counselling Manual Part 2	30%

<b>Activity</b>	<b>Weight</b>
Assignment 3: Facilitator Reflection	15%
Instructor Review	10%
<b>Total</b>	<b>100%</b>

## Materials

Corey, M. S., Corey, G., & Corey, C. (2018). Groups: Process and practice. (10th ed.). Centage.  (Print)

## Other Materials

Recommended readings are not mandatory but reflect additional content that students may find useful.

Brown, N. W. (2011). Psychoeducational groups: Process and practice (3rd ed.). Brunner-Routledge.


DeLucia-Waack, J. L., Kalodner, C. R., & Riva, M. (2014). Handbook of group counseling and psychotherapy (2nd ed.). SAGE Publications.

Jacobs, E., Schimmel, C., Masson, R., & Harvill, R. (2016). Group counseling: Strategies and skills (8th ed.). Cengage.

Kottler, J. A., & Englar-Carlson, M. (2015). Learning group leadership: An experiential approach (3rd ed.). SAGE Publications.

Maher, M. (2011). Racism and cultural diversity: Cultivating racial harmony through counselling, group analysis, and psychotherapy. Routledge.

## Important links

- › [Applicant Advising](#)
- › [Program Student Advising](#)
- › [Graduate Calendar](#) 

› [Faculty of Graduate Studies](#) 

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

*Opened in Revision 3, March 1, 2019*

*Updated August 13, 2024*

View [previous revision](#) 

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