

PSYCHOLOGY 423
GROUP PSYCHOTHERAPY TECHNIQUES
Fall 2012

Instructor: John L. Hawley, Jr., Ph.D.
Class Meeting Time and Place: MW 12:00 PM - 1:15 PM Enterprise Hall 275
Office Hours: M 11:00 AM - 12:00 AM Aquia 337 (Or Appointment)
Psychology Dept Adjunct Office: 703-993-5212 (No Message Availability)
Dr. Hawley's Outpatient Office: 703-850-7300 (Emergency Only)
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Required Texts:

Yalom, Irvin D. & Leszcz, Modyn (2005) Theory and Practice of Group Psychotherapy (Fifth Edition) New York, NY: Basic Books ISBN-13: 978-0-465-09284-0

Bieling, Peter J., McCabe, Randi E., and Antony, Martin M. (2009) Cognitive-Behavioral Therapy in Groups New York, NY: The Guilford Press ISBN 978-1-60623-404-4 (paperback)

Course Objective: To develop basic group psychotherapy techniques and skills used in the practice of clinical psychology and other disciplines.

Grading Policy: Grades will be determined by five (5) equally weighted components: 1) the two Regular Class Exams, 2) the Final Exam, 3) Term Paper, and 4) Class Participation. Grading scale is 94-100 A, 90-93 A-, 87-89 B+, 84-86 B, 80-83 B-, 77-79 C+, 74-76 C, 70-73 C-, 60-69 D, 0-59 F.

- 1. Regular Class Exams:** The two (2) Regular Class Exams are scheduled and noted in this syllabus. These exams will cover all reading assignments and class discussions to date, but will focus on the preceding segment's material; the exam format will be essay/short answer questions. Unless there are truly extraordinary circumstances (legitimate compelling documentation required), no make-up exams will be given.
- 2. Final Exam:** The Final Exam is scheduled for Monday 12/17/2012 from 10:30 AM to 1:15 PM. This exam will be cumulative and will cover all class reading materials and discussions; format will be essay/short answer questions. University policy regarding Final Exams applies.
- 3. Term Paper:** This course requires an original (not recycled), scholarly term paper on a topic (pre-approved by the instructor) pertaining to some aspect of group psychotherapy. Term papers must be at least 10 double-spaced typed pages (of text) and include at least six (6) quality references. Both a printed hard copy and an electronic/digital file copy (attach ".doc" or ".pdf" file format to jhawley@gmu.edu) of the term paper must be in the possession of the instructor no later than the beginning of the 11/19/2012 scheduled Psychology 423 class (early completion appreciated).
- 4. Class Participation:** Psychology 423 is an applied, practical clinical psychology class that draws extensively from the instructor's decades of clinical psychology practice for illustration of clinical concepts, processes, and techniques. All students will participate in classroom role-playing and experiential exercises that are designed to demonstrate and illustrate the "hands on" application of group psychotherapy techniques. While self-revealing is not required (this is a class, not actual group psychotherapy), self-awareness, the willingness to give and receive interpersonal feedback, and participation in group process is expected. Obviously, a commitment to regular class attendance is very strongly recommended; if you are not present and participating, you are not learning the material.

Honor Code: GMU has an Honor Code. Students are expected to know, understand, and adhere to this Honor Code. The instructor for this course reserves the right to enter a failing grade to any student found guilty of an honor code violation.

Add/Drop Deadlines: The last day to add this class is 9/4/2012. The last day to drop this class is 9/28/2012.

Official Communications via GMU E-mail: Mason uses electronic mail to provide official information to students. Examples include communications from course instructors, notices from the library, notices about academic standing, financial aid information, class materials, assignments, questions, and instructor feedback. Students are responsible for the content of university communication sent to their mason email account, and are required to activate that account and check it regularly.

Students with Disabilities: If you are a student with a disability and you need academic accommodations, please see your class instructor and contact the Disability Resource Center (DRC) at 703-993-2474. All academic accommodations must be arranged through that office.

CLASS SCHEDULE

Discussion Topics with Text Chapter Readings

DATES	TOPICS	Yalom	CBT
M 8/27, W 8/29	Introduction, Course Overview	1	1
M 9/3	Labor Day Holiday (class does not meet)		
W 9/5, M 9/10,	Assessment, Diagnosis, Group Screening, and Treatment Planning		
W 9/12, M 9/17, W 9/19	Basic Psychotherapy and Group Psychotherapy Techniques	2-5	2-4
M 9/24, W 9/26	Group Leader/Therapist Variables and Skills	6-7	
M 10/1, W 10/3	Group Structure and Composition, Client Variables	8-9	5
M 10/8	Columbus Day Holiday (Monday 10/8 class meets on Tuesday 10/9 -- this week only)		
T 10/9	EXAM 1		
W 10/10	Exam 1 Feedback		
M 10/15, W 10/17	Group Formation, Stages of Group Psychotherapy	10-12	
M 10/22, W 10/24	Obstacles, Challenges, and Problems in Group Psychotherapy	13	6
M 10/29, W 10/31	Types of Groups, Specialized Groups	14-15	7-15
M 11/5	Ethics and Group Psychotherapy	* below	
W 11/7	Term Paper Research		
M 11/12	EXAM 2		
W 11/14	Exam 2 Feedback		
M 11/19	ALL TERM PAPERS DUE		
M 11/19	Term Paper Topics Seminar		
W 11/21	Thanksgiving Holiday (class does not meet)		
M 11/26, W 11/28, M 12/4	Term Paper Topics Seminar		
W 12/6	Review		
M 12/18	FINAL EXAM		
	* APA <u>Ethical Principles of Psychologists and Code of Conduct</u> http://www.apa.org/ethics/code/	APA Website	