NVCC COLLEGE-WIDE COURSE CONTENT SUMMARY

HMS 141-142 - GROUP DYNAMICS I - II (3 CR.), (3 CR)

COURSE DESCRIPTION

This course is designed to acquaint students with the didactic and experiential practice of group dynamics and group counseling processes. Students will engage in systematic self-exploration, which leads to disclosures of relevant issues in substance abuse and mental health. Students will be expected to integrate prior knowledge & skills from Substance Abuse I & II (HMS 251-262) and Counseling Skills I (HMS 121).

GENERAL COURSE PURPOSE

The course is designed to fulfill in part, the requirements for the AAS degree in Human Services/Substance Abuse and, in part to meet State Certification requirements in Substance Abuse.

ENTRY LEVEL COMPETENCIES

Prerequisite: Substance Abuse I, II (HMS 251, 252) Counseling Skills I (HMS 121)

COURSE OBJECTIVES

A. Self-exploration of personally relevant material
B. Responding to group members
C. Personalizing with self:
   1. Defining problems and personal goals
   2. Defining deficits, assets and values
D. Using confrontation in groups with the chemically dependent client (including self)
E. Using the skill of self-disclosure
F. Responding with immediacy (between group members)

MAJOR TOPICS TO BE INCLUDED

A. Students will maintain a weekly journal (log) of their personal experience as a group member.
B. Students are required to identify and share one or more personal problems or issues during the life of the group.
C. Students will take action on personal insights acquired in the group through relevant homework.
D. Students must attend all classes.
E. Students will complete a minimum of two observations of counseling groups within a human service agency.
F. Students must meet at least twice as a group away from the classroom.
G. Students must use video equipment for processing feedback for group members.