

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.