

**YC 205**  
**Group Processing & Counselling Theory**  
**3 Credits**

Instructor: Derek Collins  
Phone: 780 853 8627  
Original Developer: Ann Basualdo  
Current Developer: Derek Collins  
Reviewer: Joanne McDonald  
Created: 03/07/2002  
Revised: 01/04/2020  
Approval: 08/05/2020

The Implementation Date for this Outline is 01/09/2020

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2602 - 59 Avenue, Lloydminster, Alberta, Canada T9V 3N7. Ph: 780 871 5700  
5707 College Drive, Vermilion, Alberta, Canada T9X 1K5. Ph: 780 853 8400  
Toll-free in Canada: 1 800 661 6490



## YC 205 Version: 20



# Group Processing & Counselling Theory

## Calendar Description

This course emphasizes the acquisition of skills necessary to work with individuals in group situations and to lead groups effectively. The developmental stages a group goes through, basic facilitations skills, working with specific populations and dealing with problem situations are explored. Students get the opportunity to facilitate a group activity and apply the concepts learned.

## Rationale

This is a required course for Child and Youth Care students. Children and youth in care take part in a variety of group experiences whether they are therapeutic, education, or leisure. Child and Youth Care professionals are responsible for leading groups in a creative, focused, and productive fashion. This course is designed to teach students the knowledge and skills required to be an effective group leader and counselor.

## Prerequisites

HS 242 and YC 203

## Co-Requisites

None

## Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. demonstrate the skills necessary for establishing and sustaining a professional helping relationship.
2. identify the stages of group development and the dynamics of effective groups.
3. lead a group through a specific task.
4. develop the variety of group experiences.
5. describe the Child and Youth Care Practitioners role in working with children and youth in groups, while respecting human and cultural diversity.

6. reflect on the group process as it relates to the profession and specific settings within the scope of practice.

## Resource Materials

### **Required Texts:**

McKinlay, L., & Ross, H. (2019). *You and others reflective practice for group effectiveness in human services* (2nd ed.). Pearson Canada Inc.

### **Reference Text:**

None

## Conduct of Course

This course uses instructor lecture and demonstrations, class discussions, assigned readings, and student presentations to facilitate understanding of the nature of groups and how to be an effective group leader. This course has a strong experiential component and students are required to participate fully.

## Evaluation Procedures

In Class Activities	10%
Presentation of Interactive Group Experience	30%
Case Studies	30%
Final Exam	<u>30%</u>
<b>TOTAL</b>	<b>100%</b>

## Grade Equivalents and Course Pass Requirements

*A minimum grade of D (50%) (1.00) is required to pass this course.*

Letter	F	D	D+	C-	C	C+	B-	B	B+	A-	A	A+
Percent Range	0-49	50-52	53-56	57-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	1.00	1.30	1.70	2.00	2.30	2.70	3.00	3.30	3.70	4.00	4.00

**Students must maintain a cumulative grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.**

## **Attendance**

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the satisfaction of the instructor. Frequent absences may result in the student being probation. Further absences may result in suspension from the program.

In cases of repeated absences due to illness, the student may be requested to submit a medical certificate.

*Instructors have the authority to require attendance in classes.*

## **Course Units/Topics**

1. Introduction to Groups
2. Nature of groups
  - a) Stages of groups
  - b) Group process
  - c) Group dynamics
  - d) Purpose of groups
3. Planning
4. Beginning stage and phase of groups
  - a) Ice breakers
  - b) First and second session
5. Basic skills for group leaders
  - a) Communication skills
  - b) Elements of therapeutic dialogue
  - c) Establishing and maintaining group focus

- d) Cutting off and drawing out
  - e) Rounds and diads
6. Introducing, conducting, and processing interactive exercises
  7. Leading middle phase of a group
  8. Closing a session or group
  9. Dealing with problem situations
  10. Working with specific populations
  11. Leadership
  12. Issues in Group Counselling



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