Metropolitan State University

HSCD 610 : Evidence-Based Group Counseling

A. Course Description

Credits: 3

Prerequisites: HSCD 600 Foundations, Models and Evidence-Based Practices

Lab Hours/ Weeks: Corequisites: None

Lecture Hours/ Week :

MnTC Goals: None

In this course, students investigate group theories, dynamics and processes at an advanced level. Emphasis is placed on the foundations of group facilitation and on application of motivational interviewing skills, cognitive behavioral strategies and other evidence-based practices to group counseling. Students gain advanced knowledge and capacities in process, dynamics, developmental stages, leadership and ethical issues involved facilitating group work in substance use disorders counseling (SUDC) and co-occurring disorders counseling (CODC). Students participate in a classroom-based skills development group as part of this course.

B. Course Effective Dates: 12/15/2015 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. Integrate the fundamentals of group process, dynamics and developmental stages into their framework for clinical service provision
2. Distinguish among various theoretical approaches to group counseling
3. Evaluate differences among types of groups used in SUDC and CODC, including psychoeducational, counseling and process groups
4. Critique the knowledge base for and application of specific evidence-based group counseling strategies
5. Deconstruct own leadership and facilitation style, including strengths and areas for growth
6. Demonstrate advancement of group facilitation skills

E. Learning Outcomes (MN Transfer Curriculum)

This contains no goal areas.

G. Special Information

None