

PSYC-538: Group Psychotherapy

Peck Hall 2417

Wed 12:30 pm-3:20 pm

Instructor Information

Professor: Eunyoe Ro, Ph.D.

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Office Hours: Tuesdays and Wednesday 10 am – 11 am or by appointment.

Course Information

Welcome! This course is designed to provide a basic introduction to group psychotherapy, such as its principles and applications (e.g., various types of group therapy). As this is a graduate course, students are expected to participate in meaningful discussion based on their thorough reading/understanding of the class material.

Course Objectives

After successfully completing this course, you are expected to:

- Understand group therapy principles.
- Understand the commonalities and differences across various group psychotherapies.
- Understand how group therapy is used in clinical settings.
- Become acquainted with using a group therapy manual.

Required Texts and Readings

Required Text

- Yalom, I. D. (2005). *The theory and practice of group therapy* (5th ed.). New York, NY: Basic Books.
- Linehan, M. M. (2015). *DBT Skills Training Manual* (2nd ed.). *Theory and practice of group counseling* (9th ed.). New York, NY: The Guilford Press.

Course Requirements and Grading Criteria

Grades will be based upon performance on the following activities.

Graded Activity	Points
Exam	100
<p>Discussion Question Submission: For each class, you are expected to submit <u>one</u> discussion question for each Yalom chapter (total 11 chapters, excluding the Preface) and each Linehan chapter (total 10 chapters). Two things need to be done: (1) You should type your discussion question into an excel spreadsheet – link posted on BB) by <u>Tues 3pm</u> each week so that everyone will have a chance to read them before class. (2) Also, everyone is expected to choose 2 questions by others, draft an answer, and <u>email me</u> your responses. Discussion question submission is worth 4 points per week (4 points x 10 weeks = 40 points) & your answer draft is also worth 4 points (4 x 10 weeks = 40 points).</p>	80
<p>In-Class Group Presentation on Class Topics: Your group will be responsible for presenting Linehan chapter(s) and leading class discussions/interactions/mock group therapy sessions. You will be presenting twice this semester. Please do not read off your slides. Please understand the content as a presenter.</p> <ul style="list-style-type: none"> • <u>Grading Rubric</u> <ol style="list-style-type: none"> a. Presentation / PowerPoint Content (10 points) b. Presentation Style (20 points) c. Leading Class Discussion/Interactions (20 points) 	100
<p>Group Paper: You will pair up with a classmate(s) and pick a group therapy technique to write your paper on. Once you've chosen a topic, <u>please get instructor's approval (e.g. submit your topic + references via Assignment folder in BB)</u>. You will discuss the therapy technique and present its empirical evidence showing efficacy/effectiveness.</p> <ul style="list-style-type: none"> • <u>Grading Rubric</u> <ol style="list-style-type: none"> a. Description of the treatment technique (20) b. Empirical studies (3-5 studies) summary and integration (20) c. Critical evaluation of the scientific evidence of the technique (20) d. Discuss how common therapy factors emerge (20) e. Writing quality (10 points) f. APA style (10 points) 	100
TOTAL	380

Course Expectations:

Exam and Paper

The paper should be submitted via Assignment folder in Blackboard. The paper should be *typed, 12-point font, double-spaced*. Late assignments will generally not be considered unless there is a major, documented illness or emergency, in which case they may be handled on a case-by-case basis.

The exam will be in a take-home format. More information will be provided as we approach the exam date.

Other Noteworthy Points

- If you are having difficulty with any aspects of the course, see me as soon as possible. Students can email me to set up an appointment to meet via Zoom.
- You are expected to conduct yourself in an appropriate manner, respecting the rights of your instructor and fellow students. Disruptions are not conducive to the learning process of your fellow classmates and impede my ability to cover the material in an efficient manner.

Departmental Policies

Department of Psychology Policy on Withdrawal and Incomplete Grades

All withdrawals must be completed by the end of the 13th week of classes during fall and spring, and by a similarly late date (i.e., before 82% of class meetings have occurred) in any summer term. Grades that apply to students who initiate a withdrawal and grades that apply when a student fails to officially withdraw within established deadlines are determined by university policy (see <http://www.siu.edu/policies/1j1.shtml>). The granting of a grade of I (Incomplete) is not automatic. It is available only in cases when a student has completed most of the work required for a class but is prevented by a medical or similar emergency from completing a small portion of the coursework before the deadline for grade submission. An I must be approved by the instructor with appropriate documentation provided by the student. If an instructor agrees to give a student an I, the instructor will fill out a Memorandum of Incomplete Grade to be kept with the student's records. If the work is not completed by the time specified on the Memorandum, the student's grade will be changed from I to F.

Statement on Plagiarism

Plagiarism includes presenting someone else's words without quotation marks (even if you cite the source), presenting someone else's ideas without citing that source, or presenting one's own previous work as though it were new. When paraphrasing from another source or your own work, at the very least, the student should change the wording, sentence syntax, and order of ideas presented in the paper. Additionally, you should not submit a paper, or parts of a paper, written to fulfill the requirements of one class for the requirements in another class without prior approval of the current instructor and appropriate citation. Ideally, the student will integrate ideas from multiple sources while

providing critical commentary on the topic in a way that clearly identifies whether words and ideas are those of the student or are from another source. Plagiarism is one type of academic misconduct described in SIUE's Student Academic Code (<http://www.siu.edu/policies/3c2.shtml>). University policy states that "Normally a student who plagiarizes shall receive a grade of F in the course in which the act occurs. The offense shall also be reported to the Provost." (<http://www.siu.edu/policies/1i6.shtml>). The University policy discusses additional academic sanctions including suspension and expulsion from the University. To insure that you understand how to avoid plagiarism, we encourage you to review the information on plagiarism provided on the Department of Psychology web page at <http://www.siu.edu/education/psychology/plagiarism.shtml>.

Statement on Disabilities

If you have a documented disability that requires academic accommodations, please go to Disability Support Services (DSS) for coordination of your academic accommodations. DSS is located in the Student Success Center, Room 1270; you may contact them to make an appointment by calling (618) 650-3726 or sending an email to disabilitysupport@siue.edu. Please visit the DSS website located online at www.siu.edu/dss for more information.

Department of Psychology Writing Policy

As a student in this course, you will be expected to display university-level writing, which includes completing course assignments that meet the following basic writing criteria. Specifically, all written assignments completed for this course should include:

- clear transitions from sentence to sentence and idea to idea (e.g., paper is organized/flows well);
- verb tense consistency;
- clear and unambiguous sentences and ideas;
- writing that is free of typos, spelling errors, and major grammatical errors;
- properly formatted citations and references (if relevant).

This is by no means an exhaustive list of basic writing skills, but will give you an idea of what we are looking for in our papers. If you feel you need help with your writing, you are encouraged to seek assistance from the writing center on campus (<http://www.siu.edu/is/writing>) or utilize one of the many online resources they have identified to help students (<http://www.siu.edu/is/writing/resources.shtml>). If your graded written assignments fail to meet the basic writing requirements listed above (and any others found to be appropriate by your instructor), the instructor will stop the grading process and return the paper to you (see below for the specific policy for this class). The penalty for unacceptable writing in this class is as follows: You will receive **no points** for your assignment.

Writing Center Information

The SIUE Writing Center assists students and faculty/staff across the curriculum, and at all levels, to further develop their writing skills in order to become confident and independent writers and thinkers. Through individual consultations the Writing Center will help

students to: brainstorm on a topic, organize thoughts, outline an assignment, develop support, integrate research, learn a “style” of writing, identify and fix errors, and much more. Please keep in mind that the Writing Center will not simply fix mistakes or write a paper for a student; instead, the consultants will teach students how to improve their work. For more information, or to schedule a 30-minute consultation, please call our front desk (650-2045), visit our website (siue.edu/lss/writing), or stop by our main location – SSC 1254 (inside the Academic Advancement Center).

COVID-19 Pandemic Policies Related to Classroom Instruction (Spring 2023)

Health and Safety

The measures outlined below are required and any student who does not comply may be in violation of the *COVID-19 People-Focused Health and Safety Policy*, as well as the University’s *Student Code of Conduct*.

The full text of the *COVID-19 People-Focused Health and Safety Policy* can be found here: <https://www.siue.edu/policies/Covid.shtml>

Classrooms, Labs, Studios, and Other Academic Spaces

Under current University policy, whether in the classroom, lab, studio, or other academic spaces, students (regardless of vaccination status) shall wear face coverings that fully cover the nose and mouth and practice physical distancing measures to the extent practicable based on the specific classroom capacity and pedagogy. Classroom furniture should not be rearranged, and furniture that has been taped off or covered should not be used.

Students who forget to wear a face covering will be reminded of their obligation to comply with SIUE’s *COVID-19 People-Focused Health and Safety Policy* and temporarily asked to leave the class until they are able to conform to the policy. Students who forget or lose their face coverings may be able to obtain replacements from a friend, a faculty member, or a nearby departmental office. Face coverings are also available for purchase in the Cougar Store (MUC).

Students who refuse to wear a face covering will be asked to leave the classroom and referred to the Dean of Students for non-compliance with community health and safety protocols. Repeated non-compliance may result in disciplinary actions, including the student being administratively dropped from an on-ground/face-to-face course or courses without refund if no alternative course format is available.

If a student has a documented health condition which makes wearing a face covering medically intolerable, that student should contact ACCESS to explore options with the understanding that ACCESS will not grant accommodations which excuse the need for a face covering while on campus or in the classroom. ACCESS will work with qualifying individuals to find reasonable alternatives, whenever such solutions are available. Please call or contact the ACCESS Office via email to schedule an online appointment to discuss potential alternatives. ACCESS office (Student Success Center, Room 1203, 618-650-3726, and myaccess@siue.edu).

General Health Measures

At all times, students should engage in recommended health and safety measures, which include:

- Conducting a daily health assessment. If you have [COVID-19 symptoms](#), but not yet tested positive, have had COVID-19 close contact exposure, or are COVID-19 diagnosed as presumptive or confirmed positive, contact your health provider or SIUE Health Service at cougarcare@siue.edu or 618-650-2842. More information on reporting procedures is available [here](#).
- Frequent washing or disinfecting of hands.
- Adhere fully to the current face mask and physical distancing rules as articulated in policy: <https://www.siue.edu/about/announcements/coronavirus/safety-guidelines-support/face-mask-pick-up.shtml>
- If present, adhere to directional signs and traffic flow patterns in buildings and offices. In many spaces, doors for entering and exiting buildings are designated.

Academic Integrity

Students are reminded that the expectations and academic standards outlined in the Student Academic Code (3C2) apply to all courses, field experiences and educational experiences at the University, regardless of modality or location. The full text of the policy can be found here: <https://www.siue.edu/policies/3c2.shtml>.

Recordings of Class Content

Faculty recordings of lectures and/or other course materials are meant to facilitate student learning and to help facilitate a student catching up who has missed class due to illness or quarantine. As such, students are reminded that the recording, as well as replicating or sharing of any course content and/or course materials without the express permission of the instructor of record, is not permitted, and may be considered a violation of the University's Student Conduct Code (3C1), linked here: <https://www.siue.edu/policies/3c1.shtml>.

Potential for Changes in Course Schedule or Modality

As the COVID-19 pandemic continues, there remains a possibility that planned classroom activities will need to be adjusted. Depending on circumstances and following state-issued recommendations, potential changes include alterations to distancing requirements, course modality (e.g., transition from face-to-face to online, hybrid, or hy-flex, mask wearing, in-course activities, etc). These changes would be implemented to ensure the successful completion of the course while preserving health and safety. In these cases, students may be provided with an addendum to the class syllabus that will supersede the original version. If the course schedule or modifications significantly alter expectations, a new syllabus will be issued.

Class Schedule			
*Schedule subject to change at the discretion of the professor			
WK	Date	Topic	Readings
1	1/11	Introduction	Yalom Preface
2	1/18	Rationale and Therapeutic Factors, cont.	Yalom 1-4
3	1/25	Therapist Factors	Yalom 5-6
4	2/1	Video	
5	2/8	Therapist Factors 2	
6	2/15	Client Factors	Yalom 8, 13
7	2/22	Group Therapy Process	Yalom 10,11
8	3/1	EXAM (take-home exam)	
	3/8	Spring Break	
9	3/15	DBT Orientation	Linehan 1, 2, 3 (Presentation: 4)
10	3/22	DBT General Skills	Linehan 4, 5, 6 (Presentation: 4)
11	3/29	Group paper idea submission due (no class): Please submit information about the group therapy you are going to write your paper on and submit three empirical articles' references.	One member of your group should submit your idea & references by Wed 12:30pm. Please email the information to Dr. Ro.
12	4/5	DBT Mindfulness Skills	Linehan 7 (Presentation: 4)
13	4/12	DBT Interpersonal Effectiveness Skills	Linehan 8 (Presentation: 4)
14	4/19	DBT Emotion Regulation Skills	Linehan 9 (Presentation: 4)
15	4/26	DBT Distress Tolerance Skills	Linehan 10 (Presentation: 4)
16	Finals Week	Group Paper Due: Tuesday, 11:59pm	