



DEPARTMENT OF SOCIAL SCIENCES

Course Code PSY-720	Course Title Group Psychotherapy	Credits (ECTS) 7.5
Department Social Sciences	Semester Fall	Prerequisites None
Type of Course Required	Field Psychology	Language of Instruction English
Level of Course 3 rd Cycle	Year of Study 1st	Lecturer Dr. Xenia Georgiadou
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

The main objectives of the course are to:

1. help students develop an understanding of the different dimensions of group therapy
2. familiarize the students with the different stages in the development of a group
3. introduce students to different techniques and topics in group therapy

Learning Outcomes:

After completion of the course students are expected to be able to:

1. have a good understanding of the different phases of group therapy
2. have the ability to understand the different issues that are relevant to group therapy
3. understand the ethical and professional issues related to group therapy
4. understand the role of the therapist and the therapeutic conditions
5. comprehend the therapeutic process of a group and be able to apply basic techniques to this process

Course Contents

1. Introduction to Group Work
2. Group Leadership
3. Ethical and Professional Issues in Group Practice
4. The Therapeutic Factors- Interpersonal Learning
5. The therapist: Working in the Here-and-Now
6. Early Stages in the Development of a Group- The Selection of Clients
7. Creation of the group: Place, Time, Size, Preparation
8. Basic Techniques in Group Leadership
9. Exercises in Group Counseling
10. Later Stages in the Development of a Group
11. Counseling Theories in Group Counseling

Teaching Methods:

Lectures, assignment, mid-term, final exam
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Assessment Methods:

Individual Paper	30%
Class Presentation	25%
Final Examination	35%
Attendance and Participation	10%
Total	100%

Required Textbooks:

Authors	Title	Publisher	Year	ISBN
Gerald Corey	Theory and Practice of Group Counseling International Student Edition	Brooks/Cole Cengage Learning	2012 (8th Ed.)	978-0-8400-3389-5
Yalom I.D. and Leszcz, M.	The Theory and Practice of Group Psychotherapy	Basic Books, Inc.	2005 (5th edition)	978-0-465-09284-0
Articles provided in class				

Recommended Textbook:

Authors	Title	Publisher	Year	ISBN
Masson, R. L., Jacobs, E.E., Harvill, R.L., & Schimmel, C.J.	Group Counseling Interventions and Techniques International Edition	Brooks/Cole Cengage Learning	2012 (7th Ed.)	978-0-8400-3395-6