



Course Syllabus

Course Code	Course Title	ECTS Credits
PSYC-675	Group Therapy	7.5
Prerequisites	Department	Semester
PSYC-523, PSYC-607	Social Sciences	Fall
Type of Course	Field	Language of Instruction
Required	Psychology	English
Level of Course	Lecturer(s)	Year of Study
2 nd Cycle	Dr. Xenia Georgiadou	2 nd
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Present the challenges for group members and the leader(s).
- Analyze the different stages in the development of a group.
- Describe different techniques and topics in group therapy.

Learning Outcomes:

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

1. Develop a good understanding of the different phases of group therapy.
2. Be familiar with the different issues that are relevant to group therapy.
3. Comprehend 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 Content:

Introduction to Group Work
The Group Counselor
Ethical and Legal Issues in Group Counseling
The Therapeutic Factors- Interpersonal Learning

Creation of the group: Place, Time, Size, Preparation
 Forming a group
 The therapist: Working in the Here-and-Now
 The therapist: Transference and Transparency
 Initial Stage of a Group: Basic Techniques in Group Leadership
 Transition Stage of a Group
 Working Stage of a Group
 Final Stage of a Group
 The Person-Centered Approach to Groups
 The Cognitive Behavioral Approaches to Groups

Learning Activities and Teaching Methods:

Lectures, videos, group formulation

Assessment Methods:

Individual papers, Final Exam

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Groups. Process and Practice International Edition	Corey Schneider, M., Corey, G., & Corey, C.	Brooks/Cole Cengage Learning	2018 (10 th Ed.)	978-1-305-86570-9 (Student Edition)
The Theory and Practice of Group Psychotherapy	Yalom I.D. and Leszcz, M.	Basic Books	2020 (6 th Ed.)	9781541617575
Theory and Practice of Group Counseling	Corey, G.	Cengage	2016 (9 th Ed.)	978-1-305-08801-6

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
The Schopenhauer cure: a novel	Yalom, I. D.	Harper Collins	2005	0066214416 7.00
Group Counseling Interventions and Techniques International Edition	Masson, R. L., Jacobs, E.E., Harvill, R.L., & Schimmel, C.J	Brooks/Cole Cengage Learning	2012 (7th Ed.)	978-0-8400- 3395-6