



## Course Syllabus

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

### Course Objectives:

The main objectives of the course are to:

- Help students develop an understanding of the different dimensions of group therapy.
- Familiarize the students with the different stages in the development of a group.
- 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 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  
 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 therapist: Transference and Transparency  
 The Person-Centered Approach to Groups  
 The Cognitive Behavioral Approaches to Groups

**Learning Activities and Teaching Methods:**

Lectures, class-exercises, role playings, video

**Assessment Methods:**

Individual papers, Final Exam, Attendance and Participation

**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 <sup>th</sup> Ed.)	978-1-305- 86570-9
Theory and Practice of Group Counseling International Student Edition	Gerald Corey	Brooks/Cole Cengage Learning	2012  (8 <sup>th</sup> Ed.)	978-0-8400- 3389-5
The Theory and Practice of Group Psychotherapy	Yalom I.D. and Leszcz, M	Basic Books	2005  (5 <sup>th</sup> Ed.)	978-0-465- 09284-0

**Recommended Textbooks / Readings:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
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