



# UNIVERSITY OF NICOSIA

## ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

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| <b>Course Code</b><br>SOWK 225                        | <b>Course Title</b><br>Social Work Methods &<br>Practices II/Mezzo Systems | <b>ECTS Credits</b><br>6   |
| <b>Department</b><br>Social Work                      | <b>Semester</b><br>Spring  | <b>Prerequisites</b><br>SOWK-110 The Field of<br>Social Work<br>SOWK-120 Foundations of<br>Social Work Practice<br>SOWK-170 Social Welfare<br>Policy & Services SOWK-<br>220 Social Work Methods<br>& Practices<br>I/Mezzo Systems |
| <b>Type of Course</b><br>Required                     | <b>Field</b><br>Social Work  | <b>Language of<br/>Instruction</b>   |
| <b>Level of Course</b><br>1st Cycle                   | <b>Year of Study</b><br>2nd  | <b>Lecturer(s)</b><br>Despina Cochliou   |
| <b>Mode of</b><br>Face-to-face                        | <b>Work Placement</b><br>N/A   | <b>Co-Requisites</b><br>None   |
| <b>Recommended Optional Programme Components:</b> N/A |  |  |

### Objectives of the Course:

The main objectives of the course are to:

- Develop a broader social science theoretical perspective on groups and the more specific theories connected to group therapy.
- Explore the different stages of group development and how to evaluate the effectiveness of groups.
- Explore and analyse the main group leadership theories, their own facilitation style, and their role in supporting the emergence of group leadership as a collective phenomenon.
- Develop an awareness of their own personal characteristics and how these are related to group leadership.
- Develop an understanding of the special challenges of doing group work in an institutional setting.
- Challenge their own ethical and professional standards, and to provide them with the tools needed to interpret and translate general ethical guidelines into appropriate and specific principles that will govern their practice

**Learning Outcomes:**

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

1. Explore the broader social science theories on groups and the more specific theories connected to group therapy.
2. Analyse the different stages of group development and how to evaluate the effectiveness of groups.
3. Analyse the theories of group development and problem-solving processes in various setting and groups.
4. Analyse how group experience may empower people to change themselves through mutual aid and to improve their environments through social action.
5. Observe and analyze basic small group phenomena (i.e. group norms, roles, etc.).

**Course Contents:**

1. Stages in the Development of a Group & Group Leadership
2. Group Leadership
3. Psychoanalytic Approach
4. Alderian Group Counselling
5. The Existential Approach to Groups
6. Person-Centred Approach
7. Gestalt Therapy in Groups
8. Cognitive Behavioral Approaches to Groups
9. Rational Emotive Behavior Theory
10. Transactional Analysis in Groups
11. Reality Therapy
12. Solution-Focused Brief Therapy
13. Comparisons, Contrasts and Integration
14. The Evolution of Group: An Integrative Perspective

**Learning Activities and Teaching Methods:**

Lectures, Experiential Exercises and Assignments.

**Assessment Methods:**

Homework, Mid-Term, Final Exam.

**Required Textbooks/Reading:**

| Authors | Title                                  | Publisher   | Year | ISBN |
|---------|--|-------------|------|------|
| Corey   | Theory & Practice of Group Counselling | Brooks Cole | 2004 |      |

**Recommended Textbooks/Reading:**

| Author | Titl | Publisher | Year | ISBN |
|--------|------|-----------|------|------|
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|---|-------------------------------------|----------------------|------|--|
| Corey, G., Corey, M., Callanan, P., Russell, J.M. | Group Techniques                    | Wadsworth Publishing | 2004 |  |
| Charles, D.G., Lorraine M.G., Maeda J.G.,         | Handbook of Social Work with Groups | Guilford Press       | 2004 |  |