CEP 890
Counseling Group Experience
SPRING 2009

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Group Facilitator
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Office hours: available before and after class

Class Meeting Time: Section 301 meets Mondays 5:30-7:10 p.m. and Section 302 meets Tuesdays 6:30-8:10 p.m. beginning the week of January 26 through the week of March 2, 2009.

Location: 116a Erickson

Course Description
The course objectives are accomplished via student participation in group process. There is no text for the course, and there are no assigned readings. Attendance is mandatory, and missing any session may result in a failing grade. Final grade will be either a “Pass” or a “No Pass.”
Students are required to maintain a weekly journal / notebook consisting of process notes from each group meeting. Your process notes should address your observations and experiences (i.e., insights, affective responses, spoken and unspoken reactions, etc.) during each session. Details on the format for group notes will be discussed in first class meeting. Entries should reflect some continuity from session to session. The purpose of entries is to help identify patterns of behavior and cognitions that exist, or any shifts / changes that occur as a consequence of group process.

Course Objectives
1. Increase self-awareness, other-awareness, and self-efficacy via identifying interpersonal strengths and areas that can be strengthened by giving and receiving feedback from one another.

2. Help group participants to identify strategies that facilitate optimal training outcomes, optimal professional development outcomes, and optimal preparation for post-graduation plans.

3. Group process will include exercises that will allow group participants the opportunity to support one another through life experiences that compete with attention to training and graduate school.
Course Requirements and Guidelines for Evaluation:
1. Attendance. The group process nature of this class makes attendance and timely arrival essential. If prior commitments prohibit your attendance at all class sessions, please arrange to drop the course immediately and take it at a time that is more convenient for you. With only six class meetings, it is important that each class member attend all sessions. Attendance will be monitored by weekly sign-in.
2. There is no text for this course, and no assigned readings.
3. Participation. Participation in all phases of each group meeting is essential and will be evaluated for use in the event of a borderline grade.
4. Maintaining weekly notes from each group session: participants are required to document each group meeting. Notes may follow the SOAP format (i.e., S=subjective observations, O=objective observations, A=your assessment of what is happening in the group, and P=plan –e.g., in what direction do you see the group, self, or other group members moving., your response to group dynamics, interpersonal interactions with group members, etc.
5. Special Needs. If any person needs special equipment for assistance in any aspect of the course, including examinations, please inform the instructor no later than the second-class meeting. Direct assistance can be obtained if the student will call the Office of Programs for Handicapped Students at 353-9642 very early in the semester.

Use of Class Time
Classes will begin promptly at the listed time. The need for a break will be determined at the start of the semester per group. Class will end at the time noted in the syllabus and course schedule.

Course Grades:
Final grade for course is based upon regular and active participation in the group process, as well as the quality and comprehensiveness of group process notes.