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| --- | --- | --- |
| **Course Name:** Introduction to Group Therapy Techniques | **Course Level:** Undergraduate | **Language:** English |
| **Course Code** | [**Prerequisites**](https://e-campus.isikun.edu.tr/CoursePrerequisites/Index) | **Corequisites** | **(T + P hours)**  | **ECTS Credit** | **Type** |
| PSYC4802(PSY 484) | None | None | 3+0 | 5 | Elective |

**Course objectives:** This course focuses on an introduction to group therapy techniques, group building, group dynamics and understanding the underlying dynamics of group therapy.

**Course description:** Introduction to group therapy techniques; group development; group dynamics; theories in relation to group guidance; leadership styles, techniques, and roles; ethical issues related to group interventions.

**Evaluation system (in percentages):**

|  |  |  |  |
| --- | --- | --- | --- |
| **Participation** | **Short report** | **Final** | **Total** |
| %40 | %30 | %30 | 100 |

**Reference**

Kaklauskas, F. J., & Greene, L. R. (Eds.). (2019). *Core Principles of Group Psychotherapy: An Integrated Theory, Research, and Practice Training Manual*. Routledge.

**Weekly Course Topics**

|  |  |
| --- | --- |
| **Week** | **Topic** |
| 1. | Meeting, description of group therapy, consent |
| 2. | Group therapy 1st session |
| 3. | Group therapy 2nd session  |
| 4. | Group therapy 3rd session |
| 5. | Group therapy 4th session |
| 6. | Group therapy 5th session |
| 7. | Group therapy 6th session |
| 8. | 7th session of group therapy |
| 9. | 8th session of group therapy |
| 10. | Types of groups, leadership characteristics, ethics in group counseling |
| 11. | Creating a group, determining a client |
| 12. | The beginning, prognosis and closing stages of the group |
| 13. | Different approaches in group therapy (gestalt, psychodrama etc.) |
| 14. | Intervention when working with special needs groups |

**Contribution of the Course to the Program Outcomes**

**Course Outcomes**

Students will gain the following knowledge and skills at the end of the course:

1. Learns how to spend time on pre-group preparation
2. Becomes aware of the importance of encouraging member-to-member interaction,
3. Observes how the appropriate behavior is modeled in the group

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| --- | --- | --- | --- | --- |
|  | **Program Outcomes** | **CO1** | **CO2** | **CO3** |
| 1. | To examine and compare different concepts in subfields of psychology and to have basic application skills. |  | X | X |
| 2. | To apply analytical and critical thinking skills in various fields of psychology, to be able to solve the problems related to the field with contemporary methods. | X |  |  |
| 3. | The student has the skills to interpret facts, events and data, to define and analyze problems, to develop solutions based on research and evidence by using the knowledge and skills they have acquired in the field. |  |  |  |
| 4. | Discussing and criticizing professional and ethical issues in program design and professional practice. |  |  |  |
| 5. | To explain the procedures and rules in psychological measurement and interview techniques, and to develop the ability to apply them at a basic level. | X | X |  |
| 6. | Adopting the rules of the positivist method and designing scientific research, collecting data, analyzing data and scientifically reporting the results. |  |  |  |
| 7. | To gain the basic principles of scientific thinking, to be able to separate and / or integrate the knowledge gained by other disciplines with a critical point of view. |  |  |  |
| 8. | To develop the competence for using the necessary information and communication technologies used to reach and spread information. |  |  |  |
| 9. | To use oral and written communication skills effectively both in Turkish and at least one foreign language. |  |  |  |
| 10. | Working effectively in individual and multidisciplinary research teams. |  |  |  |
| 11. | To develop respect for interpersonal and cultural diversity and to have social responsibility. |  |  |  |
| 12. | To be aware of psychological resilience, personal and professional development. |  |  |  |

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| Course Evaluation and ECTS Workload |
| Types of Work | Number | ECTS Workload |
| Time |  |
| Attendance | 14 | 3 | 42 |
| Final exam | 1 | 24 | 24 |
| Quizzes | 0 | 0 | 0 |
| Semester project | 0 | 0 | 0 |
| Assignments | 0 | 0 | 0 |
| Final project | 0 | 0 | 0 |
| Seminar | 0 | 0 | 0 |
| Duties | 0 | 0 | 0 |
| Presentation | 1 | 15 | 15 |
| Midterm | 1 | 24 | 24 |
| Project | 0 | 0 | 0 |
| Lab | 0 | 0 | 0 |
| Private lesson time | 0 | 0 | 0 |
| Other (Personal study) | 14 | 2 | 28 |
|  |  | Total workload | 133 |
|  |  | Total workload/25 | 5.32 |
|  |  | ECTS Credit | 5 |

**Teaching Methods and Techniques**: Theoretical lecture, Discussion, Application

**Prepared By:**  Sera Mizrahi İpeker  **Date:** 05.09.2020