

# TOROS ÜNİVERSİTESİ

Faculty Of Economic, Administrative And Social Sciences  
Psychology (English)

## Course Information

| IN GROUP COUNSELING AND PSYCHODRAMA I |          |             |          |                 |             |
|---------------------------------------|----------|-------------|----------|-----------------|-------------|
| Code                                  | Semester | Theoretical | Practice | National Credit | ECTS Credit |
|                                       |          | Hour / Week |          |                 |             |
| PSY441                                | Fall     | 3           | 0        | 3               | 5           |

|   |  |
|---|--|
| <b>Prerequisites and co-requisites</b>      | none   |
| <b>Language of instruction</b>              | Turkish  |
| <b>Type</b>                                 | Elective   |
| <b>Level of Course</b>                      | Bachelor's   |
| <b>Lecturer</b>                             |  |
| <b>Mode of Delivery</b>                     | Face to Face   |
| <b>Suggested Subject</b>                    | none   |
| <b>Professional practise ( internship )</b> | None   |
| <b>Objectives of the Course</b>             | This course will provide students with a foundational understanding of the knowledge and skills required to lead counseling groups. Moreover, this course is designed to help students to recognize the basic principles and practice of group counseling, planning and stages of group development, facilitative skills, and ethical issues related to counseling in a group environment. |
| <b>Contents of the Course</b>               | Types of groups, stages of group counseling, facilitative leadership skills, roles of group members and ethical issues in group counseling.  |

## Learning Outcomes of Course

| # | Learning Outcomes   |
|---|---|
| 1 | To be able to identify the characteristics of different types of groups, including task groups, psycho-educational groups, counseling groups and therapy groups.  |
| 2 | To be able to identify the principles of group dynamics, including components of group process and developmental stages of a group.   |
| 3 | To be able to summarize the group leadership styles and approaches, the characteristics of various types of group leaders and the relationship between leadership styles and group functioning.                     |
| 4 | To be able to examine major facilitative and debilitative roles and behaviors that group members may take.  |
| 5 | To be able to compare and contrast different group counseling methods, including group counselor orientations and behaviors, appropriate selection criteria and methods, group structuring and facilitation skills. |

## Course Syllabus

| # | Subjects  | Teaching Methods and Technics               |
|---|---|---|
| 1 | Introduction to group work and types of groups, Characteristics of a group leader | Lecture, question-answer method, discussion |
| 2 | Theoretical foundation of groups, Ethical and legal issues in group counseling    | Lecture, question-answer method, discussion |
| 3 | Group planning, Beginning stage, Transition stage                                 | Lecture, question-answer method, discussion |
| 4 | Transition stage  | Lecture, question-answer method, discussion |
| 5 | Working stage   | Lecture, question-answer method, discussion |
| 6 | Ending stage  | Lecture, question-answer method, discussion |
| 7 | Group Counseling Practice   | Lecture, question-answer method, discussion |
| 8 | midterm   |   |

|    |                           |   |
|----|---------------------------|---|
| 9  | Group Counseling Practice | Lecture, question-answer method, discussion |
| 10 | Group Counseling Practice | Lecture, question-answer method, discussion |
| 11 | Group Counseling Practice | Lecture, question-answer method, discussion |
| 12 | Group Counseling Practice | Lecture, question-answer method, discussion |
| 13 | Group Counseling Practice | Lecture, question-answer method, discussion |
| 14 | Group Counseling Practice | Lecture, question-answer method, discussion |
| 15 | Evaluation                | Lecture, question-answer method, discussion |
| 16 | Final Exam                |   |

## Course Syllabus

| # | Material / Resources   | Information About Resources | Reference / Recommended Resources |
|---|--|-----------------------------|-----------------------------------|
| 1 | Aktaş, A. M. (1997). Grup süreci ve grup dinamikleri. İstanbul: Sistem Yayıncılık. |                             |                                   |

## Method of Assessment

| # | Weight | Work Type     | Work Title    |
|---|--------|---------------|---------------|
| 1 | 40%    | Mid-Term Exam | Mid-Term Exam |
| 2 | 60%    | Final Exam    | Final Exam    |

## Relationship between Learning Outcomes of Course and Program Outcomes

| # | Learning Outcomes   | Program Outcomes | Method of Assessment |
|---|---|------------------|----------------------|
| 1 | To be able to identify the characteristics of different types of groups, including task groups, psycho-educational groups, counseling groups and therapy groups.  | 1,2,12           | 1,2                  |
| 2 | To be able to identify the principles of group dynamics, including components of group process and developmental stages of a group.   | 1,2,3            | 1,2                  |
| 3 | To be able to summarize the group leadership styles and approaches, the characteristics of various types of group leaders and the relationship between leadership styles and group functioning.                     | 1,2,12           | 1,2                  |
| 4 | To be able to examine major facilitative and debilitative roles and behaviors that group members may take.  | 1,2,12,13        | 1,2                  |
| 5 | To be able to compare and contrast different group counseling methods, including group counselor orientations and behaviors, appropriate selection criteria and methods, group structuring and facilitation skills. | 1,2,12,13        | 1,2                  |

PS. The numbers, which are shown in the column Method of Assessment, presents the methods shown in the previous table, titled as Method of Assessment.

## Work Load Details

| #  | Type of Work  | Quantity | Time (Hour) | Work Load |
|----|---|----------|-------------|-----------|
| 1  | Course Duration   | 14       | 3           | 42        |
| 2  | Course Duration Except Class (Preliminary Study, Enhancement) | 14       | 3           | 42        |
| 3  | Presentation and Seminar Preparation                          | 0        | 0           | 0         |
| 4  | Web Research, Library and Archival Work                       | 0        | 0           | 0         |
| 5  | Document/Information Listing                                  | 0        | 0           | 0         |
| 6  | Workshop  | 0        | 0           | 0         |
| 7  | Preparation for Midterm Exam                                  | 1        | 10          | 10        |
| 8  | Midterm Exam  | 1        | 2           | 2         |
| 9  | Quiz  | 0        | 0           | 0         |
| 10 | Homework  | 3        | 10          | 30        |

|    |                            |   |    |            |
|----|----------------------------|---|----|------------|
| 11 | Midterm Project            | 0 | 0  | 0          |
| 12 | Midterm Exercise           | 2 | 5  | 10         |
| 13 | Final Project              | 0 | 0  | 0          |
| 14 | Final Exercise             | 0 | 0  | 0          |
| 15 | Preparation for Final Exam | 1 | 12 | 12         |
| 16 | Final Exam                 | 1 | 2  | 2          |
|    |                            |   |    | <b>150</b> |