

SAB 220

Group Techniques/Therapy

2 2 0 3

Prerequisite: HSE 112

Corequisite: None

This course provides a practical guide to diverse methods of group therapy models used in the specific treatment of substance abuse and addiction. Emphasis is placed on the theory and practice of group therapy models specifically designed to treat the cognitive distortions of addiction and substance abuse. Upon completion, students should be able to skillfully practice the dynamics and techniques formulated for substance abuse and addiction.

Competencies: This course is designed to meet the performance domain for counseling as identified by substance abuse certification and regulatory agencies.

The student will demonstrate and ability to:

1. Differentiate between the use of group counseling, individual counseling, and 12-step groups in treatment.
2. Prepare clients for group counseling, deal with group behaviors, establish a trusting and cohesive environment, focus on effective group interactions, and terminate group members when needed.
3. Understand the role of conflict, subgroup development, self-disclosure, developmental processes, and culture as they relate to group effectiveness.
4. Demonstrate skill in the timing of interventions and confrontation with group members.