

College of San Mateo
Official Course Outline

1. **COURSE ID:** SOSC 308 **TITLE:** Group AOD (Alcohol and Other Drug) Counseling Process
C-ID: ADS 130X

Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours

Method of Grading: Letter Grade Only

Prerequisite: SOSC 301, and SOSC 302 and SOSC 304

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU

3. **COURSE DESCRIPTIONS:**

Catalog Description:

Explores individual AOD (alcohol and other drug) counseling techniques, intervention skills, and relapse prevention strategies. Theories of group counseling process and group interactions will be practiced.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Describe, select, and appropriately use strategies from accepted and culturally appropriate models for group counseling with clients with substance abuse disorders.
2. Describe actions necessary to form a group, including but not limited to determining group type, purpose, size, and leadership; recruiting and selecting members; establishing group goals and clarifying behavioral ground rules for participating.
3. Identify the stages of group development utilizing counseling strategies appropriate to each stage; identify group's outcomes; determine criteria and methods for termination and completion.
4. Define the concepts of process and content, and be able to shift the focus of the group as appropriate to support, problem solving, decision making, or conflict resolution.
5. Identify inappropriate behaviors in a manner which protects group members while empowering the group process.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

Upon successful completion of this course, a student will be able to:

1. Describe, select, and appropriately use strategies from accepted and culturally appropriate models for group counseling with clients with substance abuse disorders.
2. Describe actions necessary to form a group, including but not limited to determining group type, purpose, size, and leadership; recruiting and selecting members; establishing group goals and clarifying behavioral ground rules for participating.
3. Identify the stages of group development utilizing counseling strategies appropriate to each stage; identify groups outcomes; determine criteria and methods for termination and completion.
4. Define the concepts of process and content, and be able to shift the focus of the group as appropriate to support group, problem solving, decision making, or conflict resolution.
5. Identify inappropriate behaviors in a manner which protects group members while empowering the group process.

6. **COURSE CONTENT:**

Lecture Content:

1. Introduction and Group Formation
2. Culture, values, beliefs and personal experiences
3. Purpose of Group Counseling/Role of Group Counselor - Introduction to Group Work
4. Purpose of Group Counseling/Role of the Group Counselor - Personal and Professional
5. Purpose of Group Counseling/Role of the Group Counselor - Ethical and Legal Issues
6. Stages of Group Development - Forming a Group
7. Stages of Group Development - Initial Stages of a Group
8. Stages of Group Development - Transition Stage of a Group
9. Stages of Group Development - Working Stage of a Group
10. Stages of Group Development - Ending a Group
11. Working with different Populations

12. Group Presentation

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Discussion
- C. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

Students complete a research paper and group report.

Reading Assignments:

Weekly readings from the assigned texts.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Exams/Tests
- C. Group Projects
- D. Oral Presentation
- E. Papers
- F. Research Projects
- G. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Gerald Corey. *Group Process & Practice*, 10th ed. Cengage, 2019

Origination Date: August 2020

Curriculum Committee Approval Date: September 2020

Effective Term: Fall 2021

Course Originator: Angela Stocker