CURRICULUM GUIDELINES

Douglas College

A.	Division:	**Instruction**		Effective Date:		**September 2004**	

B.	Department / Program Area:	**Faculty of Child, Family and Community Studies Community Social Service Worker**	Revision		New Course	X

If Revision, Section(s) Revised:
Date of Previous Revision:
Date of Current Revision: **26 August 2003**

C:	**CSSW 1222**	**D**:	**Counselling and Group Skills**	**E:**	**3**
	Subject & Course No.		Descriptive Title		Semester Credits

F: Calendar Description: **This methods course is designed to deepen understanding and application of skills introduced in CSSW 1122. Students will have the opportunity to explore and apply the skills of group tion to practice with roups.**

G: Allocation of Contact Hours to Type of Instruction / Learning Settings

Primary Met

h descriptor)
60 hours

Number of Weeks per Semester:

Flexible delivery ranging over 9 to 15 weeks

H: Course Prerequisites:
CSSW 1122

I: Course Corequisites: None
None

J: Course for which this Course is a Prerequisite
None

K: Maximum Class Size:
30

L: PLEASE INDICATE: **Part of Block Transfer to Schools of Child and Youth Care at UVIC, UCFV, Malaspina University College; Bachelor of Professional Arts in Human Services degree program at Athabasca University; and Bachelor of Community Rehabilitation degree program at the University of Calgary.**

M: Course Objectives / Learning Outcomes
Upon successful completion of this course, the student will be able to:

1.   **Group Design and Structure**
- **identify typical applications of groups in social service practice settings**
- **describe the advantages, disadvantages and risks of groups**
- **identify critical considerations for planning different types of groups where you are a member or a leader**
- **identify variables associated with effective groups**

2.   **Group Dynamics**
- **identify and describe group dynamics, including:**
  - **norms**
  - **cohesion**
  - **process and task functions**
  - **power and influence**
  - **trust**
  - **"group think"**
  - **decision making/goal setting**
- **identify the phases of group development**
  - **preliminary/planning**
  - **beginning**
  - **work or action**
  - **ending**
- **describe essential skills and tasks for each phase of development**

3.   **Application of Communication/Helping Skills in Social Service Settings**
- **demonstrate a range of communication skills for use in groups, including:**
  - **supportive relationship building, including defining role, task, and purpose**
  - **exploration/probing**
  - **assertiveness**
  - **problem solving/teaching**
  - **conflict resolution**

4.   **Group Leadership in Social Service Settings**
- **describe models/types of group leadership**
- **describe the advantages and disadvantages of different styles of leadership**
- **examine personal leadership style**
- **demonstrate an ability to lead a small group**

5.   **Obstacles to GroupFunctioning**
- **describe the characteristics of effective and ineffective groups**
- **identify potential obstacles to group functioning, including:**
  - **silent members**
  - **monopolizing members**
  - **hostility**
  - **controversy and conflict**
  - **scapegoating**
  - **hidden agendas**
  - **abuse of power and authority**
  - **conflicts of interest**
- **demonstrate strategies for addressing and overcoming obstacles**

N: Course Content: The following global ideas guide the design and delivery of this course:

1.   **Self-awareness regarding one's personal style, values, effect on others, skills, and learning from past experiences, are essential prerequisites for skilled leadership and participation in groups.**

2.   **Group work is a powerful medium for growth, change, learning or task accomplishment. Groups are of many types, for example: counselling, self-help, therapy, growth, discussion, teaching, mutual support, work teams, task, social, and ad hoc.**

3.   **Groups are effective for accomplishing ta**