

**The University of Texas at Austin  
School of Social Work**

**Theories and Methods of Group Intervention**

Course Number:	SW 393R26	Instructor:	Arlene Montgomery, Ph.D. LCSW
Unique Number:	61865	E-mail:	yerzaborzoi@ AOL.COM <b>(not to be utilized for submitting assignments)</b>
Semester:	Fall 2010	Phone:	Office (512) 474-8317; Home (512) 480-8086
Class Time:	T 2:30-5:00	Office:	2.122
Meeting Place:	SSW Room 2,122	Office Hours:	By appointment

**Course Description**

This course will cover current group intervention approaches used with children, adolescents, adults, and the elderly across a variety of settings. Students will develop a working understanding of children, adolescents, adults, and the elderly from diverse backgrounds, affirming and respecting their strengths and differences in group settings. The course is grounded in the identification, analysis, and implementation of empirically based intervention strategies for group work with children, adolescents, adults, and the elderly. This course will focus on using multiple perspectives in the advanced application of theories, models, and skills utilized in short-and longer-term group interventions. The framework of the course is based on social work values and the ethical decision-making process, as illuminated by the NSAW Code of Ethics. This is a required course for MSSW students in the Clinical Concentration. It is a specialized group methods course which builds on the Practice I & II courses and Field Practicum I & II.

\*\*\*Please note: the School of Social Work has been continuously accredited by the Council on Social Work Education(CSWE) since 1952. In order to maintain our accreditation status, we engage in ongoing curriculum assessment to demonstrate compliance with CSWE' Educational Policies and Accreditation Standards(EPAS). Several required courses in our curriculum are part of this ongoing assessment, including this course. Included under "course objectives" and "course assignments" you will note a list of the specific Educational Policies(EPs) and Practice Behaviors(PBs) that are assessed in this course. These standards have been included in this syllabus to better integrate CSWE EPAS requirements with our curriculum. The complete EPAS descriptions can be optioned from your Student handbook.

**Course Objectives**

Upon completion of this course the student will be able to:

1. Demonstrate the ability to integrate theories and empirical research knowledge in selecting and using group work approaches with children, adolescents, adults, and the elderly. (CL/APB 6 and 10c)
2. Demonstrate an advanced clinical knowledge of group work intervention and leadership roles and skills as they relate to the strengths, the processes involved in human change, and the capacities and resources of children, adolescents, and adults.(CL/APB 4 and 10a)

3. Demonstrate the ability to adapt group work intervention models, programs and activities for use with children, adolescents, adults, and the elderly to reflect an understanding of persons from diverse backgrounds, including (but not limited to) race, ethnicity, culture, class, gender, sexual orientation, religion/spiritual, physical, or mental ability, developmental level, age, and national origin. (CL/APB 4 and 8)
4. Demonstrate the ability to evaluate, select, and design group work programs, methods, and activities for children, adolescents, adults, and the elderly based upon their empirical base, practice utility, potential, range of applicability, and limitations. (CL/APB 6 and 10c)
5. Demonstrate the ability to select and design group work programs, methods, and activities, and to critically evaluate and analyze these group work approaches as to their effectiveness in given situations. This includes:
  - (a) the adequacy of the research and knowledge base;
  - (b) the range of applicability
  - (c) the value and ethical issues, including the student's own value system and
  - (d) the policy implications involved in the delivery of group work services to children, adolescents, adults, and the elderly. (CL/APB 2,6, and 8)
6. Demonstrate the ability to integrate and apply core and advanced group skills and processes, including, but not limited to, creation and maintenance of the group, resolving conflict, dealing with challenging clients, working in the here-and-now, and fostering the therapeutic factors of group work. (CL/APB 10a)
7. Demonstrate the ability to implement and evaluate the effectiveness of group work interventions for children, adolescents, adults, and the elderly. (CL/APB 10c)
8. Demonstrate the ability to tailor the group work interventions for children, adolescents, adults, and the elderly based on the context in which they are delivered. (CL/APB 4 and 8)
9. Demonstrate advanced knowledge of social work values and ethical decision-making processes as they relate to ethical dilemmas in group work with children, adolescents, adults, and the elderly. (CL/APB2)

### **Teaching Methods**

This course is designed to include a variety of teaching methodologies to achieve the expectation of student mastery of theoretically grounded advanced practice skill competencies in the group work method. Learning activities include readings, writing, discussions, lecture, videos, and experiential exercises, including presentations.

The class is organized as a skill laboratory, utilizing the small group context and role play for development of group leadership skill competencies applied differentially to vulnerable populations across the life span.

### **Required Text and Course Materials**

Rutan, S.J. & Stone, W. N., & Shay, J.J. (2007). *Psychodynamic group psychotherapy* (4<sup>th</sup> ed.). New York: The Guilford Press.

Assigned material is available in the School of Social Work Learning Resource Library located in the Social Work Building.

## **Course Requirements & Policies**

### **The University of Texas Honor Code**

The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the university is expected to uphold these values through integrity, honesty, trust, fairness, and respect toward peers and community.

### **Professional Conduct in Class**

The professor expects students to act like professionals in class. This means students should arrive on time for class, be prepared to participate in the class discussion, and show respect for one another's opinions. We will not, nor should we, always agree with one another. In this environment we should be exposed to diverse ideas and opinions, and sometime we will not agree with the ideas expressed by others. However, the professor does require that students engage one another with respect and professionalism.

### **Policy on Scholastic Dishonesty**

Students who violate University rules on scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and/or dismissal from the University. Since such dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. For further information, the student may refer to the Web Site of the Student Judicial Services, Office of the Dean of Students (<http://www.utexas.edu/depts/dos/sjs/>).

### **Special Accommodations for Students with a Disability**

In compliance with the Rehabilitation Act of 1973 (Section 504) the instructor is available to discuss appropriate accommodations with the student. Students with disabilities who need special accommodations should notify the instructor at the beginning of the semester and present a letter documenting the disability obtained from the Services for Students with Disabilities area of the Division of Diversity and Community Engagement. The student should request any testing accommodations no later than five business days before an examination.

To insure that the most appropriate accommodations can be provided, students should contact the Services for Students with Disabilities (SSD) Office at 471-6259 (voice) or 471-4614 TTY (for users who are deaf or hard of hearing).

### **Policy on Scholastic Dishonesty: The University of Texas Honor Code**

The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the university is expected to uphold these values through integrity, honesty, trust, fairness, and respect toward peers and community. .

Confidentiality and professional respect for the material, for the persons and issues under examination, as well as for fellow students and faculty are expected.

Students who violate University of Texas rules on scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and/or dismissal from the University. Since dishonesty brings harms to individuals, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. For further information, the students may refer to the Web Site of the Student Judicial Services, Office of the Dean of Students (<http://www.utexas.edu/depts/dos/sjs/>).

### **Safety**

As part of professional social work education, students may have assignments that involve working in

agency settings and/or the community. As such, these assignments may present some risks. Sound choices and caution may lower risks inherent the professions. It is the student's responsibility to be aware of and adhere to policies and practice related to agency and/or community safety. Students should also notify instructors regarding any safety concerns.

#### Behavior Concerns Advice Line (BCAL)

If students are worried about someone who is acting differently, they may use Behavior Concerns Advice Line to discuss by phone their concerns about another individual's behavior. This service is provided through a partnership among the Office of the Dean of Students, the Counseling and Mental Health Center (CMHC), the Employee Assistance Program (EAP), and The University of Texas Police (UTPD). Call 512-232-5050 or visit <http://www.utexas.edu/safety/bcal>.

#### Emergency Evacuation Policy

**Occupants of buildings on the UT Austin campus are required to evacuate and assemble outside when a fire alarm is activated or an announcement is made. Please be aware of the following policies regarding evacuation:**

**Familiarize yourself with all exit doors of the classroom and the building. Remember that the nearest exit door may not be the one you used when you entered the building.**

**If you require assistance to evacuate, inform the professor in writing during the first week of class.**

**In the event of an evacuation, follow the instructor's instructions.**

**Do not re-enter the building, unless you are given instructions by the Austin fire Department, the UT Police Department, or the Fire Prevention Services office.**

#### Expectations for attendance (including religious holidays), participation, and professional conduct

Students are expected to attend class regularly and to participate in the class format, having completed the assignments prior to the class. Students should be prepared to participate in discussions and experiential learning assignments, especially as the group presentation format depends heavily upon students leading other students in various learning activities. Failure to attend class and demonstrate through discussion that one has comprehended the material will be considered in assigning the final grade. Students will be allowed one unexcused absence; the final grade will be lowered for unexcused absences.

Students must notify the instructor of a pending absence at least 14 days prior to the date of observance of a religious holy day. Missed work due to such absences will be allowed a reasonable time for completion following the absence.

Professional behavior is expected in class, including arriving on time, turning off cellular telephones, using laptop computers during formal class only for academic purposes, and showing respect for differences of opinion.

#### Use of E-Mail for official correspondence to students

Email is recognized as an official mode of university correspondence; therefore, students are responsible for reading their email for university and course-related information and announcements. Students are

responsible to keep the university informed about changes to their e-mail address. Students should check their e-mail regularly and frequently—daily, but at a minimum of twice a week—to stay current with university related communications, some of which may be time-sensitive. Students can find UT Austin’s policies and instructions for updating their e-mail address at <http://www.utexas.edu/its/policies/emailnotify.php>.

## Course Assignments

**There will be a panel presentation ( and role play which includes summarizing for the class selected material and a reaction paper; worksheets for most chapters of the text (Rutan, et al); two evaluative papers; and a final examination.**

Use of the APA 5<sup>th</sup> Edition format, as well as correct spelling and grammar is expected. Late or incomplete assignments will be not be accepted without penalty

### Grading:

**Papers (20 % each)**

**Worksheets (5%)**

**Panel presentation (summaries of material in study guide format, 10%; material presentation, 5%)**

**Role play (5%) {each student will participate in several role plays, as part of their contribution to the learning process; details TBA first class day}**

**& reaction paper (5% of final grade)**

**Final Examination (30%)**

**100-94 = A**

**93-90 = A-**

**89-87 = B+**

**86-84 = B**

**79-77 = C+**

**76-74 = C**

**73-70 = C-**

**69-67 = D+**

**66-64 = D**

**63-60 = D-**

**59 & below= F**

### Role Play and Panel Presentation

#### Panel Presentation

Using the **group presentation** format, each student will participate in a panel to examine and lead a discussion on selected assigned material which will be summarized for the class. An assigned film will be

used to illustrate issues that lead to intrapsychic defenses which in turn may lead to group dynamics; and also illustrate theories with the appropriate techniques and treatment strategies.(CL/APB 10a

The following elements are to be addressed in the study guide: issues of age, class, color, culture, ethnicity, national origin, race, disability, family structure, marital status, gender, religion/spirituality, sex, sexual orientation, ethical dilemma(s), clinical dilemma(s), relevant policy issue(s), and a research question. (CL/APB4) **A brief study guide** will be prepared by the panel to aid in discussing material assigned to this particular film A brief (3 pages) reaction paper will address each student's personal experience of the group. (CL/APB2)

Before class discussion of the material, each class member is to be provided a copy of the study guide, either a hard copy or via Blackboard. The instructor is to be provided a hard copy on the first day of the presentation.

### Role Play

There will be **a role play** creating a staged "group session" for group members whose issues and personalities are based loosely on characters from the film under study. (CL/APB10c; 10a;8;4;2)

The following should also be addressed in the **study guide**:

**(a.-i. are group contributions; j. & k. are completed after the role play and are an individual contribution)**

a. 10 illustrations of defenses and 3 illustrations of dynamics which stemmed from some of those defenses (30 points) (CL/APB10a)

b. two affective experiences that are supported/illustrated by assigned material (quote the reference)(10 points)(CL/APB8)

c. one example of empathy for difficult behaviors/attitudes (5 points) )(CL/APB10a)

d. an example of scapegoating and defenses which underlie scapegoating(5 points) )(CL/APB10a)

e. one example of the multiple determinants of behavior(s) (5 points) )(CL/APB10a

f. one clinical/practice issue (5 points)(CL/APB10c)

g. one ethical issue (quote the Ethical Guideline from NASW Code of Ethics)(5 points)(CL/APB2)

h. an example of role suction(5 points) CL/APB10a)

i. one policy issue, particularly social justice (5 points)(CL/APB4)

**j. one illustration of a theme from the characters' interactions in the film that was manifest in the role play(5 points)\* CL/APB10a)**

**k. an example of two interventions based on any two theories examined; described the principle/tenet of the theory as relates to your example & give the page reference from text(20 points)\*(CL/APB 8)**

**\*turned in with reaction paper as individual contribution following role play**

**{Reaction paper format:**

**a.) thoughts and emotional/psychological effect on student both to a group member and to the group-as-a-whole**

**b.) a defense mechanism that student would erect to being the clinical social worker conducting the group; give example of the interactions**

**c.) what type of anxiety, fear, or dread might elicit the above defense mechanisms**

**d.) a tenet or technique of a theory which has been described in the Rutan, et al, text that may be most sensitive to client system and why?}**

(CL/APB2)

### Worksheets

There will be **worksheets** for most of the chapters in the Rutan, et al, text. Most will be completed outside

of class and collaboration with classmates is encouraged. Parts of some of the worksheets will be completed in class, either in collaboration or sometimes on your own.(CL/APB10a,10b)

### Papers

There are two **evaluative papers** on the role play exercises.

#### *Paper #1*

Using *Chapter 13* (Rutan, et al) as a model, address the following:

- a. the group history (5 points)
- b. a brief history of one main member (2 points)
- c. the context (5 points)
- d. a rendering of the group process (5 points) & a commentary (similar to Shay's comments) including addressing the some of the same points, which are a combination of group dynamics (choose 3 dynamics) (Ch. 3); therapeutic factors (choose 3 factors)(Ch. 4); & the role of the therapist (Ch. 9); include an error the therapist made and the reference for the correction for the error {30 points)
- e. a commentary of your own reactions (like group leader Stone) which contains transference/ counter transference reactions (define) (20 points)
- f. three illustrations of defenses, including the coping style and function with examples; describe three intrapsychic and/or interpersonal defenses which became or had the potential to become a collusive defense|dynamic; speculate how that might occur(15points)
- g. suggest an intervention that should have been made in the group and one that was made; give the reference for both(10 points)

Use any two references from the bibliography and or material assigned for panel presentations to support, illustrate, or otherwise elaborate on your observations of the group role play. (8 points)  
(CL/APB8,10a,10b )

*Paper #2*

Modeling your paper after *Chapter 15* (Rutan , et al), address the following regarding the group role play experience (each part worth 19 points):

- a. which dynamic theory of time-limited therapy is the best fit and why ? (CL/APB4,6, 8,10a, 10c,
- b. which of the same theories would most poorly serve the group and why? (CL/APB4,6, 8,10a, 10c,

c. using the outline provided in Chapter 15, define & illustrate from the role play, the following elements: (CL/APB10a)

goals  
composition,  
leadership issues  
patient selection and preparation  
leadership roles  
activity and nonactivity  
transparency and opaqueness

leadership foci:

past-here and now-future  
group-as-a-whole-interpersonal-individual  
in-group and out-or-group

affect and cognition  
process and content  
understanding and corrective emotional experience

d. describe 2 defenses that evolved into a group dynamic with a bit of dialogue. Indicate clearly the dynamic which evolved. Mention and give examples of the coping style and function (tables 1-3 & 1-4 from hand-outs on defenses); speculate on your own countertransference reactions to these defenses/dynamics and speculate what it might be about you (as the clinician) that might make you have a sensitivity to such defenses (CL/APB10a)

e. speculate on the advantage/disadvantage of longer-term psychodynamic work for this particular population (CL/APB10a,10c).

**Final examination** will be cumulative. The study guides should be excellent preparation.

**August 31, September 2 & 9 (role plays)**

Film, *Smoke Signals*

Topic:

Intrapsychic, interpersonal, and group experiences that can become group dynamics.  
Basic approaches to understanding group including the psychodynamic and systems.(CL/APB 10a)

Sub-topics: family structure as it evolved with both normative life cycle stressors and trauma; certain aspects of religion and spirituality as related to family dynamics; personal reactions of the clinical social worker, especially potential value and ethical conflicts. (CL/APB 2, 4, 10a)

Lecture & worksheets on the following chapters from the text: Chapter 1 Group's in Today's Society; Chapter 2 History of Small Group Theory; and Chapter 3 Group Dynamics and Group Development  
Discussion of psychological defensive strategies that may evolve into group dynamics. (CL/APB10a)

Text: Chapter 4 Therapeutic Factors in Group Psychotherapy; and Chapter 8 Patients and the Group Agreements(CL/APB10a)

Dierick, P. & Lietaer, G. Client perception of therapeutic factors in group psychotherapy and growth groups: An empirically based hierarchical model. *International Journal of Group Psychotherapy*. 85(2),203-230. CL/APB 10a, 10c))

Napoli, M.(1999). The Non-Indian therapist working with American Indian Clients: Transference-countertransference implications. *Psychoanalytic Social Work*, 6(1), 27-47. (CL/APB4)

Schermer, V.L, (2000), Contributions of Object Relations Theory and Self Psychology to Relational Psychology and Group Psychotherapy. *International Journal of Group Psychotherapy*, 50(2),199-217. (CL/APB 10a)

Weaver, H.N.(1997). The Native American family circle: Roots of resiliency. In P.M. Brown & J.S. Shalett (Eds.), *Cross cultural practice with couples and families*. New York: The Haworth Press, 67-79. (CL/APB4)

**September 16, 23, 30 Panel Presentation  
October 7 & 14 (role plays)**

Film, *The Joy Luck Club*

Topic: Issues of differential diagnosis of immigrants and related theories (Social Constructionist, Family Therapy, Self Psychology, Relational Therapy and Object Relations Theory on Group Psychotherapy) and some relevant neurological issues related to relationship experiences (CL/APB2,6,10a)

Subtopics: immigration status and selected policy issues, culture and race, selected child welfare policy issues related to racism/prejudice (CL/APB2,6,10a)

DeVries, M.W. (1996). Trauma in cultural perspective. In B.A. van der Kolk, A.C. , & L.. Weisaeth (Eds.), *Traumatic stress*. New York: The Guilford Press. 298-416. (CL/APB2,6,10a)

Fong, R. (1997). Child welfare practice with Chinese families: Assessment issues for immigrants from the People's Republic of China. In P. M. Brown & J.S. Shalett (Eds.), *Cross-cultural practice with couples and families* (pp. 33-48). New York: The Hayworth Press, Inc. (CL/APB2,6,10a, 10c)

Pynoos, R., Steinberg, A.M. & Goenjian, A. (1986). Chapter 14 Traumatic stress in childhood and adolescence: Recent developments and current controversies. In Bessel A. van der Kolk, Alexander C. McFarlane & Lars Weisaeth, (Eds.). *Traumatic stress* (pp. 331-358). New York: The Guilford Press. (CL/APB6,10a.10c)

Wu, S., Enders L. E. & Ham, M.A.D. (1997). Social constructionist inquiry in family therapy with Chinese Americans. In P.M. Brown & J.S. Shalett (Eds.) *Cross-cultural practice with couples and families* . 111-128. (CL/APB2,6,10a, 10c)

Text: Chapter 5 Mechanisms and Process of Change; Chapter 6 Forming a Group; Chapter 7 Patient Selection; Chapter 9 The Role of the Group Therapist; and Chapter 10 Beginning the Group (CL/APB 10a)

**Paper#1 due October 21**

**October 14, 21, 28 Panel Presentation  
November 4 & 11 (role plays)**

Film, *The Color Purple*

Topic: Issues around historical issues of slavery and the intergeneration transmission of trauma; selected concepts from relevant treatment theories such as Family Therapy, Object Relations Theory, Couples Therapy, and Life Cycle issues as they influence Group Psychotherapy. (CL/APB2,6,10a, 10c)

Sub-topics: Social/environmental pressures around sexual, emotional & physical abuse in the family as affected by marital status, class, gender & color factors, aging and mental health issues. (CL/APB2,4)

Text: Chapter 11 Special Leadership Issues; Chapter 12 Expressions of Affect in Group Psychotherapy; and Chapter 14 Difficult Groups and Difficult Patients; Chapter 16 Termination in Group Psychotherapy (CL/APB 10a)

Brabender, V.M. & Fallon, A. (2009). Ethical hot spots of combined individual and group therapy: Applying four ethical standards. *International Journal of Group Psychotherapy*, 59(1).127-147.(CL/APB2)

Gans, J. G. & Weber, R.L. (2000). The detection of shame in group psychotherapy: Uncovering the hidden emotion. *International journal of Group Psychotherapy*, 50(3), 381-396.(CL/APB 10a,4)

Pillari, V. (1991). *Scapegoating in families: Intergenerational patterns of physical and emotional abuse* — New York: Brunner/Mazel. (CL/APB 10a,4)

Watson, M. F.(1998). African American sibling relationships. In M. McGoldrick (Ed.), *Re-Visioning family therapy: Race, culture, and gender in clinical practice*.282-294. (CL/APB 10a,4)

Wright, F. (2000).The use of the self in group leadership: A relational perspective. *International Journal of Group Psychotherapy*, 50(2). 181-198. (CL/APB 10a,4)

**November 18 & December 1 Review for Final Examination  
Paper #2 due November 18 @4:40 @ Student Services Desk**

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**Final Examination Due Date To Be Announced**

## BIBLIOGRAPHY

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- Kaplan, H.I. & Saddock, B. J. (Eds.). *Comprehensive Group Psychotherapy (3<sup>rd</sup> ed.)*. Baltimore: Williams & Wilkins.
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