

HSRV-131: INTRODUCTION TO GROUP PROCESS

Justification for this inactivation request

Course has not been offered in over three years.

Effective Term

Fall 2026

CC Approval

10/03/2025

AS Approval

10/09/2025

BOT Approval

10/16/2025

COCI Approval

02/23/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Counseling (Master's Degree)	

Subject Code

HSRV - Human Services

Course Number

131

Department

Counseling

Division

Counseling (COUN)

Full Course Title

Introduction to Group Process

Short Title

Introduction to Group Process

CB03 TOP Code

2104.40 - *Alcohol and Controlled Substances

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

C - Clearly Occupational

SECTION B - Course Description

Catalog Course Description

An introduction to educational and process groups in human services and addiction treatment work settings including theoretical foundation, stages and processes; roles, responsibilities and ethics; strategies and techniques for facilitating group process. Students practice and demonstrate competencies through participation and demonstration of group work.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

Advisory Prerequisite(s)

Completion of HSRV-120 and HSRV-122 with a minimum grade of C.

SECTION D - Course Standards

Is this course variable unit?

No

Units

3.00000

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Conduct a process and/or content group in a human services or addiction treatment setting.
2.	Demonstrate ethical and professional behavior of group leaders.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Identify and describe the theoretical foundation of group process with clients in human services and substance use settings.

2. Identify and define culturally sensitive models and strategies of groups.
3. Compare and contrast the various stages of group development and apply appropriate strategies for each stage.
4. Define and demonstrate understanding of the function of group dynamics, including group type, purpose, size, responsibilities, goals, and behavioral ground rules.
5. Describe and document client behavior in groups for the purpose of documenting client progress.
6. Conduct self-evaluations as a group leader to enhance self-awareness and performance.
7. Define and discuss ethical and professional behavior of group leaders including the need for continuing education.

Course Content

1. Theoretical foundation of group process
 - a. History of group process
 - b. Major theorists
 - c. Application of group process to human services and substance use settings
2. Culturally sensitive models of groups
 - a. Culturally sensitive theorists
 - b. Groups for various populations: adolescent groups; adult groups; gender specific groups; multi-family groups
3. Stages of group development
 - a. Strategies and techniques for each stage
 - b. Selection and exit of group members: entry of new group members; transition of exiting group members (termination or graduation)
 - c. Interventions to protect group members
4. Function of group dynamics
 - a. Group types: process groups; content groups
 - b. Selection and screening of group members: assessing for danger in groups
 - c. Group cohesion
 - d. Group goals, outcomes, purpose and responsibilities
 - e. Ground rules
 - f. Problem solving in groups
 - g. Group decision making
 - h. Conflict resolution: group termination, graduation and referrals
5. Documenting client behavior
 - a. Written documentation of client behaviors and progress
6. Self-evaluation as a group leader
 - a. Strengths and weaknesses
 - b. Identification of supervision in human service and addiction treatment settings
 - c. Evaluation of co-leaders of groups
7. Ethical and professional behavior of group leaders
 - a. Code of Ethics for Certified Addictions Treatment Counselors: confidentiality; informed consent and reporting mandates
 - b. Continuing education
 - c. Supervision of group leaders

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Other	Students will evaluate scenarios and video case reviews of various types of groups.
Lecture	Lecture of theories of group counseling
Group Work	Discussion and group work to practice role of leader/co-leader in groups.

Online Adaptation

Types	Examples of learning activities
Discussion	Student complete instructor led discussions.
Lecture	On-line synchronous lecture

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards

Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Simulation	Conduct a mock group session
Essays/Papers	Observe group process and reflect on the stages of groups
Quizzes	Review of different theoretical orientation.

Assignments

Reading Assignments

Selected readings from the textbook, periodicals or the library collection covering theory and applications of group process work.

- For Example: 1. Read the chapter on the theories of group counseling and in collaborative learning groups discuss the merits of each theory.
2. Read the chapter on the stages of groups, watch a video vignette on a process group, and then identify the stages of group process in the classroom discussion groups.

Writing Assignments

Written essays and papers on the topics of group process.

For example:

1. In an essay, define the differences between process groups and content groups.
2. Utilizing the Addiction Counselors Competencies, identify 5 group process competencies and in a written paper, apply them to an AOD recovery group.

Outside-of-Class Assignments

Journal entries to document observations and findings of group process.

For example: 1. Using journal entries, evaluate one's performance as a group leader in a group role-play. Specifically document the groups stage, communication style, and note some group members behaviors.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

D.D. Choudhuri (Editor) and C. J McCarthy

Title

Fundamentals of Group Process Observation

Edition/Version

1st Edition

Publisher

Routledge

Year

2023

ISBN #
1032251808

Material Type

Textbook

Author

I.D. Yalom and M. Leszcz

Title

The Theory and Practice of Group Psychotherapy

Edition/Version

6th Edition

Publisher

Basic Books

Year

2020

ISBN #

1541617576

Material Type

Textbook

Author

G. Corey

Title

Theory and Practice of Group Counseling

Edition/Version

10th Edition

Publisher

Cengage

Year

2022

ISBN #

0357622952

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000525424

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No