

SS3105: GROUP COUNSELLING

Effective Term

Semester A 2022/23

Part I Course Overview

Course Title

Group Counselling

Subject Code

SS - Social and Behavioural Sciences

Course Number

3105

Academic Unit

Social and Behavioural Sciences (SS)

College/School

College of Liberal Arts and Social Sciences (CH)

Course Duration

One Semester

Credit Units

3

Level

B1, B2, B3, B4 - Bachelor's Degree

Medium of Instruction

English

Medium of Assessment

English

Prerequisites

Nil

Precursors

Nil

Equivalent Courses

Nil

Exclusive Courses

Nil

Part II Course Details

Abstract

This course aims to enable students to Acquire the knowledge and skills of selected group counselling theories. Acquire a deeper understanding of group counselling models in advance of their associate degree/diploma studies. Develop

professional competence in conducting group counselling in the local context. Develop increased cultural sensitivity in adapting Western group counselling theories to work with local clients.

Course Intended Learning Outcomes (CILOs)

	CILOs	Weighting (if app.)	DEC-A1	DEC-A2	DEC-A3
1	Understand selected theories, concepts and skills in group counselling that are seen to be applied in the local context.	70	x	x	
2	Apply group counselling knowledge and possess the qualities of an effective group counsellor.	10	x	x	x
3	Solve problems and release surplus reality blocking their personal and professional growth.	10	x	x	x
4	Develop a new perspective of group counselling in Chinese communities.	10	x	x	x

A1: Attitude

Develop an attitude of discovery/innovation/creativity, as demonstrated by students possessing a strong sense of curiosity, asking questions actively, challenging assumptions or engaging in inquiry together with teachers.

A2: Ability

Develop the ability/skill needed to discover/innovate/create, as demonstrated by students possessing critical thinking skills to assess ideas, acquiring research skills, synthesizing knowledge across disciplines or applying academic knowledge to real-life problems.

A3: Accomplishments

Demonstrate accomplishment of discovery/innovation/creativity through producing /constructing creative works/new artefacts, effective solutions to real-life problems or new processes.

Teaching and Learning Activities (TLAs)

TLAs		Brief Description	CILO No.	Hours/week (if applicable)
1	1	Lecture, Videos, Case Studies, Role Play: Introduction of different approaches in group counselling, such as person-centred approach, task-centred approach, cognitive behavioural therapy and psychodrama. Introduction of selected counselling skills, such as action techniques, emotive-evocative techniques, cognitive techniques, behavioural techniques and imagery techniques. The introduction of theoretical concepts and skills will be assisted by videos and students' role play. Case study will be used to demonstrate the cultural applicability of the selected theories.	1, 2, 3, 4	
2	2	Lecturer's Demonstration, Group Discussion: The lecturer will use two 3-hour sessions to conduct live demonstration so as to show students how to conduct group counselling. Students will share their learning and experiences in the subsequent group discussion.	1, 2, 3, 4	
3	3	Group Exercises: Students are formed into groups to carry out this learning task. They will participate in experiential learning through group exercises.	1, 2	

Assessment Tasks / Activities (ATs)

ATs	CILO No.	Weighting (%)	Remarks (e.g. Parameter for GenAI use)
1	AT1: Paper: Students have to write up a paper of 1,800-2000 words to apply group counselling in the local context.	1, 2, 4	60
2	AT2: Participation in Group Support and Reflection: Students have to participate actively in learning exercises, such as role-play, counselling demonstration, mutual support and intensive students' interaction.	1, 2, 3, 4	30
3	AT3: Group Project and Presentation: Students are formed into groups to carry out this assignment. They will gather information through their experiential learning to reveal the core elements in group counselling when practised in the local cultural context. The groups have to present their results to other students.	1, 2, 4	10

Continuous Assessment (%)

100

Examination (%)

0

Assessment Rubrics (AR)**Assessment Task**

1. Paper

Criterion

Capacity for self-directed learning to implement group counselling in the local context

Excellent (A+, A, A-)

High

Good (B+, B, B-)

Significant

Fair (C+, C, C-)

Moderate

Marginal (D)

Basic

Failure (F)

Unsatisfactory

Assessment Task

2. Participation in Group Support and Reflection

Criterion

Level of participation in group activity

Excellent (A+, A, A-)

High

Good (B+, B, B-)

Significant

Fair (C+, C, C-)

Moderate

Marginal (D)

Basic

Failure (F)

Unsatisfactory

Assessment Task

3. Group Project and Presentation

Criterion

Ability to present the group result in social work intervention

Excellent (A+, A, A-)

High

Good (B+, B, B-)

Significant

Fair (C+, C, C-)

Moderate

Marginal (D)

Basic

Failure (F)

Unsatisfactory

Part III Other Information

Keyword Syllabus

task-centred group therapy
 person-centred encounter group
 rational emotive behavioural group therapy
 psychodrama
 action techniques
 cognitive-behavioural techniques
 task-centred techniques
 person-centred techniques

Reading List

Compulsory Readings

Title	
1	Corey, G. (2013). Theory and practice of counselling and psychotherapy (9th ed.). Belmont, CA: Brooks/Cole.

Additional Readings

Title	
1	Corey, M. S., Corey, G., & Corey, C. (2013). Groups: Process and practice (9th ed.). Belmont CA: Brooks/Cole.
2	Fehr, S. S. (Ed.). (2010). The 101 interventions in group therapy. NY: Routledge.
3	Fortune, A. E., McCallion, P., & Briar-Lawson, K. (Eds.). Social work practice research for the 21st century (pp. 240-244). New York: Columbia University Press.
4	Ko, L. P. C., & Au, C. K. (2001). (Eds.). Casework: Theories and case illustrations. HongKong: Chinese University Press.
5	Lo, T. W. (2010). Task-centered practice in Hong Kong. In A. E. Fortune, P. McCallion, & K. Briar-Lawson (Eds.), Social work practice research for the 21st century (pp. 240-244). New York: Columbia University Press.
6	Lo, T. W. (2008). The gambling chair. In S. S. Fehr (Ed.), The 101 interventions in group therapy (pp. 39-44). New York: Routledge.
7	Lo, T. W. (2008). An effective precipice toward recovery. In S. S. Fehr (Ed.), The 101 interventions in group therapy (pp. 425-430). New York: Routledge.
8	Lo, T. W. (2005). Task-centred groupwork: Reflections on practice. International Social Work, 48(4), 455-465.