



Independent Study | in Idaho

PSYC 478
Individual and Group Therapy
Techniques in Chemical
Addictions Counseling

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Course Guide

Independent
Study | in Idaho

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PSYCHOLOGY 478
Individual and Group Therapy Techniques
in Chemical Addictions Counseling

University of Idaho
3 Semester-Hour Credits

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PSYC 478 Individual and Group Therapy Techniques in Chemical Addictions Counseling

3 Semester-Hour Credits: U of I

Welcome!

Whether you are a new or returning student, welcome to the Independent Study in Idaho (ISI) program. Below, you will find information pertinent to your course including the course description, course materials, course objectives, as well as information about assignments, exams, and grading. If you have any questions or concerns, please contact the ISI office for clarification before beginning your course.

Policies and Procedures

Refer to the ISI website at www.uidaho.edu/isi and select *Students* for the most current policies and procedures, including information on setting up accounts, student confidentiality, exams, proctors, transcripts, course exchanges, refunds, academic integrity, library resources, and disability support, and other services.

Course Description

Techniques related to individual and group counseling of chemical addictions clients; helping skills such as active listening, problem-solving, paraphrasing; numerous role-plays and other practicum exercises; information about group therapy with the experience of being part of a group. University of Idaho students: Joint-listed with PSYC 578.

Students are required to attend a group as a participant for at least ten sessions.

Prerequisites: PSYC 101

*15 graded assignments, 1 proctored exam
Available online only.*

Students may submit up to 2 assignments per week. Before taking the exam, students MUST wait for grades and feedback on assignments, which may take up to three weeks after date of receipt by the instructor.

ALL assignments and the exam must be submitted to receive a final grade for the course.

Course Materials

Required Course Materials

- Treatment Improvement Protocol 41 – Substance Abuse Treatment – Group Therapy. This is a free online book. The easiest way to access it is to google TIP 41.
- Meier, Scott T, and Davis, Susan R. *The Elements of Counseling, 8th edition*. 2019. ISBN 13: 978-1-4786-3850-6
- Cormier, Sherry. *Counseling Strategies and Interventions for Professional Helpers 9th Edition* 2016. ISBN-13 976-0-13-390522-9
- **Each student is also required to attend a group as a participant for at least TEN sessions.**

Course Delivery

All ISI courses are delivered through Canvas, an online management system that hosts the course lessons and assignments and other essential items. Upon registration, the student will receive a *Registration Confirmation Email* with information on accessing ISI courses online.

Course Introduction

Throughout this course, you will come to recognize that many of the counseling strategies for health and individual counseling are also effective for working with addicts. Addicts are people like everyone else, and they respond to the same strategies. Granted, there is a different set of knowledge to understand addiction, but many of the counseling strategies are the same. However, there are some significant differences.

A group session should not be like an individual session for each person, and everyone else sits there and listens. The facilitator must facilitate group discussion and feedback. As the facilitator, you do not want one person to become the group project.

The value of a group session is the shared experience where one person shares something they are dealing with, and they find out that others in the group are dealing with the same thing. However, it is not uncommon in a group for someone to talk, and then no one says anything. In this situation, the facilitator can ask if anyone else has had that experience. The facilitator can say, I bet others have experienced the same thing, which often will start a discussion. Then people can find out that they are not alone and can get feedback on how others are dealing with the same thing.

In this course, you will be required to attend a group as a member. The reason for this is for you to understand what it feels like to be a member of a group. It is very different to facilitate a group than to be a member of a group. Some students ask if they can use their experience as a facilitator instead, but that is not what we are after in this course.

It is best to attend a group in person, but with Covid-19, that is harder. However, many groups meet online. I hope that by doing this, you will learn what strategies work in a group and what does not.

You are also required to do some role-playing. Try to meet with people to experience how to use role-playing as a technique. It is not needed, but if you do a video of your role play and send it to me, I can give you feedback.

Course Objectives

By the completion of this class, you should:

- Understand the difference and similarities between group and individual counseling techniques.
- Have a basic understanding of group process and techniques
- Have an understanding of how it feels to participate in a group.
- Have a basic understanding of individual counseling technique

Lessons

Overview

Each assignment is worth 25 points, except for one. You are required to attend a group as a participant for at least ten sessions. Assignment 15 is a reflection on your group experience and is worth 50 points.

| Deliverable | Reading | Topic |
|---------------|--|-------------------------------------|
| Assignment 1 | Chapter 1, Tip 41 | Groups in Substance Abuse Treatment |
| Assignment 2 | Chapter 2, TIP 41 | Types of Groups |
| Assignment 3 | Chapter 3, TIP 41 | Client Placement in Groups |
| Assignment 4 | Chapter 4, TIP 41 | Phases of Groups |
| Assignment 5 | Chapter 6, Tip 41. Handout on Group Leader Characteristics | Group Leadership |
| Assignment 6 | Chapters 1 and 2 Elements of Counseling | General Counseling Techniques |
| Assignment 7 | Chapters 3 and 4 Elements of Counseling | General Counseling Techniques |
| Assignment 8 | Chapters 5 and 6 Elements of Counseling | Ethics |
| Assignment 9 | Chapter 2 Counseling Strategies | Therapeutic Relationship |
| Assignment 10 | Chapter 3 Counseling Strategies | Client Communication Patterns |
| Assignment 11 | Chapters 4 and 5 Counseling Strategies | Attending/listening Skills |
| Assignment 12 | Chapter 6 Counseling Strategies | Counselor Skills |
| Assignment 13 | Chapter 8 Counseling Strategies | Conceptualizing Client Issues |
| Assignment 14 | Chapter 9 Counseling Strategies | Integrating Strategies. |
| Assignment 15 | | Reflections on Group Experience |

Study Hints:

- Keep a copy of every assignment submitted.
- Complete all reading assignments.
- Set a schedule allowing for course completion one month before your personal deadline. An *Assignment Submission Log* is provided for this purpose.
- Web pages and URL links in the World Wide Web are continuously changing. Contact your instructor if you find a broken Web page or URL.

Refer to the **Course Rules** in Canvas for further details on assignment requirements and submission.

Exams

- You must wait for grades and comments on assignments before taking subsequent exams.
- For your instructor's exam guidelines, refer to the **Course Rules** in Canvas.
- There is no midterm exam.
- There is a final (50 points) that gives you the opportunity to apply information learned throughout the course.

Grading

The course grade will be based upon the following considerations:

Assignments #'s 1—14 X 25 points possible = 350
 Assignment # 15 X 50 points possible = 50

| | |
|------------------------------|------------|
| Final Exam | = 50 |
| Total Points Possible | 450 |

The final course grade is issued after all assignments and exams have been graded.

Acts of academic dishonesty, including cheating or plagiarism, are considered a very serious transgression and may result in a grade of F for the course.

About the Course Developer

Catherine Weeks earned an M.Ed. in 1993 and a Ph.D. in 1999 in Counseling and Human Services from the University of Idaho with a minor in Psychology. She has been a licensed psychologist in the state of Idaho since 2001. She is the owner and supervisor of **Weeks and Vietri Counseling**, where we provide individual, group, couples, and family counseling. We provide mental health and addictions counseling, and we have been the treatment providers for Latah County Drug Court since the program started. I have worked as a social worker and hospice. I currently provide counseling, consulting, and instruction as a university psychology instructor.

Contacting Your Instructor

Instructor contact information is posted on your Canvas site under *Course Rules*.

Lesson 1

Group Counseling in Substance Abuse

Reading Assignment

Listen to the lecture and read Chapter 1 of TIP 41 to answer the following questions

Written Assignment 1

1. The book describes numerous advantages of groups in substance abuse treatment. Pick 5 of these and describe why they are helpful. 9 points

2. Explain the statement "individual therapy is not equivalent to group therapy." 3 points

3. Explain how 12-step programs and group therapy complement each other in substance abuse treatment. 4 points

4. Explain the differences between interpersonal process groups and 12-step self-help groups. 9 points