

**PSYCHOLOGY 423**  
**GROUP PSYCHOTHERAPY TECHNIQUES**  
**Spring 2021**

Instructor: John L. Hawley, Jr., Ph.D.  
Class Meeting Time and Place: MW 12:00 PM - 1:15 PM Distance Learning (GMU Zoom)  
Office Hours: M 1:15 PM - 2:15 PM (Or Appointment)  
Dr. Hawley's Outpatient Office: 703-850-7300 (Emergency Only)  
E-Mail: jhawley@gmu.edu

**Required Texts:**

Yalom, Irvin D. & Leszcz, Molynd (2020) *Theory and Practice of Group Psychotherapy (Sixth Edition)* New York, NY: Basic Books ISBN-13: 9781541617575 (Hardcover), or ISBN-13: 9781541617568 (Ebook)

Bieling, Peter J., McCabe, Randi E., and Antony, Martin M. (2009) *Cognitive-Behavioral Therapy in Groups* New York, NY: The Guilford Press ISBN 978-1-60623-404-4 (paperback)

**Course Objective:** To develop basic group psychotherapy techniques and skills used in the practice of clinical psychology and other disciplines.

**Grading Policy:** Grades will be determined by five (5) equally weighted components: 1) the two Regular Class Exam Grades, 2) the Final Exam Grade, 3) Term Paper, and 4) Class Participation. Grading scale is as follows: 94-100 A, 90-93 A-, 87-89 B+, 84-86 B, 80-83 B-, 77-79 C+, 74-76 C, 70-73 C-, 60-69 D, 0-59 F.

- Regular Class Exams:** The two (2) Regular Class Exams are scheduled and noted in this syllabus. These exams will cover all reading assignments and class discussions to date, but will focus on the preceding segment's material; the exam format will be essay and short answer questions. Unless there are truly extraordinary circumstances (legitimate compelling documentation required), no make-up exams will be given.
- Final Exam:** The Final Exam is scheduled for Monday **05/03/2021** from 10:30 AM to 1:15 PM. This exam will be cumulative and will cover all class reading materials and discussions; the exam format will be essay and short answer questions. University policy regarding Final Exams applies.
- Term Paper:** This course requires an original (not recycled), scholarly term paper on a topic (pre-approved by the instructor) pertaining to some aspect of group psychotherapy. Term papers must be at least 10 double-spaced typed pages (of text) and include at least six (6) quality references. An electronic/digital file copy (attach ".docx" or ".pdf" file format to jhawley@gmu.edu) of the term paper must be in the possession of the instructor no later than the 12:00 PM beginning of the scheduled Monday **04/12/2021** Psychology 423 class (early completion appreciated). Students also will present their term paper research in the term paper seminar.
- Class Participation:** Psychology 423 is an applied, practical clinical psychology class that draws extensively from the instructor's decades of clinical psychology practice for illustration of clinical concepts, processes, and techniques. All students will participate in classroom role-playing and experiential exercises that are designed to demonstrate and illustrate the "hands on" application of group psychotherapy techniques. While self-revealing is not required (this is a class, not actual group psychotherapy), self-awareness, the willingness to give and receive interpersonal feedback, and participation in group process is expected. Obviously, a commitment to regular class attendance is very strongly recommended; if you are not present and participating, you are not learning the material.

**Technology:** This synchronous Distance Learning course meets via the GMU Zoom platform (available through GMU Blackboard). Internet access using a computer/tablet/device with a video camera and audio is required.

**Honor Code:** GMU has an Honor Code. Students are expected to know, understand, and adhere to this Honor Code. The instructor for this course reserves the right to enter a failing grade to any student found guilty of an honor code violation.

**Add/Drop Deadlines:** The last day to add this class is 02/01/2021. The last day to drop this class is 02/16/2021.

**Students with Disabilities:** "If you are a student with a disability and you need academic accommodations, please see your class instructor and contact the Disability Resource Center (DRC) at 703-993-2474. All academic accommodations must be arranged through that office." - Official George Mason University Statement

**Official Communications via GMU Email:** "Mason uses electronic mail to provide official information to students. Examples include communications from course instructors, notices from the library, notices about academic standing, financial aid information, class materials, assignments, questions, and instructor feedback. Students are responsible for the content of university communication sent to their mason email account, and are required to activate that account and check it regularly." - Official George Mason University Statement

**Class Cancellation:** GMU will announce officially any campus closing due to weather or emergency. In the exceedingly unlikely event that the instructor cancels class, notification will be via email

## CLASS SCHEDULE

### Discussion Topics with Text Chapter Readings

Yalom = Yalom, Irvin D. & Leszcz, Melyn (2020) *Theory and Practice of Group Psychotherapy 6<sup>th</sup> Edition*

CBT = Bieling, Peter J., McCabe, Randi E., and Antony, Martin M. (2009) *Cognitive-Behavioral Therapy in Groups*

DATES	TOPICS	Yalom	CBT
M 01/25, W 01/27	Introduction, Course Overview		
M 02/01	Group Cohesion in Group Psychotherapy	3	
W 02/03	Therapeutic Factors in Group Psychotherapy	1-4	1
M 02/08, W 02/10	Assessment, Diagnosis, Pre-Group Screening, and Treatment Planning		
M 02/15, W 02/17	Basic Psychotherapy and Group Psychotherapy Techniques	5-6	2-4
M 02/22, W 02/24	Group Leader/Therapist Variables and Skills	6-7	
<b>M 03/01</b>	<b>EXAM 1</b>		
W 03/03	Exam 1 Feedback and Learning		
W 03/03, M 03/08	Group Structure and Composition, Client Variables	8-9	5
W 03/10, M 03/15	Group Formation, Stages of Group Psychotherapy	9-11	
W 03/17, M 03/22	Obstacles, Challenges, and Problems in Group Psychotherapy	12	6
W 03/24, M 03/29	Types of Groups, Specialized Groups	13-15	7-15
W 03/31, M 04/05	Ethics and Group Psychotherapy (See APA Ethics website URL at bottom of syllabus*)	*(See below)	*(See below)
<b>W 04/07</b>	<b>EXAM 2</b>		
<b>M 04/12</b>	<b>ALL TERM PAPERS DUE,</b> Exam 2 Feedback and Learning		
M 04/12, W 04/14, M 04/19, W 04/21 M 04/26	Term Paper Research Presentations and Seminar		
W 04/28	Review, Last Class		
<b>M 05/03</b>	<b>FINAL EXAM</b>		
	* APA <b><u>Ethical Principles of Psychologists and Code of Conduct</u></b> <a href="http://www.apa.org/ethics/code/">http://www.apa.org/ethics/code/</a>	APA Ethics website URL	APA Ethics website URL