PART 1

Resources for Teaching Group Counseling Courses

In this section we present some books, DVD programs on group counseling, and resources (including on-line resources for your students) that we hope will be helpful in preparing your courses. We also present a comparison of Corey, Corey, and Corey (*Groups: Process and Practice, 2018*) with Irvin Yalom’s book (*The Theory and Practice of Group Psychotherapy, 2005*). For those instructors who would like to use both books, a chart summarizes the topics covered along with relevant page numbers.

1. The core textbook is *Groups: Process and Practice* (10th ed.). To add to the experiential emphasis in the course, the DVD and workbook package, *Groups in Action: Evolution and Challenges,* can also be used (which we describe in Part 7 in this manual).

2. For reading suggestions, we refer students to the list of books in the textbook, *Groups: Process and Practice, 10th edition* (pages 423-434).

3. Books that you may find useful in preparing for your classes are:

Corey, G. (2016). *Theory and Practice of Group Counseling*, (9th ed.). Boston, MA: Cengage Learning. [with Student Manual]. This text covers eleven major theoretical approaches to group work.

Corey, G., Corey, M. S., & Haynes, R. (2014). *Groups in Action: Evolution and Challenges,*

*DVD and workbook (2nd ed.)* Belmont, CA: Brooks/Cole, Cengage Learning. This is a 4 ½ hour program that is described in more detail below.

Corey, M. S., Corey, G., & Corey, C. (2018). *Groups: Process and Practice,* (10th ed.). Boston, CA: Cengage Learning. This text outlines the basic issues and concepts of group process throughout the life history of a group. It applies these basic concepts to groups for various age populations in both schools and community agency settings.

Corey, G., Corey, M. S., Callanan, P., & Russell, J. M. (2015). *Group Techniques,* (3rd ed.). Boston, MA: Cengage Learning. This text describes ideas for creating and implementing techniques for use in groups. It also gives a rationale for the use of techniques in all the stages in a group’s development.

Corey, G., Corey, M. S., & Muratori, M. (2018). *I Never Knew I Had a Choice,* (11th ed.) Boston, MA: Cengage Learning, is a self-help book for personal growth that deals with topics such as the struggle to achieve autonomy; the roles that work, sex roles, sexuality, love, intimacy, and solitude play in our lives; the meaning of loneliness, death, and loss; and the ways in which we choose values and find meaning in life.

DeLucia-Waack, J. L., & Donigian, J. (2004). *The Practice of Multicultural Group Work: Visions and Perspectives from the Field.* Belmont, CA: Brooks/Cole. This is an excellent treatment of the multicultural dimensions of group work. A variety of respondents address ways of working with group vignettes that illustrate principles in multicultural group work.

DeLucia-Waack, J. L., Kalodner, C. R., & Riva, M. T. (Eds.). (2014). *Handbook of Group Counseling and Psychotherapy* (2nd ed.). Thousand Oaks, CA: Sage Publications. This edited work contains a wealth of information on a variety of topics in the group field, some of which include: current perspectives, best practices in groups, multicultural groups, groups across settings, groups across the life span, special groups, and emerging issues.

Ivey, A. E., Pedersen, P. B., & Ivey, M. B. (2008). *Group microskills: Culture-centered group process and strategies.* Hanover, MA: Microtraining Associates. The authors have developed a systematic approach to helping readers learn specific skills of group leading that can be applied to diverse client groups. This book is useful as a tool for developing and assessing a personal group leadership style.

Jacobs, E. E., Schimmel, C. J. Masson, R. L., & Harvill, R. L., & (2016). *Group Counseling: Strategies and Skills* (8th ed.). Boston, MA: Cengage Learning. This group text covers a number of topical areas generally covered in most group courses such as: stages of groups, planning, getting started, skills and exercises, leading during the middle stages of a group, closing a session, and dealing with problem situations.

Sonstegard, M. A., & Bitter, J. R. (2004). *Adlerian Group Counseling and Therapy: Step-by-Step.* New York: Brunner-Routledge. The book represents some of the most significant ideas of Alfred Adler and Rudolf Dreikurs as applied to group work. Addressed are many of the practical dimensions of Adlerian group process, including stress on forming a therapeutic relationship; how to create an accepting climate in the group; ways to conduct an assessment of members; increasing awareness and insight; techniques for helping members translate insights into action; and methods of reeducation and reorientation.

Shapiro, J. L., Peltz, L. S., & Bernadett-Shapiro, S. (1998). *Brief Group Treatment: Practical Training for Therapists and Counselors*. Pacific Grove, CA: Brooks/Cole. Much of this book is geared to stages of groups. Separate chapters are devoted to these phases: preparation, transition, treatment, and termination.

Sweeney, D. S., Baggerly, J. N., & Ray, D. C. (2014). *Group play therapy: A dynamic*

*approach*. New York: Routledge (Taylor & Francis). An excellent reference work on

specialized techniques for group play therapy and special populations in group play therapy.

Tyson, L. E., Perusse, R., & Whitledge, J. (Eds.). (2004). *Critical Incidents in Group Counseling.* Alexandria, VA: American Counseling Association. This is a useful supplementary resource for entry-level group workers and students. Readers will benefit from being exposed to a wide range of critical incidents described in the book, and they will find meaningful material that will stimulate personal reflection on various approaches to addressing problems that often surface in a group.

Yalom, I. D. (with M. Leszcz, 2005). *The Theory and Practice of Group Psychotherapy (5th ed.)*. NY: Basic Books. Yalom has a comprehensive discussion of the advantages of working in the here-and-now and cover a range of clinical issues in working with problem group members and specialized group formats. There is much in this book that would work well with the group video.

4. **DVD and Workbook Supplement to *Groups: Process and Practice*.** *Groups in Action: Evolution and Challenges, DVD and Workbook* (Corey, G., Corey, M. S., & Haynes, R., 2014).Belmont, CA: Brooks/Cole, Cengage Learning. *Groups in Action: Evolution and Challenges* consists of three different interactive programs. The first program, *Evolution of a Group*, is a 2-hour educational program designed to bring to life the development of a group at a 3-day residential workshop co-facilitated by Marianne Schneider Corey and Gerald Corey. The group workshop is composed of members who were willing to explore their own issues and concerns. They were neither actors following a script nor were they role-playing the topics. The second program, *Challenges* *Facing Group Leaders,* is a 90-minute educational program designed to address some of the most problematic situations group counselors often encounter. In this program the Coreys co-facilitated a group composed of members who role-played a variety of scenarios depicting critical issues in a group. The participants did not follow a script but improvised around themes that typically evolve in groups. As participants engaged in role playing, this oftentimes moved into genuine personal involvement and interaction in the group. In short, the participants demonstrate a blend of both role-playing and drawing on their experiences from the present and the past, both in their roles as group members and as leaders. The third program, *Lecturette on Theories and Techniques of Group Counseling,* is a 1-hour lecture by Jerry Corey on the main theories of group counseling. This program also describes some techniques associated with the various theoretical frameworks.

 These three video programs have corresponding workbook exercises to help students link what they view on the DVD back to principles and concepts central to group work.

 *Groups in Action: Evolution and Challenges, DVD and Workbook* is an interactive program to be used for self-study with most group counseling textbooks. The DVD and the workbook emphasize the application of concepts and techniques appropriate to the various stages of a group’s development. The workbook requires that students become active learners as they study group process in action.

Key features of the student workbook that accompanies the text are:

* A previewing self-inventory
* A group leadership skills checklist
* Process commentary elaborating on interventions made with indivi­duals and facilitating the group process
* A summary of key themes for each stage of group that you will see in the video, member functions, and leaders’ functions
* A strategy for drawing on a variety of techniques
* Questions to consider in understanding group process
* Questions to consider for various segments of work
* Exercises and activities to complete
* A commentary on the issues surrounding the work done by indivi­dual members and group process developments
* A follow-up self-inventory at the end of the program

For a very detailed description of ***Groups in Action: Evolution and Challenges, DVD and Workbook***, please refer to section XI of this manual. There is also a pool of test items in this section based on the DVD and workbook.

5. ***Cognero* Electronic Test Preparation** Available for download from the instructor website, Cognero® testing software includes all the test items from the printed Test Bank in electronic format, enabling you to create customized tests in print or online.

**Utilizing a Combination of Textbooks: Corey, Corey, & Corey with Yalom (with Leszcz)**

Some professors will want to require a combination of textbooks. What follows is a comparison of *Groups: Process and Practice*, (9th edition) by M. S. Corey, G. Corey, & C. Corey (2018) with *The Theory and Practice of Group Psychotherapy* (5th Edition) by Irvin Yalom (2005). We appreciate the work of Dr. Beverly Palmer who developed the comparison chart that follows.

## COMPARISON OF COREY, COREY, & COREY WITH YALOM: INTRODUCTION

**Beverly B. Palmer, Ph.D.**

Two widely used texts in group psychotherapy/counseling courses are Marianne Schneider Corey, Gerald Corey, and Cindy Corey’s *Groups: Process and Practice* (Tenth Edition, 2018, Boston, MA: Cengage Learning) and Irvin Yalom’s (with Molyn Leszcz) *The Theory and Practice of Group Psychotherapy* (Fifth Edition, 2005, New York: Basic Books). Each text emphasizes slightly different aspects of group development. Corey, Corey, and Corey identify the key struggle for the initial stage as developing trust, the key struggle for the transition stage as resistance versus risk-taking, the key struggle for the working stage as deepening self-exploration, and the key struggle for the ending stage as consolidating and applying learnings. Yalom identifies the key issue in the initial stage as inclusion, the key issue in the transition stage as control, and the key issue in the working stage as intimacy. Corey, Corey, and Corey provide in-depth analysis of termination while Yalom emphasizes transference and process issues. Both texts have accompanying videos, which illustrate co-therapists facilitating an outpatient therapy group. Corey and Corey’s DVD program is accompanied by a student workbook, which is essential for maximal understanding of the DVD. The texts and DVD provide a comprehensive package of material for the beginning group therapist. To help the instructor and student compare the concepts contained in these texts and instructional resources, we have provided the accompanying charts.

COMPARISON OF CONCEPTS IN COREY, COREY, AND COREY with YALOM (with Molyn Lescz)

**Beverly B. Palmer, Ph.D.**

|  |
| --- |
| Concept Location in Corey/Corey/Corey Location in Yalom |
|  |
| Stages of development Chapters 5-9 pp. 309-324  |
|  |
| Various types of groups Chapter 1 (pp. 6-12) Chapter 15  |
|  |
| Counselor’s qualities & skills Chapter 2 Chapter 17  |
|  |
|  Co-therapists pp. 168-170 pp. 443-448 |
|   |
|  pp. 267-268 |
|  pp. 308-310 |
|  pp. 331-332 |
|  |
| Ethical & legal issues Chapter 3 p. 308  |
|   |
| Theories and Techniques Chapter 4 |
|  |
| Forming a group Chapter 5 Chapters 8, 9, & 10 |
|   |
| Preparation of participants pp. 193-204 pp. 294-308 |
|   |
|   |
| Initial Stage Chapter 6  |
|  Initial resistance pp. 229-241 pp. 309-319 |
|  Social Microcosm p. 10 pp. 31-47 |
|  Hidden agendas pp. 180-182 pp. 150-152 |
|  Self-focus p. 183-184 pp. 62-69 |
|  Here & now focus p. 184-185 Chapter 6 |
|  Developing trust pp.188-189 Chapter 5 |
|  Goals pp. 193-196 Chapter 1 |
|  Norms pp. 196, 282-283 pp. 120-140 |
|  Cohesion pp. 199-200 Chapter 3 |
|  Structuring pp. 209-210 Chapter 5 |
|  pp. 214-215  |
|  |
| Transition Stage Chapter 7 |
|  Anxiety throughout chapter p. 94, 307, |
|  pp. 194-197  |
|  Resistance & fears throughout chapter pp. 296-298 |
|  pp. 160-161 |
|  Control & conflict throughout chapter Chapter 12 |
|  pp. 363-374  |
|  pp. 138-140 |
|  pp. 318-319 |
|  Problem behaviors pp. 267 Chapter 13 |
|  Confrontation pp. 237-239 pp. 138-140 |
|  Transference pp. 261-266 Chapter 7 |
|  & countertransference pp. 49-52  |
|  pp. 205-215 |
|  pp. 444-445 |
|  p. 318 |
|  Process comments pp. 165-168 |
|  |
|  Working Stage Chapter 8 |
|  Working vs. pp. 283-285 Chapter 12 |
|  Non-working norms |
|  Crucial choices pp. 288-291  |
|  Therapeutic factors pp. 291-308 Chapters 1 & 4 |
|  Patient self-disclosure p. 292-294 pp. 130-140 |
|  Therapist self-disclosure pp. 294-297 pp. 215-229  |
|  Deepening cohesion pp. 300-301 Chapter 3 |
|  Giving feedback pp. 297-299 p. 223; p. 239 |
|  |
| Ending Stage Chapter 9 pp. 382-390 |
|  |
| Application to different Chapters 10 & 11 Chapters 15 & 16 |
| types of groups  |

COMPARISON OF VIDEOS OF COREY AND COREY WITH YALOM\*

**Beverly B. Palmer, Ph.D.**

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| --- |
| Concept Location in Corey/Corey DVD Location in Yalom Video |
|  |
| Overview of stages Intro Intro |
|  |
| Counselor’s qualities & skills Initial, Transition, |
|  Working, Ending |
| Co-therapists Entire video Entire video |
|  |
| Ethical & legal issues Initial, Transition, Vignette #2 |
|  Working, Ending |
|  |
| Forming a group Intro Intro  |
|   |
| Initial stage  |
|  Initial resistance Initial Vignette #1 |
|  Social Microcosm Initial  |
|  Hidden agendas Initial |
|  Self-focus Initial  |
|  Here & now focus Initial Vignette #1 |
|  Developing trust Initial, Transition  |
|  Goals Initial Intro |
|  Norms Initial Vignette #1  |
|  Cohesion Initial  |
|  Structuring Initial  |
|  |
| Transition stage  |
|  Anxiety Initial  |
|  Resistance & fears Initial, Transition Vignette #2 |
|  Control & conflict Transition, Working Vignette #1 |
|  Ending  |
|  Problem behaviors Initial, Transition Intro |
|  Confrontation Initial, Transition Vignette #2 |
|  Transference Initial, Transition Vignette #2 |
|  & countertransference  |
|  Process comments Transition Vignette #4 |
|  |
| Working stage  |
|  Working vs. Working Vignette #3 |
|  non-working norms |
|  Crucial choices Working Vignette #3 |
|  Therapeutic factors Initial, Transition  |
|  Working, Ending |
|  Patient self-disclosure Transition Vignette #4 |
|  Therapist Working  |
|  self-disclosure  |
|  Deepening cohesion Working Vignette #4  |
|  Giving feedback Working |
|  |
| Ending Stage Ending  |

\**Groups in Action: Evolution and Challenges*, Gerald Corey, Marianne Schneider Corey and Robert Haynes, © 2014, Cengage Learning and

*Understanding Group Psychotherapy: Outpatient Group Vol. 1*, Irvin D. Yalom, Brooks/Cole.