

Faculty	Management and Social Sciences	
Department	Sociology	
Course Title	Correctional Group Therapy	
Year of Study	4	
Course Code	CSS418	
Credit Hours	2	
Contact Hours	30	
Mode of Delivery	Classroom Lectures	
Mode of Assessment		Weight%
Continuous Assessment		30%
Final Examination		70%
Total		100%
Course Lecture/Instructor	DR J.J OLORUNMOLA	
Course Description	Concept of group therapy; approaches and methods of group therapy; group therapy in correctional institutions such as prisons, young people's homes, with drug addicts.	
Course Objectives	At the end of this course students should be able to know the basic Concept of group therapy; approaches and methods of group therapy; group therapy in correctional institutions such as prisons, young people's homes, with drug addicts.	
Learning Outcomes	At the end of this course students will know the basic Concept of group therapy; approaches and methods of group therapy; group therapy in correctional institutions such as prisons, young people's homes, with drug addicts.	
Teaching and Learning	The class will meet for two hours each week. Class time will be used for a combination of lectures and practical sessions	
Detailed Course Content	Concept of group therapy; approaches and methods of group therapy; group therapy in correctional institutions such as prisons, young people's homes, with drug addicts.	
Course Content Sequencing		
Weeks	Detailed Course Outline	Allocated Time
Week 1	Introduction to Group Therapy Overview of group therapy: Definition, purpose, and history. Benefits of group therapy: Support, feedback, and interpersonal growth. Comparison with individual therapy: Advantages and limitations. Ethical considerations in group therapy	2 hours
Week 2	Theoretical Approaches to Group Therapy Psychoanalytic approach: Freud's contributions to group therapy. Humanistic approach: Carl Rogers and person-centered group therapy. Cognitive-behavioral approach: Cognitive restructuring and skills training in groups. Integrative approaches: Combining different theoretical perspectives.	2 hours

<p>Week 3</p>	<p>Group Dynamics and Process</p> <p>Understanding group dynamics: Roles, norms, and stages of development.</p> <p>Leadership styles in group therapy: Facilitator roles and responsibilities.</p> <p>Common challenges in group dynamics: Conflict, cohesion, and resistance.</p> <p>How to foster a positive group process.</p>	<p>2 hours</p>
<p>Week 4</p>	<p>Types of Group Therapy</p> <p>Psychoeducation groups: Providing information and skill-building.</p> <p>Support groups: Sharing experiences and emotional support.</p> <p>Process-oriented groups: Exploring feelings, thoughts, and behaviors.</p> <p>Specialized groups: Anger management, grief, and trauma recovery.</p>	<p>2 hours</p>
<p>Week 5</p>	<p>Therapy with Specific Populations - Part 1</p> <p>Group therapy in correctional institutions: Challenges and opportunities.</p> <p>Group therapy in prisons: Addressing criminal behavior and rehabilitation.</p> <p>Group therapy in young people's homes: Juvenile offenders and at-risk youth.</p> <p>Case studies and success stories.</p>	<p>2 hours</p>
<p>Week 6</p>	<p>Group Therapy with Specific Populations - Part 2</p> <p>Group therapy with drug addicts: Substance abuse treatment in groups.</p> <p>Dual-diagnosis groups: Addressing co-occurring mental health issues.</p> <p>LGBTQ+ support groups: Providing a safe space for identity exploration.</p> <p>Cultural competence in group therapy.</p>	<p>2 hours</p>
<p>Week 7</p>	<p>Group Therapy Techniques and Interventions</p> <p>Therapeutic factors in group therapy: Yalom's factors of change.</p> <p>Experiential techniques: Role-play, art therapy, and psychodrama.</p> <p>Behavioral interventions: Exposure therapy and systematic desensitization.</p> <p>Group cohesion and therapeutic alliance.</p>	<p>2 hours</p>
<p>Week 8</p>	<p>Assessment and Goal Setting in Group Therapy</p>	<p>2 hours</p>

	Initial assessments: Screening, intake interviews, and group selection. Treatment planning in groups: Setting SMART goals. Progress monitoring: Evaluating group members' development. Group termination and aftercare planning.	
Week 9	Ethical and Legal Issues in Group Therapy Confidentiality in group therapy: Boundaries and exceptions. Informed consent: Explaining the group therapy process to clients. Ethical dilemmas in group therapy: Dual relationships and conflicts of interest. Legal considerations: Liability, mandatory reporting, and licensure.	2 hours
Week 10	Group Therapy Research and Evaluation The empirical evidence for group therapy effectiveness. Outcome measures and assessment tools. Conducting group therapy research: Design and data collection. Evidence-based practices in group therapy.	2 hours
Week 11	Group Therapy in Contemporary Practice Trends and innovations in group therapy. Teletherapy and online group therapy. Integrating group therapy with other treatment modalities. Future directions in the field of group therapy.	2 hours
Week 14	Examination	

RECOMMENDED MATERIALS

Week 1: Introduction to Group Therapy

Yalom, I. D., & Leszcz, M. (2005). The Theory and Practice of Group Psychotherapy. Basic Books.

Week 2: Theoretical Approaches to Group Therapy

Corey, G. (2016). Theory and Practice of Group Counseling. Cengage Learning.

Rogers, C. R. (1957). The necessary and sufficient conditions of therapeutic personality change. Journal of Consulting Psychology, 21(2), 95-103.

Week 3: Group Dynamics and Process

Forsyth, D. R. (2018). Group Dynamics. Cengage Learning.

Johnson, D. W., & Johnson, F. P. (2013). Joining Together: Group Theory and Group Skills. Pearson.

Week 4: Types of Group Therapy

Jacobs, E., Masson, R. L., Harvill, R. L., & Schimmel, C. J. (2011). Group Counseling: Strategies and Skills. Cengage Learning.

Yalom, I. D. (1985). The Theory and Practice of Group Psychotherapy (4th ed.). Basic Books.

Week 5: Group Therapy with Specific Populations - Part 1

Gendreau, P., Smith, P., & French, S. (2006). The Effects of Prison Sentences on Recidivism (Research Summary). Public Safety Canada.

Broderick, P. C., & Blewitt, P. (2019). The Life Span: Human Development for Helping Professionals. Pearson.
Week 6: Group Therapy with Specific Populations - Part 2

Substance Abuse and Mental Health Services Administration (SAMHSA). (2015). Substance Use Disorders Treatment for People with Co-occurring Disorders: Treatment Improvement Protocol (TIP) Series, No. 42. SAMHSA.

Heru, A. M. (2010). Group Therapy in Special Populations: Eating Disorders, Migrant Populations, and Impaired Professionals. American Journal of Psychiatry Residents' Journal, 5(1), 4-7.

Week 7: Group Therapy Techniques and Interventions

Tuckman, B. W. (1965). Developmental sequence in small groups. Psychological Bulletin, 63(6), 384-399.

Corey, G. (2019). Theory and Practice of Group Counseling. Cengage Learning.

Week 8: Assessment and Goal Setting in Group Therapy

Jacobs, E. E., Schimmel, C. J., & Masson, R. L. (2015). Group Counseling: Strategies and Skills. Cengage Learning.

Brown, M. Z., Linehan, M. M., & Comtois, K. A. (2002). Dialectical Behavior Therapy for Binge Eating Disorder. Journal of Consulting and Clinical Psychology, 70(5), 1049-1061.

Week 9: Ethical and Legal Issues in Group Therapy

Corey, G., Corey, M. S., & Callanan, P. (2018). Issues and Ethics in the Helping Professions. Cengage Learning.

American Psychological Association (APA). (2017). Ethical Principles of Psychologists and Code of Conduct. APA.

Week 10: Group Therapy Research and Evaluation

Burlingame, G. M., Fuhrman, A., & Johnson, J. E. (2002). Cohesion in group therapy. Psychotherapy: Theory, Research, Practice, Training, 39(4), 373-387.

Lambert, M. J., & Barley, D. E. (2001). Research summary on the therapeutic relationship and psychotherapy outcome. Psychotherapy: Theory, Research, Practice, Training, 38(4), 357-361.

Week 11: Group Therapy in Contemporary Practice

Baggerly, J., & Exum, H. A. (2010). The Adventure-Based Counseling Primer. Springer.

King, M. L. (2015). The Group Therapist's Notebook: Homework, Handouts, and Activities for Use in Psychotherapy. Routledge.

