CPSY 688: Process and Techniques of Group Counseling Fall 2026

Table 1. CPSY 688

Instructor: Kristin M. Perrone, PhD, HSPP Dept of Counseling Psychology, Social Psychology, and Counseling College of Health, Ball State University, Muncie, IN	
Phone: 765-285-8040	**Class Time and Day:** Tuesdays 2:00pm – 4:40pm
Office Hours: By appointment, HB Rm 452	

Course Information

Catalog Description

This course focuses on major approaches to group counseling, including theoretical factors, basic principles and techniques. Participation experience provides practice using various approaches and focuses on dynamics and processes of interaction(s) in group counseling.

Course Objectives/Outcomes.

1.To give students an introduction and overview of group leadership, theoretical approaches to group counseling, and professional issues in group counseling.
2. Students will learn about group process, the stages of group development, group members' roles and behaviors, and therapeutic factors of group work.
3. Students will learn about different group leadership styles.
4. Students will become familiar with theories of group counseling and research on group counseling.
5. Students will learn about how to lead groups, including selection criteria and ways of evaluating group effectiveness.

Course Modality/Structure/Methods of Instruction.

This is an in-person class with unique topics (units) covered each week of the semester. Methods of instruction will include lecture, class discussion, videos, interactive and small group activities/projects, demonstration of group techniques, independent learning/self-instruction, and problem-solving.

*****Assignment details, including instructions, relevant readings, due dates, and grading criteria/rubrics will be posted and updated on Canvas. Please check Canvas regularly to stay informed and on track.*****

Course Requirements and Assignments

Required Texts:

Corey, M.S. & Corey, G. (2018). *Groups: Process and practice*. Brooks/Cole.

Yalom, I.D. & Leszcz, M. (2020). *The theory and practice of group psychotherapy.* Basic Books.

Attendance and Participation. Students' participation grades will be based primarily on 1) attendance of class sessions, 2) graduate-level preparedness and participation in class discussions and experiential activities, and 3) evidence of thoughtful engagement with assigned readings. Class attendance and participation is expected. Excessive tardiness, or leaving exceptionally early, will result in a loss of attendance points.

Research Paper. Write a 10-12 page paper on the application of a theoretical aspect of group process to a population of interest. No abstract is necessary. Briefly describe your population, state how this population can benefit from group (vs. individual) treatment, and why the theory you choose is the best suited for group work with this population. For your theory, you may choose a combination of 2 or 3 of Yalom's therapeutic factors (e.g., universality, cohesiveness) or a general theory of counseling (e.g., cognitive-behavioral; interpersonal; person-centered). If you choose a general theory of counseling, be sure to adequately address how it applies in the group counseling modality. Please cite references in support of your ideas (*at least 10 refereed journal articles* in addition to any books or other sources). Be sure to include empirical research along with any theoretical literature that is cited. Websites do not count towards the 10 references, nor do the course texts. This is a chance for you to think about your theory of how therapeutic change occurs in group counseling, and to apply this to your population of interest, as well as to review relevant research on the topic. After a brief introduction about your population of interest, please devote the majority of your paper to the discussion of group work. *Please obtain instructor approval for your topic at least two weeks prior to the due date of the paper.*

Writing Standards: As a graduate student you are expected to have strong writing skills. Please proofread your papers carefully for spelling, grammar and sentence structure. Papers should be clearly written and well-organized. All written assignments are to be typed, doubled-spaced, 12-point font, and prepared according to the most recent edition of the American Psychological Association Style Manual.

Structured Group Presentation. Students will work in groups of 3-4 to design and lead a one-hour structured group on a topic of choice. This group will be conducted during class time with the class members role-playing group members. Thus, students will have a chance to experience the group as both a leader and a participant. Prepare a written outline of a 6-8 session structured group with a population of interest. Choose one of the sessions to conduct with the class. You may design roles for the class members to play as group members and hand out these roles prior to the group. A list of topics covered in each session, an outline of the session being presented in class, and a list of references used (at least 5 refereed journal articles) should be provided to the class (post on discussion board). Other written materials may be prepared as appropriate. The group presentation should include both structured activities and time for group discussion and processing. Group leaders will receive feedback on their structured group presentation from the instructor and from classmates.

Exam. There will be a comprehensive final exam that will include multiple choice, short-answer, and essay questions. The exam will focus on topics covered in class.

Grading evaluation criteria and procedures. Grades will be based on the quality completion of all assignments, participation in structured group sessions, and meaningful contribution to class discussion.

Table 2. Grading Scale

Paper	30 %
Team presentation	30 %
Final Exam	30 %
Class participation	10 %
Total	100 %

GRADE	%	GRADE	%
A	94-100	C	73-76
A-	90-93	C-	70-72
B+	87-89	D+	67-69
B	83-86	D	63-66
B-	80-82	D+	60-62
C+	77-79	F	≤ 59

COURSE SCHEDULE

DATE	TOPIC	READINGS
8/25	Introduction to Group Work	C & C: 1
9/1	Ethics for Group Counselors	C & C: 3
9/8	Therapeutic Factors	Y: 1
9/15	Interpersonal Learning Structured groups - planning	Y: 2; C&C: 4
9/22	Cohesiveness Comparative Value of Therapeutic Factors	Y: 3-4 **Research Paper Topics Due*
9/29	Working in the Here and Now	Y: 5-6
10/6	Transference and Transparency	Y: 7 ***Research Papers Due**
10/13	Fall Break – Enjoy!	
10/20	Initial Stages of the Group Challenging Members	C&C: 6; Y: 10 Y: 12
10/27	Therapist Leadership and Tasks Presentation 1	C&C: 2
11/3	Group Formation Presentation 2 and 3	C&C: 5; Y: 8-9
11/10	Transition Stage of the Group Presentation 4	C&C: 7; Y: 11
11/17	Working Stage of the Group Presentation 5 and 6	C&C: 8, 10-11
11/24	Specialized Formats and Settings Presentation 7 and 8	Y: 13-15
12/1	Termination Stage of the Group Integration and Final Exam Review	C&C: 9; Y: 16

***Finals Week* Students may take final exam anytime Mon 8am - Thurs 3pm**

Policies & Statements

University Statement: We are committed to ensuring that all members of the community are welcome, through valuing the various experiences and worldviews represented at Ball State and among those we serve. We promote a culture of respect and civil discourse.

Disability Statement: If you need course adaptations or accommodations because of a disability, please contact the instructor of record as soon as possible. Ball State's Disability Services Office coordinates services for students with disabilities; documentation of a disability needs to be on file in that office before any accommodations can be provided. Disability Services can be contacted at 765-285-5293 or dsd@bsu.edu.

Attendance Policy: Class attendance and participation is expected. Excessive tardiness, or leaving exceptionally early, will result in a loss of attendance points. Students are expected to notify me if you will be absent for any reason (e.g., funeral. religious holiday, military duty) or as soon as possible after the absence begins (e.g., unexpected injury or illness). Ball State University respects the religious beliefs and practices of all students, and as such, upon request to the instructor, an accommodation for such observances will be made when a reasonable accommodation is available. The student may need to provide documentation of their absence to the instructor if requested. In this class, we follow university attendance policies: https://www.bsu.edu/about/administrativeoffices/vice-provost/student-services/attendance-policies

Freedom of Expression: In this course, we are committed to fostering a learning environment that values intellectual diversity, encourages free expression, and promotes open inquiry. As members of the Ball State Community, we treat each person in the Ball State community with civility, courtesy, compassion, and dignity and respect and learn from differences in people, ideas, and opinions. Please review Ball State University's Statement on Freedom of Expression, the resources on Ball State's Freedom of Expression webpage, and Ball State's Beneficence Pledge.

Student Academic Ethics Policy:

The campus subscribes to Turnitin, a plagiarism prevention service, through Canvas. You may need to submit written assignments to Turnitin. Student work will be used for plagiarism detection and for no other purpose. The student may indicate in writing to the instructor that he/she refuses to participate in the plagiarism detection process, in which case the instructor can use other electronic means to verify the originality of their work. Plagiarism is partially defined by the Ball State University catalog as "…submitting an assignment purporting to be the student's original work that has been wholly or partly created by another person, or presenting as one's own work, ideas, representations, or words of another person without customary and proper acknowledgement of sources…" Most you know that it is plagiarism if you deliberately use someone else's work and try to pass it off as your own without giving credit to the true author. However, many instances of plagiarism are unintentional. Plagiarism can involve as little as copying a key phrase or sentence without acknowledging the source. Use quotation marks to indicate direct quotes from other people. If you are presenting an idea or an argument that you read someplace else, give credit to the person who first developed the idea. **Remember, when in doubt, cite the source**. Honesty, trust, and personal responsibility are fundamental attributes of the university community. Academic dishonesty and other forms of academic misconduct threaten the foundation of an institution dedicated to the pursuit of knowledge and will not be tolerated. To maintain its credibility and reputation, and to equitably assign evaluations of scholastic and creative performance, Ball State University is committed to maintaining a climate that upholds and values the highest standards of academic integrity. Visit the VPAA's academic integrity website (Students tab) for resources on understanding academic integrity, citing sources properly, and avoiding inadvertent academic dishonesty. To learn about BSU's academic integrity expectations and students' rights, please read the University

Student Academic Ethics Policy. Academic integrity violations include giving or receiving an unfair academic advantage (cheating), presenting someone else's ideas or work as your own (plagiarism), and falsifying academic records. Unless otherwise indicated, you must work independently by yourself. Check with me if you are unsure whether something constitutes academic dishonesty. Examples of academic integrity violations include but are not limited to:

- Using resources not authorized by the faculty member (including devices, AI tools, hidden notes, and open books)
- Using a generative AI system or a person to complete academic assignments such as response papers, discussion posts, essays, or any other assignment when such use is not explicitly permitted by the assignment instructions or the instructor.
- Utilizing another person or a generative AI system to take a quiz, examination, or similar evaluation in place of oneself.
- Using a generative AI system for research, creative work, theses/dissertations, grant proposals, IRB-regulated work, or publication-bound work in violation of university AI policies, funder/publisher rules, IRB requirements, or discipline-specific standards.
- Presenting as one's own work the ideas, representations or words of another person or of a GenAI system without customary and proper acknowledgment of sources or of the AI tool(s) used.
- Using generative AI systems to analyze data, conduct research, or generate content that is included in an assignment (images, graphs, charts, tables, etc.) without proper documentation, citation, and attribution of this AI use. @
- Using commercial study websites to find answers to graded assignments (Chegg, Course Hero, StudyPool, OneClass, etc.).
- Without the instructor's written permission, giving away, buying, or selling graded assignments class notes, exams, study guides, or other course materials to other students or to third-party vendors (Course Hero, Chegg, 24HourAnswers, etc.).
- Working with another person on any assignment other than authorized group projects.
- Sharing or allowing others to access your files, whether done with permission or not.
- Reusing your own work from another semester, course, or section.
- Sharing answers with others during exams (passing notes, texting, whispering, gesturing)
- Discussing exam questions and answers with students who have not taken the exam.
- Soliciting others to complete work for you.

Any forms of academic dishonesty will not be tolerated in this class in any fashion, and those who choose to violate the above-mentioned policy will be handled according to procedures outlined in the Student Academic Ethics Policy: https://www.bsu.edu/about/administrativeoffices/vice-provost/student-services/academic-integrity.

Generative AI Statement: For this class, you may use ChatGPT or other generative AI applications to ONLY ASSIST as an ANCILLARY SOURCE with formulating and writing your papers. This means that you must rely on primary sources and your own thinking, problem-solving, and writing skills when formulating and writing your papers. Any use outside of this permission constitutes a violation of Ball State University's Student Academic Ethics Policy. In other words, using an AI tool to generate content without proper attribution constitutes a violation of Ball State's Student Academic Ethics Policy.

University Grade Appeal Policy: If you believe you received a final course grade that does not reflect your performance due to fairness or a procedural issue, you have the right to file an appeal within 5 school days after final grades are posted by the Office of the Registrar. Review the University Grade Appeal Policy and Process.

Title IX Policy: Ball State University is committed to maintaining an educational environment free from sex discrimination, including sexual harassment, sexual misconduct, dating and domestic violence, and stalking. Students who experience or witness conduct that may violate University policy are encouraged to seek support and assistance. The Title IX Office can provide information about reporting options, supportive measures, and available resources. Contact the Title IX Office at 765-285-1545 or titleix@bsu.edu. Please Note: As your instructor, I am a mandatory reporter. If you disclose information to me about conduct that may constitute sex discrimination or sexual misconduct, I am required to notify the Title IX Coordinator. The Title IX Office will reach out to discuss available resources, supportive measures, and reporting options. If you wish to speak with someone confidentially, you may contact the Counseling Center or the Center for Survivor Support.

Pregnancy and Related Conditions: Ball State University provides reasonable modifications for students affected by pregnancy, childbirth, or related medical conditions. Students seeking academic, housing, or other modifications are encouraged to contact the Title IX Office as early as possible to discuss available options and support. For assistance, contact the Title IX Office at 765-285-1545 or titleix@bsu.edu.

University Resources

General Life/School/Emotional Concerns. Everyone gets stressed out sometimes and many people find that they could use some support to get through tough times. At BSU you are entitled to free, confidential counseling services through the university's Counseling and Psychological Services Center, located in room 320 of Lucina Hall (765) 285-1736. The center offers both individual and group counseling, psychiatric consultation, and a number of workshops on various topics related to your life. Their website is http://www.bsu.edu/you/cpsc/. For after-hours crisis/emergency services, call 911 or University Police at (765) 285-1111 to get immediate assistance. Click here for additional resources.

The Basic Needs Hub. If you are having difficulty affording enough food, do not have a safe and reliable place to sleep, and/or experiencing an emergency or crisis, help is available through the Basic Needs Hub. The Basic Needs Hub has information, resources, and provides individualized support to students. To talk with a supportive staff member about your experience, receive one on one assistance, or learn more about resources, you can submit a Basic Needs Assistance Form.

Speaking Center. The Speaking Center is a free resource available to all members of the BSU community wanting to improve their public speaking abilities. We offer personalized coaching designed to help you become a more confident and effective speaker. Our trained coaches provide constructive feedback and support throughout the entire speech preparation process, whether you are in the early stages of brainstorming ideas and organizing your thoughts, or you need to practice your delivery and refine your message. The Speaking Center is in the David Letterman Communication and Media Building, room 302. To schedule an appointment, please access us through our website. Appointments are available both in person and on Zoom. Appointments are available in person, on Zoom, and in virtual reality (VR) for those interested in practicing in an immersive speaking environment.

Writing Center. The Writing Center at Ball State offers free one-to-one writing feedback to all students in all classes. For a face-to-face or online appointment, students should sign up on the Writing Center website.

On the website, students can also chat with a tutor, find writing resources, and discover information about other services offered by the Writing Center.

Learning Center. The Learning Center offers free Tutoring and Academic Coaching for many courses at Ball State. Students can make appointments for online (Zoom) or in-person (NQ 350). To make an appointment, visit myballstate.bsu.edu and click on "Navigate" in the Academic Tools section, or just go directly to bsu.navigate.eab.com. Testing accommodations for students with disabilities are available for students who have received the appropriate documentation from Disability Services. Tests may be administered in the Learning Center. Supplemental Instruction is available in select courses. If you have an SI leader for your course, that person will provide students with information the first week of school regarding weekly study sessions. For more information about Learning Center programming, visit bsu.edu/learningcenter or call 765-285-1006.

Note. This syllabus is subject to change in the event of extenuating circumstances.