Instructor: Dr. Mandy McMahan  
Office: Thunder Bay Regional Health Sciences Centre  
        Adult Mental Health  
        684-6447  
        mcmahanm@tbh.net  
Class: AT -2003  
       Mondays 7:00 p.m. – 10:00 p.m.  
Office Hours: By appointment  

Course Description:  
This course is designed to provide an advanced level of knowledge of group psychotherapy, covering current theory, research, and practice. Students will be exposed to group therapy through theoretical classroom discussions and presentations, and through actual group therapy experiences.  

Evaluation:  
Theoretical Paper (30% of final mark)  
Practical Oral Presentation (30% of final mark)  
Group Experience (12% of final mark)  
Reaction Papers (18% of final mark)  
Paper presentation (10%)  

Readings:  

Articles listed below in lecture schedule.  


Theoretical Paper: (30% of final mark)  
Each student will be required to submit a paper, based on a literature review, focusing on the theory and research of a specific type of group therapy that focuses on a specific population.  
• The paper must be a typed, double-spaced, APA-style paper no more than 12 pages in length, excluding title page and references. Please submit electronically to my e-mail above.  
• Papers will be marked on the basis of content, organization, flow, logical and critical thinking, writing style, coverage of the relevant literature, and focus on group issues.  
• The topic for the paper must be submitted in writing by October 3 and MUST BE APPROVED BY THE INSTRUCTOR.  
• Remember, the paper must focus on the theory and research of a specific type of GROUP THERAPY.  
• Students must submit copies of their paper to the instructor no later than 1 week prior to their presentation.  
• Late papers will be deducted 5% per day, or part there of.
Practical Oral Presentation: (30% of final mark)

Following from their paper, students must complete a 50 minute presentation on the specific group therapy they have chosen. The presentation is to be practical, so as to provide their classmates with a clear model of how to run that type of group.

• The dates for the group presentations will be set in class by the instructor.
• Remember, your classmates will have read your paper prior to your presentation. As such, your presentation should give them something extra and practical that they can take away with them.
• Presentations will be marked on the basis of presentation style, clarity and flow, coverage of relevant literature, focus on groups, practicality for classmates, and creativity.

Group Experience: (12% of final mark)

All students must participate in a minimum of 6 hours of Group Therapy. Participation can be through leading, co-leading, or viewing a therapy group.

Reaction Papers: (18% of final mark)

Students must complete a minimum of 9 reaction papers. Reaction papers are short (1 to 2 pages) reports that simply express your reaction to an experience. You are expected to have 7 papers reacting to a class experience and 2 to a group therapy experience. Your class-related reaction papers must be submitted to me via e-mail within 48 hours following the class. One hour of class time will be allocated for this task. Your group-related reaction papers must be submitted within 1 week following the group.

Paper presentation: (10% of final mark)

Students will select/be assigned one class in which they will briefly/conversationally present a recent paper related to the class topic that week. Marks will be given for distributing the paper on time (at least 4 days in advance of the class) and your ability to facilitate and guide discussion within the class.
Tentative Lecture Schedule

September 12 Course Introduction

19 Basics of Group Therapy and Therapeutic Factors
Text: Chapter 1
Articles:

26 The Therapist – Basic Tasks
Text: Chapter 2
Articles:

October 3 Ethics and Group Cohesion
Text: Chapter 3
Articles:
Tentative Lecture Schedule cont.

October 10 No Class

17 The Group Process – Formative and Transition Stages
Text: Chapters 5, 6, & 7 (also includes sections for next week)

24 The Group Process – Problem Patients, Working Stages and Termination
Text: Chapter 7, 8, & 9
Articles:

October 31 Student Presentations

November 7 Student Presentations

14 Student Presentations

21 Student Presentations

28 Student Presentations

December 5 Student Presentations
**Laptop use:**

Laptops may not be used during discussion or presentation portions of the class. Just as in a therapy group, we must practice the skills contributing while being present, receptive, and reflective.

Time will be allotted at the end of each class for you to use laptops/tablets and type notes and write your reflection papers.

**Accommodations:**

Lakehead University is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you think you may need accommodations, you are strongly encouraged to contact Student Accessibility Services (SAS) and register as early as possible. For more information, please visit: [http://studentaccessibility.lakeheadu.ca](http://studentaccessibility.lakeheadu.ca)