



PSY 592, 21685 GROUP PSYCHOTHERAPY

COURSE SYLLABUS: SPRING 2026

INSTRUCTOR INFORMATION

Instructor: Karin Tochkov, PhD

Office Location: Virtual

Office Hours: Virtual

University Email Address: Karin.Tochkov@etamu.edu

Preferred Form of Communication: e-mail

Communication Response Time: M-F, typically within 24 hrs, with the exception of weekends and holidays, in which case communication will occur the next day the university is open.

Please check your email daily for potential course updates/changes/or news

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Class References:

Text: Theory and Practice of Group Counseling by Gerald Corey, 10th edition, 2023

Course Description

The focus of this class outlines the basic elements of the group process, deals with ethical and professional issues special to group work, and presents an overview of the key concepts and techniques of several approaches to group counseling.

Course Objectives/Competencies:

The syllabus/schedule are subject to change.

1. Understand, list, and discuss approaches used for various types of group work, including task groups, psychoeducational groups, focus groups, counseling groups, and therapy groups (Chapter 1)
2. Understand, list, and be able to recognize the therapeutic factors of group work (Chapters 1, 4, and 5)
3. Discuss principles of group dynamics, including group process components, developmental theories, group members' roles and behaviors, and therapeutic factors of group work (Chapters 4 and 5)
4. Understand and be able to demonstrate various types of group leadership styles and approaches (Chapter 2)
5. Understand the personal characteristics of group workers that have an impact on members: knowledge of personal strengths, weaknesses, biases, values, and their effect on others (Chapter 2)
6. Review the special skills for opening and closing group sessions (Chapter 2)
7. Review and discuss current research literature pertaining to group work (Chapter 2)
8. Understand and discuss ethical and legal considerations pertaining to group work (Chapter 3)
9. Understand the process components involved in the typical stages of a group's development (Chapters 4 and 5)
10. Understand the major facilitative and debilitating roles that group members may take (Chapters 4 and 5)
11. Understand and discuss group counseling methods, including group counselor orientations and behaviors, appropriate selection criteria and methods, and methods of evaluation of effectiveness (Chapters 3, 4, and 5)
12. Understand theories of group counseling and be able to compare and contrast the different theories studied (Chapters 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, and 16)
13. Understand group counseling methods and techniques (Chapters 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, and 16)

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14. Review, understand, and discuss professional preparation standards for group leaders (Chapter 3)
15. Understand the value of participating in an experiential group (Chapter 3)
16. Understand and address issues of diversity and multiculturalism in group work (Chapters 1, 2, and 3; Chapters 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, and 16)
17. Understand what is involved in becoming a diversity-competent group counselor (Chapter 2)

The text, along with the course in group counseling, will assist students in demonstrating competency in the following leadership skills:

1. Observing and identifying group processes
2. Encouraging participation of group members
3. Attending to, acknowledging, confronting and responding empathically to group member behavior—actions/behaviors of the group members
4. Attending to, acknowledging, confronting and responding empathically to group member statements (paraphrase and reflection)
5. Attending to, acknowledging, confronting, and responding empathically to group themes (linking and summarizing)
6. Eliciting information from and imparting information to group members
7. Engaging in appropriate self-disclosure
8. Demonstrating awareness and understanding of one's own cultural values
9. Demonstrating sensitivity to diversity factors as they influence group process
10. Demonstrating understanding of multicultural factors as they influence group membership and group participation
11. Maintaining group focus; keeping a group on task
12. Giving and receiving feedback in a group
13. Using confrontation/blocking appropriately; working cooperatively with a co-leader and group members

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14. Engaging in ethical practice

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Learning Management Systems, Using Microsoft Word and Power Point

Instructional Methods

Asynchronous online learning, that will include reading, various media, and some video lectures. For students to benefit from these teaching strategies, it is critical that they keep pace with readings assigned in class. **Students will note that some of the material presented in class will be consistent with their readings in their text. Other information will not be found in the text but provided from resources used by the instructor.**

Student Responsibilities or Tips for Success in the Course

Read the text carefully and take notes

Review all materials for the week's module

Watch any provided videos

Prepare for quiz and tests

Complete assignments thoroughly and on time

Read instructions carefully. Failure to follow basic instructions will result in loss of points.

GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Assessments

Your grade will be based on the following: (this might change)

Final Grade:

16 chapter quizzes (30 points each, one drop allowed, 450 points)

16 video quizzes (20 points each, one drop allowed, 300 points)

Mid term (100 points)

Project (100 points)

Final (100 points)

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TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

Zoom Video Conferencing Tool

https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, an East Texas A&M campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

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Interaction with Instructor Statement

I prefer you to contact me via email. I will respond within 24 hours M-F. If you have questions that can be answered via email, I will respond. If your question requires more clarification than can be given through email, I will schedule an appointment with you during my office hours or at a mutually agreed upon time.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

*****NO LATE QUIZZES AND NO MAKEUPS FOR QUIZZES. The lowest Quiz will be dropped.**

Make-up examinations will **ONLY** be given in extreme situations such as a serious illness (you must have a doctor's note), death in your family or an officially excused absence by the University. If any of these situations occur, you **MUST** notify me prior to the exam. Make-ups will only be given if I have been notified **PRIOR** to the exam and can verify your reason for missing the exam. All missing exams not meeting this criterion will be given a grade of F.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx).
<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:
<https://www.britannica.com/topic/netiquette>

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, Chatbots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

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Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty
13.99.99.R0.10 Graduate Student Academic Dishonesty

East Texas A&M Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

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Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

East Texas A&M University

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun.

Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and East Texas A&M 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all East Texas A&M campuses. Report violations to the University Police Department at 903- 886-5868 or 9-1-1.

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East Texas A&M Supports Students' Mental Health

The Counseling Center at East Texas A&M, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

Department or Accrediting Agency Required Content

COURSE OUTLINE / CALENDAR

Week 1: Chapter 1: Introduction to Group Work

Week 2: Chapter 2: Group Leadership

Week 3: Chapter 3: Ethical and Professional Issues in Group Practice

Week 4: Chapter 4: Early Stages in the Development of a Group

Week 5: Chapter 5: Later Stages in the Development of a Group

Week 6: Chapter 6: The Psychoanalytic Approach to Groups

Week 7: Chapter 7: Adlerian Group Counseling

Week 8: Chapter 8: Psychodrama in Groups

Week 9: *spring break*

Week 10: Chapter 9: The Existential Approach to Groups

Week 11: Chapter 10: The Person-Centered Approach to Groups

Week 12: Chapter 11: Gestalt Therapy in Groups

Week 13: Chapter 12: Cognitive Behavioral Approaches to Groups

Week 14: Chapter 13: Rational Emotive Behavior Therapy in Groups

Week 15: Chapter 14: Choice Theory/Reality Therapy in Groups

Week 16: Chapter 15: Solution-Focused Brief Therapy and Motivational Interviewing in Groups

The syllabus/schedule are subject to change.

Week 17: Chapter 16: Comparisons, Contrasts, and Integration and Final

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