

4. GROUP PROPOSAL

EDC 282 Prof. Gaughen Spring, 2000

To further our training in Group Processes, we propose to facilitate a group of graduate students from James Mar's EDC 170: Introduction to Counseling class for our own Practicum in Group Counseling course.

Leadership

Barbara and Andrew are advanced graduate students in the Department of Counselor Education at CSUS with a specialization in MFCC. We bring a variety of personal experiences including personal, academic, employment, therapeutic, self-help, couples, and school-age groups. We both have been involved in other groups as a participant and as a group leader. We each participated in a group with other graduate students, when we took EDC 170, as part of our counseling education.

Participants

Participation in the group is required to receive credit for EDC 170, so participation in our group is involuntary. The group will begin March 3rd, 2000 and will end May 19th, 2000. We will be meeting from 1:00 to 2:30 on Fridays in the Eureka Building in one of the classrooms assigned by our professor, Dr. Suzanne Gaughen. The group will consist of five members from various backgrounds, ages, and experiences, and us as facilitators. The professors will choose the five members for our group.

Group Format

The group will be primarily unstructured. The structure we hope to provide is starting and ending on time with a *quick* Check-in to open and Check-out to close each session. We will have a tentative plan for each session, introducing creative ideas to expose the group members to some different group experiences, but will be flexible in adapting to the needs of the group.

Environment

We hope to create an empathetic/supportive atmosphere to provide a safe place for group members to freely explore or deal with personal issues and pursue personal growth. We believe that confidentiality and establishing common group rules is essential to building trust. We will be stressing the importance of keeping what is shared by any member confidential.

Group Goals

1. To become aware of, to examine, and to be responsible for one's own thoughts, feelings, and actions.
2. To improve our interaction with self and others. (communication skills)
3. To do some risk-taking. (involvement, share/self-disclosure, feedback/self-discovery)

This is probably your 4th goal

Facilitators Goals

To challenge ourselves in the same areas as our group members, to improve our ability as group leaders and to provide a positive group experience so all of us can stretch and grow.

GROUP PROPOSAL

We (Judy and Ray) propose to facilitate a counseling group for students enrolled in the spring 2000 *Introduction to Counseling* course. Between us we have a wide range of group and life experiences from which we hope to draw upon to help group members feel safe and to explore their own feelings and beliefs. We feel that we also can help members gain insights into what they can expect as they go through the counseling program and eventually enter the counseling profession.

Our primary goals for the group are to give students an opportunity to:

1. enhance their communication skills
2. explore their counseling career choices
3. receive peer support and mentoring
4. encourage genuineness, self-discovery and personal reflection

We want to model professionalism and reinforce ethical and legal considerations. The counselors' legal and ethical requirements will be discussed during the first session and stressed when appropriate or necessary in subsequent sessions.

Each session will be semi-structured. Meetings will start and stop at a set time, there will be a brief check-in at the beginning of each session and an "icebreaker" or group exercise will be planned for each session.

The overall focus and content of the group will be determined by the group--howbeit guided by our input and facilitation; however, it is important to us that we remain flexible and able to respond appropriately to the changing needs and desires of group.

We believe it is important that we model basic counseling skills such as listening, empathy, genuineness, self-disclosure, turn-taking, and "being-in-the-moment." It is our desire to create an environment that is safe, accepting, supportive and that furthers personal growth.

We hope to give members an opportunity to discover if counseling is "for them" by discussing the program from our perspective and sharing our experiences thus far. We will answer any questions they may have about the counseling program and help members locate additional resources.

It is important to us that we remain mindful that for many group members this group experience is their first exposure to counseling and therefore they will be unfamiliar with counseling terms and theories. As the group progresses we should be alert to the need to stop and discuss a counseling term or counseling theory that may be confusing to a group member.