Group Interventions in Collective Stress Situations: Structures and Models

Semester I, 2014-15
Wednesday 14:15 – 15:45
Room 152

Instructor: Dr. Rena Feigin
E-mail address: feigin@post.tau.ac.il
Office  Room 216
Office hours: Thursday ,13:30  by request
Telephone 054-2335229

COURSE OVERVIEW AND OBJECTIVES

Group intervention has become a remarkably widespread and accepted form of clinical intervention, especially in stressful situations. The course will focus on:

1. Group typology - relating to Short term groups - Problem focusing groups, Support groups; Single session groups; Task groups; Long term clinical groups; Creative groups. Internet groups. Psycho - Educational groups.

2. Analysis of different types of groups based on: concepts and groups objectives; structured versus dynamic groups; group development, Roles of the facilitative unit, and interventions techniques, Group structure (such as open or closed groups and other).

3. The parallel processes between the contents (relating to stress situations) and the group process.

The aim of this course is to provide you with knowledge on:

- Theoretical frameworks and approaches for the understanding of different group intervention models, in relation to group interventions dealing with stressful situations.
- Group dynamics that will be analyzed and theoretically conceptualized on the basis of group characteristics, group process and group development as expressed in dealing with contents of stressful situations.
- Principles and techniques for group intervention.
REQUIREMENTS

Attendance and participation - Attendance is mandatory. Active involvement in class discussion is encouraged.

Reading - You will need to read the assigned reading according to the semester program. Suggestions for additional reading are offered.

Assignments

Simulation - The course will combine theoretical learning with structured experiments (group simulations) that will be planned, and facilitated by the students. For this matter the class will be divided into small working groups (about 4 students). Each group will research one group model, will present the theoretical principles and facilitate a group simulation in class in relation to the model.

Final paper – You will be asked to select a stress or crises situation you are interested to investigate further in relation to the different group intervention models, discussing what models are beneficial in treating the specific situation and in what ways.

EVALUATION

Grading - will be based on:

40% - Simulation preparation, in small groups and facilitating the group in class
60% - Final paper.
REFERENCES

Basic Books


Suggestions for articles on stressful situations/problems and group interventions.


Des Groseilliers, Isabeau Bousquet; Marchand, André; Cordova, Matthew J.; Ruzek, Josef I.; Brunet, Alain (2013). Two-year follow-up of a brief dyadic cognitive-behavioral intervention designed to prevent PTSD. Psychological Trauma: Theory, Research, Practice, and Policy, Vol 5(5), 462-469.


