

## **PSYCHOLOGY DEPARTMENT'S GRADUATE MISSION STATEMENT:**

The Psychology Department seeks to advance the discipline of psychology as an area of scholarly, professional, and scientific endeavor. Our primary focus is to provide high quality education. We actively engage in the discovery and dissemination of knowledge in the behavioral sciences and encourage research and scholarship by both the faculty and student body. We prepare students for specific careers within psychology, including those in education, research, industry, consulting, and the delivery of clinical services. Our programs are designed to prepare students for lifelong self-education and participation in an increasingly diverse society. The essence of our graduate programs is to stimulate independent, critical, and creative thinking skills. Our graduate programs in Clinical Psychology, Industrial/Organizational Psychology, and General Psychology are expected to lead to significant advances in basic and applied research. Our programs are also designed to provide technical and professional skills essential for maintaining and advancing the quality of life for others.

**STUDENT LEARNING OUTCOMES:** All graduate Psychology courses are designed to meet specific student learning outcomes consistent with the above stated mission statement. These outcomes represent the skills, knowledge, and attitudes that we believe important to the preparation of Psychology professionals. *Psy 513, Group Interventions*, is designed to meet the following student learning outcomes:

1. **Basic Foundations in Psychological Theory and Research:** Students who receive a graduate degree from West Chester University will compare favorably in their knowledge of psychological theory and research with students who have completed similar graduate programs within the state and nation.
2. **Group CBT model :**Students will be able to implement the Group CBT model to create a safe environment where participants can share concerns freely & without judgement.
3. **Professional Skills & Ethics:** Students in the graduate psychology programs will be well informed about practices and applications of psychology in field settings. Graduating students will be prepared to practice in their respective fields.
4. **Research and Statistical Skills:** Students pursuing a graduate degree at West Chester University will be able to complete activities requiring critical thinking, analysis of research data, and communication of results and conclusions through the use of statistics.
5. **Group Therapy:** Students develop a group therapy proposal no longer than 10 pages in length and address the following dimensions The purpose of the group; Type of group and research-based rationale supporting this design; Screening criteria; Facilitation issues and role of group leaders/directors; Methods & techniques to be used; Duration of Group; Expected Outcomes; Process for Evaluation.
6. **Group Therapy Techniques:** Students develop skills in applying the action techniques of role playing, role reversal, doubling, mirroring, future projection, soliloquy, interview in role reversal, and introduction to the social atom concept both as action techniques and research instruments.

**COURSE DESCRIPTION:** The purpose; (a) to introduce the theory and practice of psychodrama as a therapeutic modality utilizing the triadic cognitive model; (b) be familiar with the basic techniques of cognitive behavioral therapy and psychodrama; (c) to identify five structural constructs, and three procedural components of the psychodramatic process; (d) be conversant with the five basic operational techniques of the psychodramatic process; and (e) familiarize self with cognitive behavioral skills to understand the cognitive triad by observing mood, behavior, and thought processes utilizing "Thought

Records". Graduate students will be familiarized with tests measuring various aspects of inter & intra personal relationships. The data will become part of your class file to be used for both instructional and research purposes. The long-range purpose is to improve the effectiveness of the group-cognitive therapy model for the training of group and individual therapists. The work and activities of this course have been chosen specifically to help you meet the student learning outcomes outlined above.