

**SOCIAL WORK 361: Groups and Families**  
**3 credits**  
**Fall 2020**  
**Tuesday and Thursday from 11 AM to 12:15 PM**  
**Collaborate Ultra**

**Instructor:** Kate Kipp, MSSW, APSW  
**Office:** 456 in CCC  
**Office Hours:** Mondays & Wednesdays: 10 AM to 3 PM  
 Evenings & Fridays by appointment  
**Email:** [kkipp@uwsp.edu](mailto:kkipp@uwsp.edu)

**Course Pre-Requisites:** Sociology 261, Sociology 101 and acceptance to the social work program.

**Required Text:**  
 Toseland, R. & Rivas, R. (2017). *An Introduction to Group Work Practice*, 8<sup>th</sup> Edition.  
 Boston: Allyn and Bacon.

**Web Site:** NASW Code of Ethics  
<https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English>

**Community (including Student) Rights & Responsibilities Website:**  
[https://www.uwsp.edu/dos/Documents/2015\\_Aug\\_Community%20Rights%20and%20Responsibilities%20Web.pdf](https://www.uwsp.edu/dos/Documents/2015_Aug_Community%20Rights%20and%20Responsibilities%20Web.pdf)

**I. Course Description**

This course is designed to help students learn the basic issues and key concepts associated with the group process and how to apply these concepts as group facilitators working with a variety of group types. Basic theories of social work practice with groups will be explored, and students will learn to develop a group and prepare for all phases of group work practice. Throughout this course, emphasis will be placed on social work ethics and values, as well as how elements of diversity impact social work practice.

**II. CSWE Core Competencies & Practice Behaviors Taught in this Course**

The following table contains the competencies and practice behaviors developed by the Council of Social Work Education (CWSE). When we intentionally teach and employ the competencies and behaviors through lecture, discussion, independent and group projects, research, and practice; we are becoming ethical, skilled, and empowering social workers. The competence and behaviors we will address as a class are in the table below. The table below does NOT contain all CWSW practice behaviors, only those applicable to our coursework.

Competencies Addressed	Practice Behaviors Addressed	Content Area(s)
Competency 1: Demonstrate Ethical and Professional Behavior	<ul style="list-style-type: none"> <li>• Make ethical decisions by applying the standards of the NASW Code of Ethics, relevant laws and regulations, models for ethical decision-making, ethical conduct of research, and additional codes of ethics as appropriate to context;</li> <li>• use reflection and self-regulation to manage personal values</li> </ul>	Weeks 3, 4, 5, 6, 7, 8, 9, 10  Project: SGOP*

	<p>and maintain professionalism in practice situations;</p> <ul style="list-style-type: none"> <li>• demonstrate professional demeanor in behavior; appearance; and oral, written, and electronic communication; and</li> <li>• use technology ethically and appropriately to facilitate practice outcomes.</li> </ul>	GP** EGP%
Competency 2: Engage Diversity and Difference in Practice	<ul style="list-style-type: none"> <li>• Apply and communicate understanding of the importance of diversity and difference in shaping life experiences in practice at the micro, mezzo, and macro levels;</li> <li>• present themselves as learners and engage clients and constituencies as experts of their own experiences; and</li> <li>• apply self-awareness and self-regulation to manage the influence of personal biases and values in working with diverse clients and constituencies.</li> </ul>	Week 3
Competency 3: Advance Human Rights and Social, Economic, and Environmental Justice	<ul style="list-style-type: none"> <li>• Apply an understanding of social, economic, and environmental justice to advocate for human rights at the individual and system levels; and</li> <li>• engage in practices that advance social, economic, and environmental justice.</li> </ul>	
Competency 4: Engage in Practice-informed Research and Research-informed Practice	<ul style="list-style-type: none"> <li>• Use practice experience and theory to inform scientific inquiry and research;</li> <li>• apply critical thinking to engage in analysis of quantitative and qualitative research methods and research findings; and</li> <li>• use and translate research evidence to inform and improve practice, policy, and service delivery.</li> </ul>	Week 9  Project: GP
Competency 5: Engage in Policy Practice	<ul style="list-style-type: none"> <li>• Identify social policy at the local, state, and federal level that impacts well-being, service delivery, and access to social services;</li> <li>• assess how social welfare and economic policies impact the delivery of and access to social services; and</li> <li>• apply critical thinking to analyze, formulate, and advocate for policies that advance human rights and social, economic, and environmental justice.</li> </ul>	
Competency 6: Engage with Individuals, Families, Groups, Organizations, and Communities	<ul style="list-style-type: none"> <li>• Apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies; and</li> <li>• use empathy, reflection, and interpersonal skills to effectively engage diverse clients and constituencies.</li> </ul>	Weeks 1, 4, 5, 10, 11, 12  Project: GP EGP
Competency 7: Assess Individuals, Families, Groups, Organizations, and Communities	<ul style="list-style-type: none"> <li>• Collect and organize data, and apply critical thinking to interpret information from clients and constituencies;</li> <li>• apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks in the analysis of assessment data from clients and constituencies; and</li> <li>• select appropriate intervention strategies based on the assessment, research knowledge, and values and preferences of clients and constituencies.</li> </ul>	Weeks 2, 6, 11, 13  Project: GP SGOP
Competency 8: Intervene with Individuals, Families, Groups, Organizations, and	<ul style="list-style-type: none"> <li>• Critically choose and implement interventions to achieve practice goals and enhance capacities of clients and constituencies;</li> </ul>	Weeks 2, 3, 7, 14

Communities	<ul style="list-style-type: none"> <li>• apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks in interventions with clients and constituencies;</li> <li>• use inter-professional collaboration as appropriate to achieve beneficial practice outcomes; and</li> <li>• negotiate, mediate, and advocate with and on behalf of diverse clients and constituencies;</li> </ul>	Project: SGOP GP EGP
Competency 9: Evaluate Practice with Individuals, Families, Groups, Organizations, and Communities.	<ul style="list-style-type: none"> <li>• Select and use appropriate methods for evaluation of outcomes;</li> <li>• apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks in the evaluation of outcomes;</li> <li>• critically analyze, monitor, and evaluate intervention and program processes and outcomes; and</li> <li>• apply evaluation findings to improve practice effectiveness at the micro, mezzo, and macro levels</li> </ul>	Weeks 8, 9, 15  Project: GP EGP
* Support Group Observation Project (SGOP) **Group Project (GP) % Experiential Group Papers (EGP)		
Source: Council on Social Work Education <a href="https://www.cswe.org/getattachment/Accreditation/Accreditation-Process/2015-EPAS/2015EPAS_Web_FINAL.pdf.aspx">https://www.cswe.org/getattachment/Accreditation/Accreditation-Process/2015-EPAS/2015EPAS_Web_FINAL.pdf.aspx</a>		

### **III. Course Content**

#### **Class Format:**

The course format will include lecture, videos, small group work and presentations. Students will work in small groups to assess and critically analyze presented information. Students will be required to apply existing knowledge, integrate new concepts and to critically think.

#### **Course Requirements:**

- |    |                              |            |
|----|------------------------------|------------|
| 1. | Film Response/Reaction Paper | 25 points  |
| 2. | Attendance and participation | 150 points |
| 3. | Task Group Observation Paper | 100 points |
| 4. | Group Project: Parts I-IV    | 200 points |
| 5. | Experiential Group Papers    | 50 points  |

#### **Attendance & Participation:**

Students are expected to attend all days the class is scheduled to meet. The instructor will also take attendance at the beginning of each class.

Excused absences are limited to documentable illnesses, personal or family emergency, or religious observation during class hours.

For any absence, a student is required to:

- Notify the instructor PRIOR to class. If this is impossible, a student must email the instructor as soon as possible to explain what happened.
- Read all readings and review the PowerPoint for the missed class.

- Students must take initiative to ask questions to understand class content for the missed class.

For any unexcused absence, a student will not receive attendance points (5 points) for the missed class. Students who arrive to class late will receive partial attendance points (3 points).

For students unable to attend the class in the Virtual Classroom, recorded lectures will be posted. You must notify the instructor that you intend to watch the lecture, complete the activities and write a one-page summary paper. The summary paper must be uploaded no later than one week after the date of the class missed. Canvas will have a dropbox titled, Summary Papers. Each summary paper is worth 5 points which is the equivalent of in person attendance points.

### **RECORDING AND SHARING RECORDED CLASS CONTENT**

Lecture materials and recordings for SW 361 are protected intellectual property at UW-Stevens Point. Students in this course may use the materials and recordings for their personal use related to participation in this class. Students may also take notes solely for their personal use. If a lecture is not already recorded, you are not authorized to record my lectures without my permission unless you are considered by the university to be a qualified student with a disability requiring accommodation. [Regent Policy Document 4-1] Students may not copy or share lecture materials and recordings outside of class, including posting on internet sites or selling to commercial entities. Students are also prohibited from providing or selling their personal notes to anyone else or being paid for taking notes by any person or commercial firm without the instructor’s express written permission. Unauthorized use of these copyrighted lecture materials and recordings constitutes copyright infringement and may be addressed under the university's policies, UWS Chapters 14 and 17, governing student academic and non-academic misconduct.

### **Course Assignments:**

There are eight graded assignments in this course. There is NOT a final exam.

### **Grading Scale:**

A	=	94-100	significantly above requirements
A-	=	91-93	
B+	=	88-90	
B	=	84-87	above basic requirements
B-	=	81-83	
C+	=	78-80	
C	=	74-77	meets basic requirements
C-	=	71-73	
D+	=	68-70	
D	=	60-67	below requirements
F	=	59 and below	No credit

### **Course Assignments:**

- Work will be graded on the depth of the content, consideration of social work principles, **development of ideas**, spelling and grammar.
- Professional language will be used.
- All references must appear in a reference list at the end of the paper. APA style must be used to cite within paper.
- Assignments are due on time.

### **Confidentiality:**

We will respect the stories, concerns, comments and questions shared in the classroom by not taking them out of the classroom. We will maintain a professional standard of confidentiality in our classroom.

### **Ground Rules for Class Participation:**

We will foster a learning atmosphere where each person is valued and is safe to communicate freely. We will communicate in a constructive and thoughtful manner which is free of harassment and threat. We will commit to work through conflicts should any occur, without blame or intimidation. We will set additional rules and expectations as a class.

## **IV. Course Policies**

### **Support for Students Requiring ADA Accommodations**

UWSP and this instructor support a student's need to request academic accommodations due to disabilities. Please inform me during the first week of semester of any special accommodations a student believes will be needed for meeting class expectations. A copy of the Accommodation Request Form from the Disability and Assistive Technology Center must be given to the instructor within the first two week of the semester so that any needed accommodations can be made. Accommodations will not be made without a completed Accommodation Request Form. Additional information can be gathered from the Center:

<https://www.uwsp.edu/disability/Pages/faculty/accomodations.aspx>

### **Attendance Policy**

Again, this course is professional training for which the student has committed the student to attend. Students are expected to attend all days the class is scheduled to meet. All students will create a name tag to assist the instructor with learning names. The instructor will also take attendance at the beginning of each class.

Excused absences are limited to documentable illnesses, personal or family emergency, or religious observation during class hours.

For any absence, a student is required to:

- Notify the instructor PRIOR to class. If this is impossible, a student must email the instructor as soon as possible to explain what happened.
- Read all readings and watch the recorded lecture for the class that was missed.
- Submit a two-page summary of the class content to Canvas within one week of the missed class
- The ten participation points will be awarded to students who complete the summary paper.

For any unexcused absence, a student will not receive attendance points (10 points) for the missed class.

### **Assignment Policy for Late Papers and Incompletes:**

Students are expected to complete course work by the date and time that it is due. Late assignments will be docked 2 points for each day past due. The instructor will be checking the Dropbox to determine that you submitted your work by the required due date. Students are responsible to contact the instructor to negotiate an alternate date. The instructor will determine if an alternate due date is appropriate.

An incomplete may be given only when the student has been in full attendance, has demonstrated satisfactory work (C level work or better), and can furnish evidence to the instructor the work cannot be completed due to illness or other reasonable circumstances beyond the student's control.

### **Plagiarism:**

It is a requirement that all work *not* original will be properly referenced. Students **MUST CITE ANY AND ALL** work which is not of a student's creation. Plagiarism will result in disciplinary action and will not be tolerated. Academic honesty is a foundation principle for personal and academic development. All University policies regarding academic honesty apply to this course. Academic dishonesty includes, but is not limited to, cheating or copying, plagiarism (claiming credit for the words or works of another from any type of source such as print, Internet or electronic database, or failing to cite the source), fabricating information or citations, facilitating acts of academic dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students.

### **Confidentiality:**

We will respect the stories, concerns, comments and questions shared in the classroom by not taking them out of the classroom. We will maintain a professional standard of confidentiality in our classroom. Our classroom is a safe place for learning, inquiring, and expression.

## **V. Course Schedule**

<b>Week</b>	<b>Date</b>	<b>Topic</b>	<b>DUE DATES</b>
1	08/31/2020	Review syllabus and course expectations	
2	09/07/2020	Introduction to groups	
3	09/14/2020	Historical and theoretical developments	
4	09/21/2020	Understanding group dynamics	<b>Film Response due 09/27/2020</b>
5	09/28/2020	Leadership	
6	10/05/2020	Leadership and diversity	
7	10/12/2020	Planning the group	
8	10/19/2020	The group begins	<b>Group Work Part I due 10/25/2020</b>
9	10/26/2020	Assessment	
10	11/02/2020	Treatment Groups: Foundation methods	<b>Group Work Part II due 11/08/2020</b>
11	11/09/2020	Treatment Groups: Specialized methods	
12	11/16/2020	Task Groups: Foundation methods	<b>Group Work Part III due 11/22/2020</b>
13	11/23/2020	Task Groups: Specialized methods	
14	11/30/2020	Ending the group's work	<b>Task Group paper 12/06/2020</b>
15	12/07/2020	Evaluation	<b>Group Work Part IV due 12/06/2020</b> <b>Experiential Group Papers I &amp; II</b> <b>Both are due by 12/11/2020 (FRI)</b>

## VI. Course Outline

Week 1 08/31/2020	<u>We will explore:</u> Introduction to the course Review syllabus & review class expectations  <u>Readings:</u> None
Week 2 09/08/2020	<u>We will explore:</u> Introduction to Group Work  <u>Readings:</u> Chapter 1
Week 3 09/14/2020	<u>We will explore:</u> Historical and theoretical developments  <u>Readings:</u> Chapter 2
Week 4 09/21/2020	<u>We will explore:</u> Understanding Group Dynamics  <i>About Men: A Portrait of a Men's Support Group</i> by Maja Bugge (2013)  <u>Readings</u> Chapter 3
Week 5 09/28/2020	<u>We will explore:</u> Leadership  <u>Readings:</u> Chapter 4
Week 6 10/05/2020	<u>We will explore:</u> Leadership and Diversity Introduction to Experiential Group Exercises (Thursday)  <u>Readings:</u> Chapter 5
Week 7 10/12/2020	<u>We will explore:</u> Planning the group Week I of Experiential Group Exercises (Thursday)  <u>Readings:</u> Chapter 6

<p>Week 8 10/19/2020</p>	<p><u>We will explore:</u> The group begins Week II of Experiential Group Exercises (Thursday)</p> <p><u>Readings:</u> Chapter 7</p>
<p>Week 9 10/26/2020</p>	<p><u>We will explore:</u> Assessment Week III of Experiential Group Exercises (Thursday)</p> <p><u>Readings:</u> Chapter 8</p>
<p>Week 10 11/02/2020</p>	<p><u>We will explore:</u> Treatment Group: Foundation Methods Week IV of Experiential Group Exercises (Thursday)</p> <p><u>Readings:</u> Chapter 9</p>
<p>Week 11 11/09/2020</p>	<p><u>We will explore:</u> Treatment Groups: Specialized Methods Week V of Experiential Group Exercises (Thursday)</p> <p><u>Readings:</u> Chapter 10</p>
<p>Week 12 11/16/2020</p>	<p><u>We will explore:</u> Task Groups: Foundation Methods Week VI of Experiential Group Exercises (Thursday)</p> <p><u>Readings:</u> Chapter 11</p>
<p>Week 13 11/23/2020</p>	<p><u>We will explore:</u> Task Groups: Specialized Methods</p> <p><u>Readings:</u> Chapter 12</p>
<p>Week 14 11/30/2020</p>	<p><u>We will explore:</u> Ending the group's work Week VII of Experiential Group Exercises (Thursday)</p> <p><u>Readings:</u> Chapter 13</p>

Week 15 12/07/2020	<u>We will explore:</u> Evaluation Wrap up of Experiential Group Exercises (Thursday)  <u>Readings:</u> Chapter 14
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## VII. Course Projects

### A: Film Response Paper (25 points)

To ensure we all have a basic understanding of the function and process of groups, you will be required to watch a documentary and write a response/reflection paper on the content of the film. Please watch the following documentary: *About Men: A Portrait of a Men's Support Group* by Maja Bugge (2013).

You will need to receive access to the documentary by finding our university. You are not required to set up an account, you may skip the account set up and watch the film. The film is seventy-one minutes long. The link to Kanopy is:

<https://uwsp.kanopy.com/>

After watching the film, write a TWO FULL PAGE response/reflection paper on the film. Questions to *potentially* answer as you write your paper include:

- What did you like/not like about the leadership of the group, including:
  - level of formality/style of relating to group members
  - interventions/approaches observed
  - your assessment of the leader's skill in using the interventions/approaches
- What would this experience be like for a client who had the issue the group is designed for?
- How could you, as the social worker, encourage your client to attend help prepare the client for the first meeting?
- How could you, as the group leader, assist the client in developing a comfort level in being present?

Please be prepared to engage in a class discussion on the film.

### B: Task Group Observation & Analysis Paper 100 points

Attend at least one, preferably two, open meetings of interest to you. Make sure it is appropriate for you to attend the meeting! Call ahead to confirm that new members/visitors are welcome. When you call, present yourself professionally. Indicate this is for a class assignment. Indicate you will be writing a paper about the group process and NOT about the specific information shared in the group. Attend the group by yourself and do not take written notes during the observation.

Inform the group of your purpose for being there, if needed. Again, disclose that you will write a paper on the process of the group and NOT about the specific information shared in the group. Feel free to participate if appropriate.

Write a four to five-page paper about this experience. Please include each of the meeting's agendas.

Your paper should contain:

- Your preparation for the task group
- A description of the group, including:
  - purpose and type of the group
  - stage the group is in and how could you determine the stage
  - diversity within the group and how it was attended to
  - examples of group dynamics observed (i.e. communication, cohesions, social control, and group culture)
  - Impact of new members on the group (you are a new member)
- A discussion of the leadership of the group, including:
  - level of formality/style of relating to group members
  - interventions/approaches observed
  - your assessment of the leader's skill in using the interventions/approaches
- Discussion of the roles performed in the group
  - filled by the leader
  - filled by the members
  - filled by you
- A response to each of the following questions:
  - How did you feel as an attendee at the meeting?
  - What aspects of the meeting did you like?
  - What suggestions for improvement would you make?

### **C: Group Project, Parts I, II, III, IV 200 points**

You will build parts of a group curriculum, a group proposal and an assessment plan for a group of your choice. You may select any type of group that meets your interest (support group, skill building, etc.) and level of training (assume you have your social work degree completed). You will use content from the text and research to submit four different papers.

Each of the four parts are worth fifty (50) points.

- Part I: Group Proposal – see Appendix C & D in Toseland & Rivas
- Part II: Assessment plan for individual and group functioning to be used throughout the group
- Part II: Entire curricula for first session of the group
- Part IV: Entire curricula for last session of the group (or last session for a person terminating)

Your ideas and rationale behind your work should be clear. You will need to include research regarding the content/curriculum for the group.

### Group Project: Parts I-IV Grading Scheme (50 points)

#### Content (30 points)

- Importance and relevance to social work
- Accuracy and thoroughness of knowledge
- Reflects course concepts and materials

#### Integration of Ideas (10 points)

- Presentation flows, ideas are well organized
- Group displays understanding of ideas
- Information presented explains ideas

#### Social Work Values (5 points)

- Reflects social work values
- Inclusion of material addressing human diversity**

#### Structure of Papers (5 points)

- Useful/relevant
- Easy to read and comprehend
- Appropriate citations (if applicable)
- Spelling/grammar/punctuation

### Experiential Group Exercise Papers: Papers I, II 50 points

Beginning at Week VI, you will be placed in a group. There will be seven students (including you) in your assigned group. You and your group mates will practice utilizing your group facilitation skills over the course of seven weeks. You will be assigned one week to facilitate, and you will be a participant in the remaining six weeks. I will provide you the curriculum for the group you will facilitate one week prior to your facilitation week.

#### Facilitation Paper (30 points)

After you facilitate your week, you will then write an Experiential Group Exercise Paper. Your paper should be three to four full pages and should answer the following questions:

- Pre-group planning: How did you prepare for the facilitation?
- What group skills and techniques (listening, linking, etc...) did you use successfully and/or unsuccessfully.
- Describe your leadership style and how it did (or did not) work with the group dynamics.
- Discuss focus, time management, and significance in facilitation.
- Discuss your management of potential conflict or difficult members.
- Reflect on the overall experience—what was harder than you anticipated? What was easier? What did you encounter that you were not expecting?

#### Participation Paper (20 points)

You may select any week where you are a group participant. Write a two to three full page paper answering the following questions:

- How did you contribute to the group's work?
- What made it easy or difficult to participate?

- What group dynamics impacted your participation in the group.
- How did the facilitator's leadership style impact the group?
- What can you take from this experience to be a better facilitator? Or help clients prepare for a group experience?