

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** HMS 141

**Credits:** 3

**Course Title:** Group Dynamics I

**Course Description:** Examines the stages of group development, group dynamics, the role of the leader in a group, and recognition of the various types of group processes. Discusses models of group dynamics that occur as a result of group membership dynamics. Lecture 3 hours per week.

**General Course Purpose:** This course can be used to satisfy the requirements of the Human Services AAS degree by the college. In addition to human service majors, this course offers students in other disciplines an opportunity to explore and learn about the development, process, and dynamics of therapeutic groups.

**Course Prerequisites and Co-requisites:**

None

**Student Learning Outcomes:**

Upon completing the course, the student will be able to

- a. Classify theories of counseling;
- b. Recognize the common techniques and strategies of counseling;
- c. Identify the purpose, roles, and values/ethics related to the clinical interview;
- d. Demonstrate the ability to develop and facilitate groups; and
- e. Recognize the diverse cultures within the dynamics of group counseling.

**Major Topics to Be Included:**

- a. Group Counseling Theories
- b. Development of a Group
- c. Group Dynamics
- d. Ethics and Professional Values in Group Counseling

**Date Created/Updated (Month, Day, Year):** January 30, 2019