

## Group Counseling: Lecture- Mindfulness-based Transpersonal Counseling

Working with groups is both an art and a science; therefore, this lecture course is taught in conjunction with CNSM752E, an experiential course. This course teaches a combination of techniques drawn from Gestalt, existential, psychodynamic, systems, and other approaches to group therapy. Topics discussed include the following: general group theory; varieties of group therapy; issues involved in starting a group; stages of group development; levels of intervention in groups (interpersonal, intrapersonal, and group); transference, countertransference, and authentic relatedness in groups; resistance and defenses in groups; use of dreams in groups; group maintenance; multicultural issues in groups; and closure exercises and experiences. Prerequisite: CNST661E. Co-requisite: CNSM752E.

Course Number: CNSM751E

Unit: 1.0

Program: GRAD Transpersonal Coun