

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

In this course, students practice a combination of techniques drawn from Gestalt, existential, psychodynamics, systems, and other approaches to group therapy. Skills to be practiced and/or discussed follow the themes concurrently taught in CNSM751. Themes include general theory; varieties of group therapy; group start-up issues; stages of group development; levels of intervention in groups; transference, countertransference, and authentic relatedness; resistance and defenses; use of dreams; group maintenance; multicultural issues; closure exercises, and experiences. Prerequisite: CNST661. Co-requisite: CNSM751.

Course Number: CNSM752

Unit: 2.0

Program: GRAD Transpersonal Coun