

Running a Successful Group

COURSE DESCRIPTION WITH REFERENCES

Charlton Hall, MMFT, LMFT/S, RPT-S, CHt

RUNNING A SUCCESSFUL GROUP ONLINE COURSE

This self-guided online course is good for 10 hours of online home study continuing education and is a part of the course requirements for certification in Mindfulness-Based Ecotherapy.

In this online study course, we will look at some of the principles of running a successful group. We'll also examine recent research in the field, including the Stages of Change and the five phases of group process.

DISCLAIMER

Charlton Hall, LMFT/S, RPT-S is a board-approved sponsor of continuing education in South Carolina, permanent sponsor #495. This course is approved for Licensed Marriage and Family Therapists and Licensed Professional Counselors in South Carolina. The course materials are evidence-based with clearly defined objectives; however it is your responsibility to check with your local licensure board for course approval for credit prior to enrolling in this course. No warranty is expressed or implied. A list of citations and references is provided in the course materials for your records.

INSTRUCTOR CREDENTIALS for Charlton Hall, LMFT/S, RPT-S, CHt

B.S. in Experimental Psychology, USC Upstate
Masters in Marriage and Family Therapy, Converse College
Two-Year Post-Graduate Fellowship in Mindfulness, Ecotherapy and the Family System
Licensed Marriage and Family Therapy Supervisor in South Carolina LMFT/S#4606
Licensed Marriage and Family Therapist in NC LMFT # 1628 and SC LMFT # 4525
Registered Play Therapy Supervisor # S1947
Member of the Association for Play Therapy
Member of the South Carolina Association for Play Therapy
Member of the National Board of Professional and Ethical Standards # 2017125
PhD student in Organic Psychology through Akamai University

- Nature-Centered Spirituality: An Overview 5 hours
- Addressing Trauma with Play Therapy 6 hours
- Techniques for Child and Play Therapist Supervisors 8 hours
- Play Therapy: The Art of the Relationship 11 hours
- Sand Tray Expressive Arts Therapy 40 hours
- Earth-Based Clay and Play Therapy 2 hours
- Play Therapy Supervision 8 hours
- Core Competencies of Trauma-Informed Care 5 hours
- Trauma and the Brain 3 hours
- Clinical Supervision 12.75 hours
- Mindfulness and the Family System with Trauma Victims 24 months
- Dialectical Behavior Therapy 45 hours
- QPR Suicide Prevention Training 3 hours
- Certified SMART Recovery Facilitator/Volunteer Advisor
- Motivational Interviewing 12 hours
- Person-Centered Thinking 14 hours
- Child-Family Team training 12 hours
- LGBT-Q issues in Therapy 2 hours
- Cultural Diversity 2.5 hours
- Trauma-Focused Cognitive Behavioral Therapy 10 hours

INSTRUCTOR CONTACT INFORMATION

You may contact the instructor by clicking [here](#) or by mail at

Mindful Ecotherapy Center
PO Box 102
Cleveland SC 29635

Email: chuck@mindfulecotherapy.com

COURSE OBJECTIVES

After completing this course, the student will be able to:

- Discuss the Stages of Change of the Transtheoretical Model of Change
- Describe the stages of group process
- Name some skills a good group facilitator possesses
- Define Group Work
- List some types of groups
- Discuss the planning process for groups
- Define and discuss the process of Group Facilitation
- Be able to successfully facilitate all 12 sessions of the Mindfulness-Based Ecotherapy Program

COURSE FORMAT

This is a self-directed online introductory course in running a successful group. While this course is a part of the requirements to become a certified Mindfulness-Based Ecotherapy Facilitator, it is also a stand-alone course that gives the student a good basic grounding in the principles and practices of group therapy and counseling.

The course materials include a pdf PowerPoint presentation for Part A of the course, a booklet in pdf format for Part B of the course, and several handouts. The handouts also include this list of course objectives and a list of references and citations.

References for Running a Successful Group

- Brandler, S., & Roman, C. (1999). *Group Work: Skills and strategies for effective interventions*. Second edition. New York: The Haworth Press.
- Childers, J.H., & Couch, R.D. (1989). Myths about group counseling: Identifying and challenging misconceptions. *Journal for Specialists in Group Work*, 14, 105-111.
- Corey, M.S. & Corey, G. (1992). *Groups process and practice (3rd ed.)*. Brooks & Coles, Pacific Grove, CA.
- Garvin, C. (1997). *Contemporary Group Work (3rd Edition)*. Englewood Cliffs, NJ: Prentice Hall.
- Gladding, S.T. (1994). *Effective group counseling*. Greensboro, NC: ERIC/CASS.
- Human Rights Resource Center (2000). *The Human Rights Education Handbook: Effective Practices for Learning, Action, and Change*. Part II B. The Practice of Facilitation, University of Minnesota.
- Liebman, M. (2004). *Art therapy for groups: A handbook of themes and exercises (2nd Ed.)*. London: Brunner-Routledge.
- Prochaska, J.O., & Velicer, W.F. (1997). The transtheoretical model of health behavior change. *Am J Health Promot.* 1997 Sep-Oct; 12(1):38-48.
- Riemsma, R. P. et al (2002). A systematic review of the effectiveness of interventions based on a stages-of change approach to promote individual behaviour change. *Health Technology Assessment 2002; Vol. 6: No. 24*
- Toseland, R.W. and Rivas, R.F. (2009). *An introduction to group work practice*. Boston, Pearson/Allyn and Bacon.
- Tuckman, B. W. (1965). Developmental sequence in small groups. *Psychological Bulletin*, 63(6), 384-399. <http://dx.doi.org/10.1037/h0022100>
- Working with Groups: A Group Facilitation Manual (2009)*. National Center for Training Support, & Technical Assistance