

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

This course was developed by Charlton Hall, MMFT, LMFT/S, RPT-S, CHT. Charlton Hall is a board-approved permanent sponsor of continuing education in South Carolina (permanent sponsor #495). If you are a licensed LPC or LMFT in South Carolina, these courses are pre-approved for continuing education credit. If you are a resident of another state or another country, it is your responsibility to check with your local licensure board for pre-approval for continuing education credit in your jurisdiction. No warranty is expressed or implied as to suitability for continuing education credit in jurisdictions outside of South Carolina.

All course materials are evidence-based, with clearly defined learning objectives, references and citations, and post-course evaluations. Upon request a copy of this information will be given to you for your local licensure board. All online courses and live seminars contain course objectives, references and citations as a part of the course materials; however, it is your responsibility to check with your local licensure board for suitability for continuing education credit in jurisdictions outside of South Carolina..

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, Ecotherapy and the Family System with Trauma Victims 24 months
- Dialectical Behavior Therapy 45 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.
- Hall, Charlton (2016). *The Mindfulness-Based Ecotherapy Facilitator Manual*. Elder Grove Publishing, Greenville, South Carolina.
- 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