



NEW PROPOSED POST GRADUATE PROGRAMME IN GROUP THERAPY

Master of Philosophy Degree in Group Therapy

The University of KwaZulu-Natal is proud to introduce a proposed Master of Philosophy Degree in Group therapy. The programme will be based in the School of Audiology, Occupational Therapy and Speech-Language Pathology. The programme has been approved by all university structures and the Department of Education. It is however, not guaranteed to begin in January 2010 as it still needs to get approval from the Higher Education Quality Committee.

WHY A MASTERS IN GROUP THERAPY?



The first and foremost reason being that there is virtually no postgraduate degree training for expert group therapists in the RSA despite members from several mental health care professional groups providing services by means of therapeutic group work.

A national need to train expert group leaders within the different professional, social and health contexts, to provide services in diverse fields such as mental health, HIV, poverty, violence, trauma, child abuse and substance abuse to name a few, has emerged; particularly as the group therapeutic techniques lend itself well to be used with children, adolescents and adults.

Development in group therapy internationally has led to the emergence of a body of knowledge and specialized techniques to address serious and debilitating conditions in varying contexts.

HOW WILL THE DEGREE BE OFFERED?



This is a two year degree comprising of 7 modules:

- ☺ The programme has been designed to meet the needs of the working professional. Therefore it is part time in nature, with contact for each module being in a condensed block designed for intensive input.
- ☺ Two to three modules will be offered each semester
- ☺ The remainder of the time will spent on resource based learning and self study, supported by electronic communication between staff and students
- ☺ Students will learn experientially by being a member of a therapeutic group and will also be required to do limited fieldwork placement during which time group therapy will be conducted by students.
- ☺ Lectures will be conducted by national and international experts in the field of group therapy.



WHAT IS OFFERED IN EACH MODULE?

Year one, Semester one

☺ MODULE 1—THERAPEUTIC GROUP WORK - OCTH G811W1 - 16 CREDITS

This module aims at expanding the theoretical knowledge base as regards group work. It equips the student to critically evaluate models of practice and apply the theory to different contexts and needs. It will equip the student to work in a variety of professional, social, health and environmental contexts. Content covers group process, dynamics, philosophy, principles for practice and ethics.

☺ MODULE 2—MENTAL HEALTH, PSYCHIATRY IN CONTEXT -OCTH G8216W1 - 16 CREDITS

The purpose of this module is equip students with knowledge and understanding of major sociological and health factors affecting the broader population of South Africa. It also aims to develop the capacity for critical thinking and reasoning in terms of mental health issues and needs with regards to the potential for group work intervention. Content covers mental health and illness with in the South African context





☺ **MODULE 3—GROUPWORK PRACTICE -OCTH G9316WY -16 CREDITS—** *Continues in semester two*

The purpose is to provide students with appropriate fieldwork and clinical experience to integrate theory into practice and to develop specialist group work skills. It will entail 100 hours of placement in an appropriate clinical site. A further 40 hour placement in a unit providing services trauma survivors will also be required. A portfolio will need to be compiled and submitted reflecting experiential learning and application of the theory.

Year one , Semester two

MODULE 4-TRAUMA THEORY AND PRACTICE - OCTH G9416W2- 16 CREDITS

This module will equip students with knowledge and insight into Trauma within the South African context, and train students to become effective group leaders in the management of persons suffering from the psychological sequelae of trauma. The module covers specific theoretical approaches to understanding trauma, its causes and effects, including neurological impact, cycle and phases of trauma as well as indications for group therapy.



☺ **MODULE 5—THERAPEUTIC GROUP WORK OCTHG9516—16 CREDITS**

This module will further develop the knowledge and application (through experiential learning) of theoretical constructs of group work with specific references to various techniques and leaders in the field such as Moreno, Blatner and Hollander within different contexts and conditions.

Year two

☺ **MODULE 6 -RESEARCH METHODS AND DESIGN OCTH 816WB - 16 CREDITS**

Theory on research methods, data collection and statistics culminating in the drawing up of a research proposal. This module will be offered online.

☺ **MODULE 7—RESEARCH—MINI DISSERTATION-OCTH 806WY**

The research project carries 50% of the credit point weighting for the programme. Writing up of the research project culminating in a publishable research article.



WHAT WOULD A PRACTITIONER GAIN FROM THIS DEGREE?

- ☺ Cutting edge, specialized knowledge and understanding group therapy specifically as applied to each professional context and area of practice.
- ☺ Skills and expertise in practical techniques of group therapy through experiential learning
- ☺ Gain skills in teaching others in the field
- ☺ Contribute to research in the fieldwork of group therapy in the South African context
- ☺ Contribute to a quality health service through the provision of group therapy in the public and private sectors of the community

WHO CAN APPLY FOR ENTRANCE TO THE DEGREE?

- ☺ A professional with a relevant degree in healthcare, and could include:
 - ⇒ Occupational Therapists
 - ⇒ Psychologists
 - ⇒ Psychiatrists
 - ⇒ Nurses with relevant experience in mental health
 - ⇒ Social workers
 - ⇒ Child care workers
- ☺ A minimum of one year relevant experience in group therapy
- ☺ Access to email and internet due to the structure and nature of the programme





ENQUIRIES

Should you require further details, please contact:

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OR

complete the form below and e-mail to the above
address/es or fax to 031—2607227

NAME: _____

ADDRESS: _____

E-MAIL: _____

CONTACT NUMBERS:

WORK: _____

HOME: _____

CELL : _____

A BRIEF MOTIVATION FOR YOUR INTEREST IN THE GROUPWORK MASTERS PROGRAMME

