

FINAL PROJECT – GROUP PROPOSAL AND RESEARCH PAPER

1. Choose a) an issue or theoretical approach and b) a population that you are interested in researching and/or working with professionally. For example, group counseling for adult women with eating disorders, Gestalt group work for adolescents with mood disorders, or group work with elementary age students who have a parent(s) who has been deployed overseas. Focus on a population and an issue or theoretical approach. See Chapters 9-12 in your text for additional ideas.

Do not choose the populations/issues I have used as examples unless you are interested in them. Do not choose the populations/issues used as examples in Chapters 9-12 of your text unless you vary the program completely from what is described.

2. Write a paper that includes an introductory research component discussing group work with the population and the issue or theoretical approach that you have chosen followed by a proposal for group work.
 - A. Paper requirements
 1. 15 pages including coversheet, reference page, and the appendices
 2. Follow APA guidelines
 3. Do not include an abstract.
 4. Use a minimum of 10 references: professional, peer-reviewed journals, books, book chapters and **no more than one** REPUTABLE website (WebMD, ACA, etc.). If you are not sure about the website, ask me.
Do not use popular magazines, newspapers or internet articles unless those articles are published in an electronic professional journal.
 - B. First component of the paper: supportive research for why you propose the group you are proposing. This part of your paper might include any or all of the following:
 1. Research on the issue – why it is a problem or concern
 2. Characteristics of the population – why/how they might benefit from group work
 3. Research on group work with this population in general and if you have chosen a specific theoretical approach, research on that specific approach with the population
 - C. Second component of the paper: the group proposal using the questions provided. Use the questions to develop a proposal for a group for your population and issue/approach. You may list the questions in your paper and answer each one or you may integrate the questions into a narrative. **Be sure that you address all questions CLEARLY.** When you finish, you will have a group proposal that, if combined with a budget, could be submitted for funding to a variety of sources.
 - D. Third component of the paper: a one page copy of an exercise, activity, or psychoeducational topic for your group. **Place this in an appendix.**
 - E. Fourth component of the paper: any of the following methods for evaluating your group. **Place this in an appendix.**
 1. Pre- and post-test evaluation. Use a pre-test to determine what your group knows about a certain topic (e.g. assertiveness) or how your group feels about the topic (e.g. Beck Depression Inventory), provide the group experience and then administer the instrument again to measure changes in the participants.
 2. Single session evaluation form. Most often a Likert scale, the type of evaluation is similar to a course evaluation or an evaluation you may have completed after attending a workshop session.
 3. Evaluation of group experience. A Likert scale may be used here also to rate the participants' experience and opinion of the group process.