



# Course program and reading list

Semester 1 Year 2024

**School:** Baruch Ivcher School of Psychology

Theoretical and Applied Methods for Small Group and Team Interv

**Lecturer:**

Dr. Yael Ben-David [yael.bendavid@runi.ac.il](mailto:yael.bendavid@runi.ac.il)

**Teaching Assistant:**

Ms. Libby Grinfeld [libby.grinfeld@post.runi.ac.il](mailto:libby.grinfeld@post.runi.ac.il)

---

<b>Course No.:</b>	<b>Course Type :</b>	<b>Weekly Hours :</b>	<b>Credit:</b>
8180	Elective	2	2

<b>Course Requirements :</b>	<b>Group Code :</b>	<b>Language:</b>
Final Paper	241818001	English

**Prerequisites**

**Prerequisite:**

8000 - Introduction To Psychology

---

 Course Description

In our daily lives, we are always part of a group – as members of our family, as team members at work and as classmates at school. Being part of a group can be a fulfilling experience and at the same time – a challenging one.

The goal of the course is to provide the participants with theoretical understanding of small group dynamics, and of the practical implications group facilitation has in both therapy and organizational development.

Moreover, the course will provide its participants with practical tools to plan and facilitate an effective group process.

The course will combine both theoretical lectures, and experiential learning.

---



## Course Goals

### **In this course, students will gain:**

- Knowledge and understanding of topics such as stages of group development, roles in the group, leadership in groups, the role of group facilitator, and intervention techniques in groups, conscious and unconscious processes in groups.
  - Practical tools to how to plan an effective group process.
- 



## Grading

### **Course grade components:**

1. **Mid semester assignment** – 35% of the grade.
2. **Final assignment** – 65% of the grade.

### **Course requirements:**

#### **Active participation:**

Our learning will be experiential and theoretical and we will depend on each other to create positive experiences and meaningful learning. The more you invest in the reading, preparation for classes, “thinking out loud” raising questions and providing other participants with feedback, the more you will gain from this course and contribute to others. Accordingly, the active presence of each participant is critical to the success of the course. If you cannot attend to one of the meetings, I will ask you to inform me and the group in advance.

#### **Attendance to the course:**

In accordance with the requirements of Reichman University, attendance at all classes is mandatory. According to the program's regulations, absence from more than two classes disqualifies you from completing the course. In special cases, you must contact the student coordinator of the program, who will pass the decision to the Dean of Students.

Each class, students are required to submit a 'presence note' with their thoughts and questions following class. This will also serve as attendance check. The presence note will be done virtually via a shared document that will open only by the end of each class.

### **Academic Reading:**

For most of the sessions, you are asked to complete a reading assignment, according to the list below. The reading items form the basis of the theoretical discussion that will take place in the classroom as well as the final work. Reading for lessons is critical so that we can engage in a common discussion of the concepts rather than their imparting.

### **Mid Semester assignment**

In the assignment, you will need to analyze a group in which you are taking part according to the material learned in class. The instructions to the mid semester paper will appear on moodle and will be presented in the 3rd class.

**The mid paper must be submitted by December 21, 2023.**

### **Final assignment**

In the final assignment, you need to offer a theoretical reading of a group in which you took part. The instructions to the final paper will be presented to students towards the end of the semester.

**The final paper must be submitted by February 13, 2024.**



### Lecturer Office Hours

Monday, 18:00–19:00, by appointment.

Email: [yael.bendavid@runi.ac.il](mailto:yael.bendavid@runi.ac.il)



### Teaching Assistant

Ms Libby Grinfeld



### Reading List

### **Readings and course plan:**

<b>Class</b>	<b>Class topic</b>	<b>Mandatory reading</b>	<b>Suggested reading</b>
1	Introduction to	Whitaker, D. S.	Freud,S;Starchy,J.(trans).(1922).

	small groups : how groups can help people?	(2003). <i>Using groups to help people</i> . Routledge. Chapter 4, Pp: 31-42.	Group psychology and the analysis of the ego. New York, NY, US: Boni and Liveright. Chapter 3:Other accounts of collective mental life, pp 23-32.
	Groups and their merit in the context of shared trauma		Yalom, I., Leszcz, M.(2005). The theory and practice of group psychotherapy.New York, Basic Books, 5th ed. Chapter 1.
2	Basic processes in groups	Smith, K.K., Berg, D.N., (1987). A paradoxical theory of group dynamics. Human Relations, 40, 10 pp. 633-644 (- 648).	Foulkes, S. H. (1984). <i>Therapeutic group analysis</i> . Karnac Books.
3	Developmental stages in groups	Mackenzie, R.K. & Livesly,W.J.(1983).A developmental model for brief group therapy. In: Dies, R.R., & Mackenzie, R.K. (eds). <i>Advances in group psychotherapy monograph 1</i> , pp 101-116.	Bennis, W.G., Shepard, H.A., (1956). A theory of group development. Human Relations,9, pp.415- 437.
4	Group social roles	Mackenzie, R.K. & Livesly,W.J.(1983).Social roles in psychotherapy groups. In: Dies, R.R., & Mackenzie, R.K. (eds). <i>Advances in group psychotherapy monograph 1</i> , pp 117-135.	
5	Projective Identification and roles in groups	Wells, L. (1980). The group as a whole: A systematic socio-analytical perspective on interpersonal and	

		group relations. in Alderfer C. P.& Cooper, C.L. (eds), <i>Advances in Experiential Social processes</i> , Vol. 2, New York, Wiley.	
6	Social unconscious and the impact of trauma on working groups	Weinberg, H. (2007). So what is this social unconscious anyway?. <i>Group Analysis</i> , 40(3), 307-322.	Hoper, E.(2001). The social unconscious: Theoretical considerations. <i>Group Analysis</i> , 34(1), 9-27.
7	Planning a facilitation unit – process and content.	Yalom, I. D., and Leszcz. M., (2006). The therapist working in the here and now, Chapter 6,," in <i>Theory and Practice of Group Psychotherapy</i> , New York: Basic Books, pp. 141-199.	
8	Role of the facilitator +Intervention techniques	Whitaker, D. S. (2003). <i>Using groups to help people</i> . Routledge. Pp: 233-253.	
		McCormick, D. W. and White, J., (2000). Using oneself as instrument. <i>Organization Development Journal</i> , 18 (3) pp. 49.	
9	Group		

- unconscious  
and the work of  
Bion
- Rioch, M.J. (1970). The work of Wilfred Bion on groups. *Psychiatry*, Vol. 33, 22/70, pp.55-66.
- 10 Resistance in groups
- Nitsun, M. (1991). The anti-group: destructive forces in the group and their therapeutic potential. *Group Analysis*, 24, 7-20.
- 11 Virtual groups
- Ben-David, Y., Ickeson, T., & Kaye-Tzadok, A. (2021). Lost in the matrix: Dialectical tensions in facilitating virtual video groups during COVID-19 pandemic. *Internet Interventions*, 26, 100445.
- 12 Group facilitation and Shared trauma
- Tosone, C., Lee, M., Bialkin, L., Martinez, A., Campbell, M., Martinez, M. M., ... & Stefan, A. (2003). Shared trauma: Group reflections on the September 11th disaster. *Psychoanalytic Social Work*, 10(1), 57-77.