

Contents

DEDICATION	v
PREFACE.....	vii
FOREWORD	ix
ACKNOWLEDGMENTS.....	xi
INTRODUCTION	xiii
CHAPTER 1. THE WHAT AND WHY OF GROUP CAREER COUNSELING.....	1
DEFINITIONS OF GROUP TERMS.....	1
THE USE OF EXERCISES IN GROUP CAREER COUNSELING	2
RATIONALE FOR GROUP CAREER COUNSELING	2
SUMMARY	3
CHAPTER 2. THE DYNAMICS OF GROUP CAREER COUNSELING	5
STAGES ONE: ENCOUNTER.....	5
STAGE TWO: EXPLORATION	6
STAGE THREE: WORKING	7
STAGE FOUR: ACTION.....	8
SUMMARY	9
CHAPTER 3. A GROUP CAREER COUNSELING MODEL	11
PROGRAM GOALS	11
PROGRAM OUTLINE AND OVERVIEW	11
SESSION ONE	12
SESSION TWO.....	14
SESSION THREE	16
SUMMARY	18
CHAPTER 4. SETTINGS AND STRATEGIES FOR USING GROUP CAREER COUNSELING	19
EDUCATIONAL SETTINGS	19
COMMUNITY SETTINGS.....	20
STRATEGIES FOR IMPLEMENTATION	21
DESIGNING CONTENT	23
SUMMARY	24
CHAPTER 5. THE USE OF GROUPS IN CAREER DEVELOPMENT	25
EARLY YEARS – 1960s TO 1984	25
RECENT YEARS – 1984 TO PRESENT	26
RESEARCH FINDINGS.....	27
SUMMARY	29
CHAPTER 6. THEORETICAL FOUNDATIONS	31
A SCHEMA OF GROUPS AND LEADERSHIP.....	31
CURATIVE FACTORS OF GROUP CAREER COUNSELING	31
RELATING GROUP CAREER COUNSELING TO COUNSELING THEORIES	33
SUMMARY	36
EPILOGUE: FUTURE CONSIDERATIONS	37
REFERENCES	39
TABLE 1.1 GROUP COUNSELING AND GROUP CAREER COUNSELING.....	2
FIGURE 5.1 GROUP CAREER COUNSELING CONTINUUM	26
APPENDIX A	43