

AN INVESTIGATION OF MEMBERS' PERCEPTIONS OF YALOM'S
THERAPEUTIC FACTORS IN SINGLE-SESSION GROUP COUNSELING FOR
FIRST YEAR STUDENTS (527 pp.)

Co-Directors of Dissertation: Betsy J. Page
Jason M. McGlothlin

Lack of research makes it difficult to determine those aspects of single-session group counseling interventions that are helpful for first year college students, particularly in relation to Yalom's therapeutic factors. Several therapeutic factors have been suggested as helpful aspects of group counseling experiences for undergraduate college students and adolescents in inpatient counseling groups. Previous research on single-session groups has also suggested that these groups may provide some benefit to participants. However, no studies have explored first year college students' perceptions of helpful therapeutic processes about single-session groups.

The purpose of this study was to explore helpful aspects of a single-session counseling group experience for first year college students relative to Yalom's therapeutic factors. First year college students used statements from

Yalom's therapeutic factor Q sort to identify those processes that were helpful to them in their single-session group experience. Q methodology was used to examine the subjective experiences of single-session group members.

Participants identified four processes that were perceived as helpful. The names of the factors include: I'm Not the Only One, Personal Responsibility, Belonging and Acceptance by the Group, and Group Influence. The factors emerged from the 69 group members who sorted Yalom's 60 item therapeutic factor Q sort.

Findings suggest specific viewpoints of single-session group members that group leaders need to consider when leading similar groups so that the leaders may intervene in helpful ways. The results of this study also support previous data that the single-session groups were helpful to members.