

Therapy Group Description

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General Overview of Therapeutic Groups

Purpose: To create a means for people receiving services to communicate thoughts and feelings and for the people who support them to develop a mutual sense of experience.

Goal: To assist individuals receiving services to know they are not alone in their experiences and feelings. To teach people to express themselves and understand themselves and others. To provide education.

Principles:

1. Include people with intellectual/developmental disabilities and people without identified disabilities (staff/coworkers) in the group. The purpose is to inform everyone and to be able to carry out ideas generated in the group at home.
2. All group members must be agreeable to attending. Although some people do not know if they want to attend until they try coming to group once or twice.
3. Include people who are very verbal and people who are not. People take from the group what they want, what they need, and what they understand. Verbal or not verbal does not impinge on comprehension.
4. Create discussion about issues that are common to all people.
5. Group must establish "group agreements" for how the members will work together.
6. As a result of attending group the staff/coworkers can learn to create conversations outside the group and group members can learn to take responsibility for facilitating the group.
7. Topics are focused but may include other issues such as losses and grief, trauma, anger and management of other emotions, health issues, relationships, anything else group members want to talk about.
8. The group may use various means to address issues such as talking, drawing, using story cards, games, etc.

Time Frame:

- ❖ Group meets: weekly
- ❖ Number of sessions: 8 - 12
- ❖ Time: 1 hour
- ❖ Number of attendees: 10 – 12

Group Basics

- ☉ Logistics of the group – Meeting frequency, length of group sessions, and number of sessions depend on the members.
- ☉ Group integration – Including people with and without disabilities have many benefits.
- ☉ Inviting members – All members need to be invited and come to group voluntarily.
- ☉ Confidentiality – Applies to all group members.
- ☉ Handling difficult topics – The therapist/facilitator must be ready for difficult topics. Once the group begins to work well together, sensitive subjects arise when least expected.
- ☉ Creative communication – when the group is integrated with people who do and do not speak, a variety of communication modes.
- ☉ Use of silence – Once the group is working well together, learning to listen requires some use of silence.
- ☉ Therapeutic conversation – It can be useful to bring up general topics that arise outside of the group (e.g. news stories, movies, etc.).
- ☉ Therapeutic stories – Story cards help to address a variety of topics in a safe way.
- ☉ The “one minute” – Used at the beginning of the group. Each member has a chance to talk about what ever they want. This helps to generate topics for the group. Silent members receive a minute of silence.
- ☉ Create interactions – The facilitator is cognizant of opportunities for members to talk to each other.
- ☉ Answer a group question – In this process each person has a chance to answer a question posed to the group.

Friendship Group

Week #1

- ☹ Introduction and Group expectations
- ☹ General overview of what the group will focus on
- ☹ Getting to know each other

Week # 2

- ☹ Characteristics of Friendship

Week #3

- ☹ Characteristics of Friendship

Week #4

- ☹ Making friends
- ☹ Work with a group member's experience

Week #5

- ☹ Feelings that go with friendship
- ☹ Work with a group member's experience

Week #6

- ☹ Trust and friendship
- ☹ Work with one or two group member's experiences

Week #7

- ☹ Envy and Jealousy
- ☹ Work with one or two group member's experiences

Week #8

- ☹ Teasing and friendship
- ☹ Work with one or two group member's experiences

Week #9

- ☹ Managing teasing
- ☹ Work with one or two group member's experiences

Week #10

- ☹ Solving problems with friends
- ☹ Work with group member's experiences

Week #11

- ☹ Work with group member's experiences

Week #12

- ☹ Accomplishments
- ☹ Wrap up

Problem Solving Group

Week #1

- ☉ Introduction
- ☉ Group expectations
- ☉ General overview of what the group will focus on
- ☉ Getting to know each other

Week #2

- ☉ Getting along with each other

Week #3

- ☉ Examples of problems
- ☉ Who is responsible for my feelings?
- ☉ Work with a group member's experience

Week #4

- ☉ Examples of solutions
- ☉ Work with a group member's experience

Week #5

- ☉ How conflict helps
- ☉ Work with one or two group member's experiences

Week #6

- ☉ Destructive conflict
- ☉ Work with one or two group member's experiences

Week #7

- ☉ Working together to solve conflict
- ☉ Work with one or two group member's experiences

Week #9

- ☉ Respectful arguing
- ☉ Work with one or two group member's experiences

Week #10

- ☉ Work with group member's experiences

Week #11

- ☉ Work with group member's experiences

Week #12

- ☉ Accomplishments
- ☉ Wrap up

Grief and Loss Group

Week #1

- ☉ Introduction
- ☉ Group expectations
- ☉ General overview of what the group will focus on
- ☉ Getting to know each other

Week # 2

- ☉ Review emotions in general
- ☉ How emotions are expressed

Week #3

- ☉ Identify types of losses in general
- ☉ Identify types of losses for group members
- ☉ Work with a group member's experience

Week #4

- ☉ Discuss issues of grief
- ☉ Feelings that go with grief
- ☉ Work with a group member's experience

Week #5

- ☉ Focus on problem of building up emotions and what to do
- ☉ Work with one or two group member's experiences

Week #6

- ☉ Various ideas of managing grief (which will be integrated in every group but pulled together here)
- ☉ Work with one or two group member's experiences

Week #7

- ☉ Continued ideas for managing grief
- ☉ Work with one or two group member's experiences

Week #8

- ☉ Accomplishments
- ☉ Wrap up

Handling Emotions and Actions Group

Week #1

- 🕒 Introduction
- 🕒 Group expectations
- 🕒 General overview of what the group will focus on
- 🕒 Getting to know each other

Week #2

- 🕒 Review emotions in general
- 🕒 Causes for conflict

Week #3

- 🕒 How emotions are expressed
- 🕒 Who is responsible for my feelings?
- 🕒 Work with a group member's experience

Week #4

- 🕒 Conflict is beneficial
- 🕒 Work with a group member's experience

Week #5

- 🕒 Destructive conflict prevention
- 🕒 Work with one or two group member's experiences

Week #6

- 🕒 Working together to solve conflict (this will be integrated into each session)
- 🕒 Work with one or two group member's experiences

Week #7

- 🕒 Working together to solve conflict
- 🕒 Work with one or two group member's experiences

Week #8

- 🕒 Accomplishments
- 🕒 Wrap up

Communication and Personal Boundaries Group

Week #1

- 🕒 Introduction
- 🕒 Group expectations
- 🕒 General overview of what the group will focus on
- 🕒 Getting to know each other

Week #2

- 🕒 Review emotions in general
- 🕒 Causes for internal conflict

Week #3

- 🕒 How emotions are expressed
- 🕒 Who is responsible for my feelings?
- 🕒 Work with a group member's experience

Week #4

- 🕒 Personal boundaries and space – what does it have to do with communication?
- 🕒 Work with a group member's experience

Week #5

- 🕒 Assertiveness – what does it mean?
- 🕒 Work with one or two group member's experiences

Week #6

- 🕒 Working together to say what we think and feel
- 🕒 Work with one or two group member's experiences

Week #7

- 🕒 Working together to say what we think and feel
- 🕒 Work with one or two group member's experiences

Week #8

- 🕒 Accomplishments
- 🕒 Wrap up