

Group Note Template

Basic Information			
Session Date	Session Start/Stop Time	No. of Clients in Session	Therapist Name
1/12/2022	12:30 - 2:30	3	Dr Lucy Smith
Group Summary			
Group Summary There were 3 clients today within the group therapy session, and are patients of my practice. All are facing similar substance abuse issues with alcohol, and are practicing sobriety.			
Discussion Topic Today's discussion topic is dealing with sobriety, as part of substance abuse therapy. Clients are encouraged to talk about their experiences so far, and how no alcohol is affecting their day to day.			
Intervention			
The session began with introductions, and then with sharing experiences, if comfortable. The clients were then lead through multiple thought exercises considering how life trajectories, relationships, impulses, self-esteem, and work has/has not been affected by their alcohol decisions. This lead to interesting insight, more personal anecdotes and group support, as well as some questions. The final part of the session involved goal-setting, where clients were encouraged to set goals to achieve within the next month. Small steps are recommended, and each client is expected to report back within the next session.			
Plan			
All three clients were happy to meet next time, now having established support. Clients also agreed to make progress on their individual goals set, and will report back in the next session. Each client will also continue to see me privately throughout the month.			
Therapist Signature		Next Session Date	
		15/02/2023	

Sample Group Counseling Notes

SA Adler



Sample Group Counseling Notes:

This book delves into Sample Group Counseling Notes. Sample Group Counseling Notes is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Sample Group Counseling Notes, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Sample Group Counseling Notes
 - Chapter 2: Essential Elements of Sample Group Counseling Notes
 - Chapter 3: Sample Group Counseling Notes in Everyday Life
 - Chapter 4: Sample Group Counseling Notes in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Sample Group Counseling Notes. This chapter will explore what Sample Group Counseling Notes is, why Sample Group Counseling Notes is vital, and how to effectively learn about Sample Group Counseling Notes.
 3. In chapter 2, this book will delve into the foundational concepts of Sample Group Counseling Notes. This chapter will elucidate the essential principles that must be understood to grasp Sample Group Counseling Notes in its entirety.
 4. In chapter 3, the author will examine the practical applications of Sample Group Counseling Notes in daily life. This chapter will showcase real-world examples of how Sample Group Counseling Notes can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Sample Group Counseling Notes in specific contexts. The fourth chapter will explore how Sample Group Counseling Notes is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Sample Group Counseling Notes. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Sample Group Counseling Notes.

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