


# 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			
<p><b>Group Summary</b></p> <p>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.</p>			
<p><b>Discussion Topic</b></p> <p>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.</p>			
Intervention			
<p>The session began with introductions, and then with sharing experiences, if comfortable.</p> <p>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.</p> <p>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.</p>			
Plan			
<p>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.</p>			
Therapist Signature		Next Session Date	
		15/02/2023	

# Sample Group Therapy Notes

**WJ Hussar**



## **Sample Group Therapy Notes:**

**The Clinical Documentation Sourcebook** Donald E. Wiger, 2009-12-31 All the forms handouts and records mental health professionals need to meet documentation requirements fully revised and updated The paperwork required when providing mental health services continues to mount Keeping records for managed care reimbursement accreditation agencies protection in the event of lawsuits and to help streamline patient care in solo and group practices inpatient facilities and hospitals has become increasingly important Now fully updated and revised the Fourth Edition of The Clinical Documentation Sourcebook provides you with a full range of forms checklists and clinical records essential for effectively and efficiently managing and protecting your practice The Fourth Edition offers Seventy two ready to copy forms appropriate for use with a broad range of clients including children couples and families Updated coverage for HIPAA compliance reflecting the latest The Joint Commission TJC and CARF regulations A new chapter covering the most current format on screening information for referral sources Increased coverage of clinical outcomes to support the latest advancements in evidence based treatment A CD ROM with all the ready to copy forms in Microsoft Word format allowing for customization to suit a variety of practices From intake to diagnosis and treatment through discharge and outcome assessment The Clinical Documentation Sourcebook Fourth Edition offers sample forms for every stage of the treatment process Greatly expanded from the Third Edition the book now includes twenty six fully completed forms illustrating the proper way to fill them out Note CD ROM DVD and other supplementary materials are not included as part of eBook file

**Handbook of Group Counseling and Psychotherapy** Janice L. DeLucia-Waack, 2004 The Handbook of Group Counseling and Psychotherapy is a comprehensive reference guide for group practitioners and researchers alike Each chapter reviews the literature and current research as well as suggestions for practice in the psycho educational arena counselling and therapy groups The Handbook encourages the notion that the field is improved through increased collaboration between researchers and practitioners Through a review of cutting edge research and practice the Handbook includes 48 articles by renowned experts in group work the history and theory of group work topics across the lifespan an entire section on multicultural issues a variety of clinical problems and settings appendices include the Association for Specialists in Group Work Training Standards Best Practice Standards and Principles for Diversity Competent Group Workers The Handbook is divided into seven sections Current and Historical Perspectives on the Field of Group Counselling and Psychotherapy reviews and analyzes the many contributions and contributors that have made group counselling and psychotherapy a vital and potent treatment method The chapter outlines review articles spanning four decades and outlines the evolution of group themes over the last 100 years Best Practices in Group Counselling and Psychotherapy uses research theory and group counseling experience to provide group leaders and researches with the most current and best practices in conducting group counseling and psychotherapy Multicultural Groups follows the ASGW Principles for Diversity Competent Group Workers and is intended to provide group

leaders with essential information about different cultural groups and their world views perceptions of groups naturalistic healing methods suggested group interventions and implications for groups Chapters cover Native Americans Latinos Asians and African Americans disabled persons and gender and sexuality Groups Across Settings includes examples of psycho educational counseling and psychotherapy groups in a variety of settings This section presents readers with theoretical and empirical support for group work in such settings as the Veterans Administration system university counselling centers and more Groups Across the Lifespan consist of chapters across many age groups For children and adolescents cognitive and developmental issues are addressed For adults socialization and interpersonal issues are addressed including separate chapters for male and female groups Finally a chapter on the elderly deals with cognitive health and life review issues Special Topics Groups presents a continuum of different types of groups used to treat people with interpersonal and developmental issues such as grief substance abuse depression and others Each chapter in this section provides definitions and descriptions of the issues along with theoretical and empirical support Finally Critical Issues and Emerging Topics attempts to reflect the zeitgeist and provide a glimpse into group interventions for the future Emerging issues such as online groups prevention groups and peer led mutual help groups receive careful attention and analysis The Handbook of Group Counseling and Psychotherapy the first reference devoted to this emerging and rapidly growing field is essential for academics researchers professionals and librarians serving the group therapy community There is no similar reference available and it will prove a landmark volume for years to come

**A Multiple Family Group Therapy Program for at Risk Adolescents and Their Families** Susan T. Dennison, 2005 Over 50 bibliotherapy references are also provided along with material related to building resilient families and youth In addition readers are given a sample of a multiple family group contract documentation notes and a session by session planning sheet Professionals will be amazed at how much time this text will save them The book will quickly become a daily resource manual which will assist in more easily planning and facilitating these treatment groups Jacket

Counselling Skills in Applied Sport Psychology Paul McCarthy, Zoe Moffat, 2023-11-24 Counselling Skills in Applied Sport Psychology is a new text that provides a how to in basic counselling skills for sport psychology students and practitioners The book supports scholarship in applied sport psychology at the upper undergraduate and postgraduate levels especially for those training to become sport psychology practitioners Presented in ten chapters and an extensive appendix of forms and letters to cater to the ranging needs of students the book addresses basic counselling skills their place in applied sport psychology and personal development The core of the book lies in exploring counselling models and how to counsel client athletes through beginnings middles and endings It delves more deeply into personal and professional development especially understanding therapeutic modalities supervision and self care Providing a unique focus of basic counselling skills in applied sport psychology concentrating on the professional relationship between the sport psychology practitioner and client athlete in applied sport psychology practice Counselling Skills in

Applied Sport Psychology is essential reading and practice for upper undergraduates and postgraduates in applied sport psychology and sport and exercise psychology Group Therapy Workbook: Integrating Cognitive Behavioral Therapy with Psychodramatic Theory and Practice Thomas W. Treadwell, Debbie Dartnell, Letitia E. Travaglini, Maegan Staats, Kelly Devinney, 2016-04-10 An Introduction to Cognitive Psychodrama Group Therapy and Its Application to Handling Distressing Events Cognitive Psychodrama Group Therapy CPGT is a group therapy model that integrates the techniques and theories of Cognitive Behavior Therapy and Psychodrama CPGT enacts positive change in clients through the use of Automatic Thought Records and Psychodramatic techniques Psychodramas unfold as the group members begin to understand their core beliefs and cognitive distortions in a way that enhances the power of the action and healing that takes place within the psychodrama

Eating Disorder Group Therapy Carolyn Karoll, Adina Silverman, 2024-04-25 This is the only book that teaches clinicians how to run an effective evidence informed and multi disciplinary eating disorder group incorporating psychoeducation process group dynamics and experiential elements Whereas group therapy for eating disorders is widely used across many levels of care the outpatient setting is uniquely poised to deliver effective multi disciplinary group therapy The first part of this book offers practical guidance for conceiving organizing and initiating outpatient groups equipping clinicians with the necessary tools to foster supportive and transformative environments The second includes seven chapters that delve into the core themes of eating disorder recovery featuring 60 activities and discussions empowering participants towards growth and resilience This book teaches clinicians how to collaboratively lead groups to optimize cohesion and harness the collective strength of the group to facilitate change It provides thorough rationale and psychoeducation for each group exercise and is complete with sample forms worksheets and handouts Suitable for clinicians and students alike in the eating disorder field this guide on how to successfully begin and run your own group is a necessary resource The Addiction Progress Notes Planner David J. Berghuis, 2005-08-11 The Addiction Progress Notes Planner contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Addiction Treatment Planner Third Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 41 main presenting problems that range from opioid dependence to new chapters in this edition covering such co occurring disorders as chronic pain dangerousness lethality and self care deficits Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR diagnostic categories in The Addiction Treatment Planner Third Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including the JCAHO and the NCQA The Schema Therapy Clinician's Guide Joan M. Farrell, Neale Reiss, Ida A. Shaw, 2014-04-15 The Schema Therapy Clinician's Guide is a complete clinical resource for psychotherapists implementing schema therapy group schema

therapy or a combination of both in a structured cost effective way The authors provide ready made individual and group sessions with patient hand outs A unique resource providing ready made individual and group schema therapy sessions linked across schema modes allowing clinicians to pick and choose what they need or adopt a full integrated individual and group program which can be delivered over a range of treatment lengths from a six week intensive program to a one year outpatient treatment Approaches treatment by targeting maladaptive Schema Modes rather than specific disorders thus increasing clinical flexibility and ensuring shelf life through changes in diagnostic classification Provides step by step instructions and tips for therapists along with a wealth of unique clinical resources including sample scripts handouts session exercises assignment forms and patient materials Meets the current need for effective clinical treatments that can provide tangible effects on time and on budget

**A Workbook of Group-Analytic Interventions** David Winter,J Roberts,David Kennard,2000-07-04 This book is designed to complement the academic and experiential training of therapists Written by experienced practitioners it gives trainees a practical insight into the ways in which group analysts may tackle difficult situations allowing them to understand more fully the nature of intervention right from the beginning of their training

Group Psychotherapy and Managed Mental Health Care Henry I. Spitz,1996 First Published in 1996 Routledge is an imprint of Taylor Francis an informa company **Group Leadership Skills** Mei-whei Chen,Christopher Rybak,SAGE Publications, Inc.,2017-10-26 Group Leadership Skills provides a road map and a practical toolkit for users to lead all types of groups effectively Drawing on extensive teaching and clinical experience authors Mei whei Chen and Christopher Rybak give readers numerous skills techniques insights and case illustrations demonstrating how to tap into the heart of group therapy the interpersonal processes The text covers group processes from beginning to end including setting up a group running the first session facilitating the opening and closing of each session working with tension and conflict and using advanced skills and intervention techniques to facilitate member change The Second Edition expands on group leadership skills to include methods of running mandate groups semi structured groups basic level unstructured groups and advanced level here and now focused groups as well as using psychodrama techniques to heal unresolved grief and loss **Group Dynamics in**

**Occupational Therapy** Marilyn B. Cole,2024-06-01 In occupational therapy practice well designed groups represent social and cultural contexts for occupational performance in everyday life Group Dynamics in Occupational Therapy The Theoretical Basis and Practice Application of Group Intervention the best selling text for over 25 years by Marilyn B Cole has been updated to a Fifth Edition offering strategies and learning tools to place clients in effective groups for enhanced therapeutic interventions Updated to meet the AOTA s Occupational Therapy Practice Framework Third Edition this Fifth Edition provides guidelines for occupational therapy group design and leadership and guides application of theory based groups The theory section clarifies how occupation based models and frames of reference change the way occupational therapy groups are organized and how theory impacts the selection of group activities goals and outcomes Recent examples and evidence

are added in this Fifth Edition to reflect the design and use of groups for evaluation and intervention within the newly evolving paradigm of occupational therapy The third section focuses on the design of group protocols and outlines a series of group experiences for students These are intended to provide both personal and professional growth as well as a format for practice in group leadership self reflection cultural competence and community service learning A new chapter focusing on the recovery model and trauma informed care suggests ways for occupational therapists to design group interventions within these broadly defined approaches Cole's 7 step format for occupational therapy group leadership provides a concrete user friendly learning experience for students to design and lead theory based groups The settings for which students can design group interventions has been updated to include current and emerging practice settings Included with the text are online supplemental materials for faculty use in the classroom With a client centered theoretical approach *Group Dynamics in Occupational Therapy The Theoretical Basis and Practice Application of Group Intervention Fifth Edition* continues a 25 year tradition of education for occupational therapy and occupational therapy assistant students and clinicians

**Services Research Branch Notes** National Institute on Drug Abuse. Services Research Branch,1979 *The Paper Office for the Digital Age, Fifth Edition* Edward L. Zuckerman,Keely Kolmes,2016-11-21 Significantly revised and updated to include online and computerized aspects of private practice this essential manual has given many tens of thousands of clinicians the complete record keeping and risk reduction tools that every psychotherapy practice needs The book provides effective methods for obtaining informed consent planning treatment and documenting progress managing HIPAA compliance maintaining clinical and financial records communicating with clients and third party payers and reducing malpractice risk Drawing from the professional literature it features key guidance and easy to digest pointers about the ethical legal and business aspects of practice With a large size format and lay flat binding for easy photocopying of the 53 reproducible forms and handouts the book includes a CD ROM that lets purchasers customize and print the reproducible materials New to This Edition Updated throughout to reflect today's greater use of electronic digital technologies in practice management Chapter on insurance and billing coping with managed care and Medicare Chapter on private practice marketing including Internet and social media dos and don'ts Expanded topics HIPAA compliance ICD 10 responding to subpoenas and using online technologies for billing communication and record keeping Information about hundreds of websites dealing with all aspects of operating a practice See also *Clinician's Thesaurus 7th Edition* and *Clinician's Electronic Thesaurus Version 7.0* by Edward L Zuckerman indispensable resources for conducting interviews and writing psychological reports

[Resources in Education](#) ,1992-10 *Celebrating 100 years of the Tavistock and Portman* Paul Cundy,Jessica Yakeley,2022-12-26 2020 marked the one hundredth anniversary of the first patient being seen at the world renowned Tavistock Clinic Over the following year the Tavistock Portman NHS Foundation Trust marked this centenary with a series of events celebrating its history and exploring issues of identity relationships and society This book is a collection of essays from these celebrations

which describe the historical and contemporary work of various departments and services and consider how to draw on this heritage to provide valuable responses to current and future challenges The twelve chapters describe the organisation s thinking educational and clinical work with children young people and their parents adults organisations and wider society documenting the influence of clinicians such as Balint Bick Bowlby Garland Glover Malan and Pailthorpe The authors outline the development of services for people who have experienced trauma neurodiversity complex and enduring mental health problems and paraphilias or forensic behaviours They address issues such as gender identity the impact of couple relationship difficulties on parenting systemic racism within the psychotherapeutic professions and the societal health inequalities revealed by COVID 19 The book concludes with a chapter exploring leadership and followership in organisations and how this can be applied to work in the NHS This book was originally published as two special issues of Psychoanalytic Psychotherapy

Group Therapy for Substance Use Disorders Linda Carter Sobell,Mark B. Sobell,2011-01-01 This authoritative book presents a groundbreaking evidence based approach to conducting therapy groups for persons with substance use disorders The approach integrates cognitive behavioral motivational interviewing and relapse prevention techniques while capitalizing on the power of group processes Clinicians are provided with a detailed intervention framework and clear cut strategies for helping clients to set and meet their own treatment goals More than two dozen ready to use reproducible assessment tools handouts homework exercises and session outlines are supplied in a convenient large size format This book will be invaluable to clinical psychologists social workers substance abuse counselors and other clinicians who treat clients with addiction and substance use problems It may also serve as a supplemental text in graduate level courses

Psychotherapy Relationships That Work John C. Norcross,Bruce E. Wampold,2019 Volume 1 Evidence based therapist contributions Volume 2 Evidence based therapist responsiveness

**Filling a Need While Making Some Noise** Kathy Irvine Lorenzato,2005 Provides insight and creates awareness and empathy for patients families and caregivers who live and work with children as a music therapist

**Mindful Crafts as Therapy** Cynthia Evetts,Suzanne Peloquin,2017-04-28 Arts and crafts were one of the very first therapies employed by occupational therapists Today crafts are still employed as effective interventions for clients with mental health disorders physical dysfunctions cognitive issues and sensory concerns in hospitals outpatient clinics veterans centers schools skilled nursing facilities or community settings Step by step the authors show you how to use a wide range of novel and highly engaging crafts They explain how to connect the key tasks associated with an activity to functional outcomes and how to modify them to meet the specific needs of individual patients They also address the issues of documentation and reimbursement



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