# **Group Note Template**

	Basic II	nformation	
Session Date	Session Start/Stop Time	No. of Clients in Session	Therapist Name
/12/2022	12:30 - 2:30	3	Dr Lucy Smith

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

Jy

Next Session Date

15/02/2023

# **Sample Group Counseling Notes**

**Greg Brigman, Barbara Earley** 

**Sample Group Counseling Notes:** 

#### Reviewing Sample Group Counseling Notes: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "Sample Group Counseling Notes," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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