

## Group Therapy Session Outline Template

|                                                                                                    |                  |  |
|----------------------------------------------------------------------------------------------------|------------------|--|
| <b>Group Name:</b>                                                                                 |                  |  |
| <b>Group Session Number:</b>                                                                       |                  |  |
| <b>Introduction</b><br>(Ice breakers, welcome, check-in, setting expectations for the group, etc.) |                  |  |
| <b>Main Activity</b>                                                                               | <b>Aim</b>       |  |
|                                                                                                    | <b>Resources</b> |  |
|                                                                                                    | <b>Activity</b>  |  |

# Sample Group Therapy Session

**M Walker**



### **Sample Group Therapy Session:**

**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      *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 Theory and Practice of Group Psychotherapy* Irvin D. Yalom, 1995 Hailed by Jerome Frank as the best book that exists on the subject today and for the foreseeable future Irvin D Yalom s *The Theory and Practice of Group Psychotherapy* has long been the standard text in its field Indeed in a survey reported in the *American Journal of Psychiatry* it was cited as one of the ten most influential psychiatry publications of the past decade and it was one of the very few judged to be of seminal or lasting value In this completely revised and expanded fourth edition updated to reflect the American Psychiatric Association s latest diagnostic manual the DSM IV Dr Yalom presents the most recent developments in the field drawing on nearly a decade of new research as well as his own broad clinical wisdom and experience This edition features new sections on combining individual and group therapy the latest information about brief group therapy and how to modify group work to deal with the newly emerging homogeneous focal groups including survivor groups as well as updated references and new clinical vignettes drawn from the author s recent practice Throughout Dr Yalom has updated the style and content of the chapters while retaining valid research and clinical observations Illustrating the text are vivid cases from nearly two thousand group sessions that he has led over the past decade *The Theory and Practice of Group Psychotherapy* is an informative text that is at once scholarly and lively This new edition is the most up to date incisive and comprehensive text on group therapy available today

**Cognitive-Behavioral Therapy in Groups** Peter J. Bieling, Randi E. McCabe, Martin M. Antony, 2022-09-05 The leading guide to group based CBT has now been significantly revised with 70% new material reflecting over 15 years of research and clinical advances Filling an important need this text helps students and practitioners build essential skills for leveraging group process to optimize outcomes Featuring sample dialogues clinical pointers and troubleshooting tips the book provides practical answers to group leaders most pressing questions Effective protocols for treating specific disorders are presented

with a focus on CBT techniques and group process factors unique to each type of group Quatri me de couverture

*Short-Term Psychotherapy and Brief Treatment Techniques* Harvey P. Mandel, 2013-11-27 The Scope of Brief Therapy Within the last two decades there has been a dramatic expansion in the uses of short term treatment Grayson 1979 Small 1979 Brief therapies have been and continue to be widely used with a number of different patient populations in a broad variety of service settings They have been reported in use with children adolescents adults and the aged in groups families and individual treatment on college campuses high schools in community mental health centers in child guidance clinics in private psychiatric clinics in hospitals as part of out patient or in patient therapy in programs of preventive community mental health with the rich the middle class and the poor Barten 1971 1972 Caplan 1961 1964 Small 1979 Wolberg 1965 Further short term methods of therapy range across all of the major and well known theoretical orientations found in the broader field of psychotherapy There are some unique theoretical contributions which can be found within this field as well

*34th Clinical Aphasiology Conference* Holland, 2005 This special issue of Aphasiology represents the papers accepted for publication which were among those presented at the 34th Clinical Aphasiology Conference held in Park City Utah in 2004 They have been peer reviewed and selected by a distinguished group of ad hoc editorial consultants from among the considerably larger number of papers and posters presented at the meeting itself *Alcoholism Treatment and Rehabilitation* National Institute of Mental Health (U.S.), 1973 **Alcoholism Treatment and Rehabilitation** National Institute of Mental Health (U.S.), 1972 438 references to worldwide literature published from 1960 to Sept 1971 but mostly from 1964 Materials selected to show broad range of treatment modalities treatment and rehabilitation programs and innovative techniques and methods Classified arrangement Foreign language titles also given in original Author index Subject index *Alcoholism treatment & rehabilitation ; selected abstracts* Information Planning Associates, 1972

*Record Keeping in Psychotherapy and Counseling* Ellen T. Luepker, 2022-03-17 Record Keeping in Psychotherapy and Counseling Ethics Practice and Supervision grounded in contemporary challenges emphasizes protecting the therapeutic and supervisory relationship through offering an essential framework for thoughtful record keeping within legal ethical supervisory and clinical contexts A reader friendly conversational style plus compelling case examples from a variety of settings clinic to courtroom bring dilemmas and strategies to life New case studies invite readers to examine principles of ethical decision making in order to reach sound decisions meeting a critical need in training and continuing education New material on telehealth and electronic records the impact of digital communications on the therapeutic relationship and experience implementing the Health Insurance Portability and Accountability Act HIPAA bring this book up to date Sample forms for readers use and modification are available on the publisher s website Practitioners in all mental health disciplines from students to seasoned clinicians the supervisors and teachers will continue to rely on this book for protecting themselves their patients and their trainees

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