

# 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 Counseling Notes

**Marcel A. Müller**



## **Sample Group Counseling Notes:**

## Whispering the Secrets of Language: An Psychological Quest through **Sample Group Counseling Notes**

In a digitally-driven world wherever displays reign supreme and instant interaction drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within words often move unheard. However, nestled within the pages of **Sample Group Counseling Notes** a charming literary treasure blinking with natural emotions, lies an exceptional quest waiting to be undertaken. Published by a talented wordsmith, this marvelous opus attracts readers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within the fabric of each and every word. Within the psychological depths of this emotional review, we can embark upon a heartfelt exploration of the book's core themes, dissect its charming publishing type, and fail to the powerful resonance it evokes heavy within the recesses of readers' hearts.

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