

# 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

**S Marginson**



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