
Group Work Approaches

RELATED TO SETTINGS

Part 1 of 3

**Physical & Mental Health
Involuntary Clients
Strength-Based with Children & Adolescents**

GROUP WORK APPROACHES

**Physical & Mental
Health**

**Involuntary
Clients**

**Strength-Based
Groups w/
Children &
Adolescents**

GROUPS IN PHYSICAL AND MENTAL HEALTH

Redistributional Justice

Uncertain Conditions

Identity Concerns

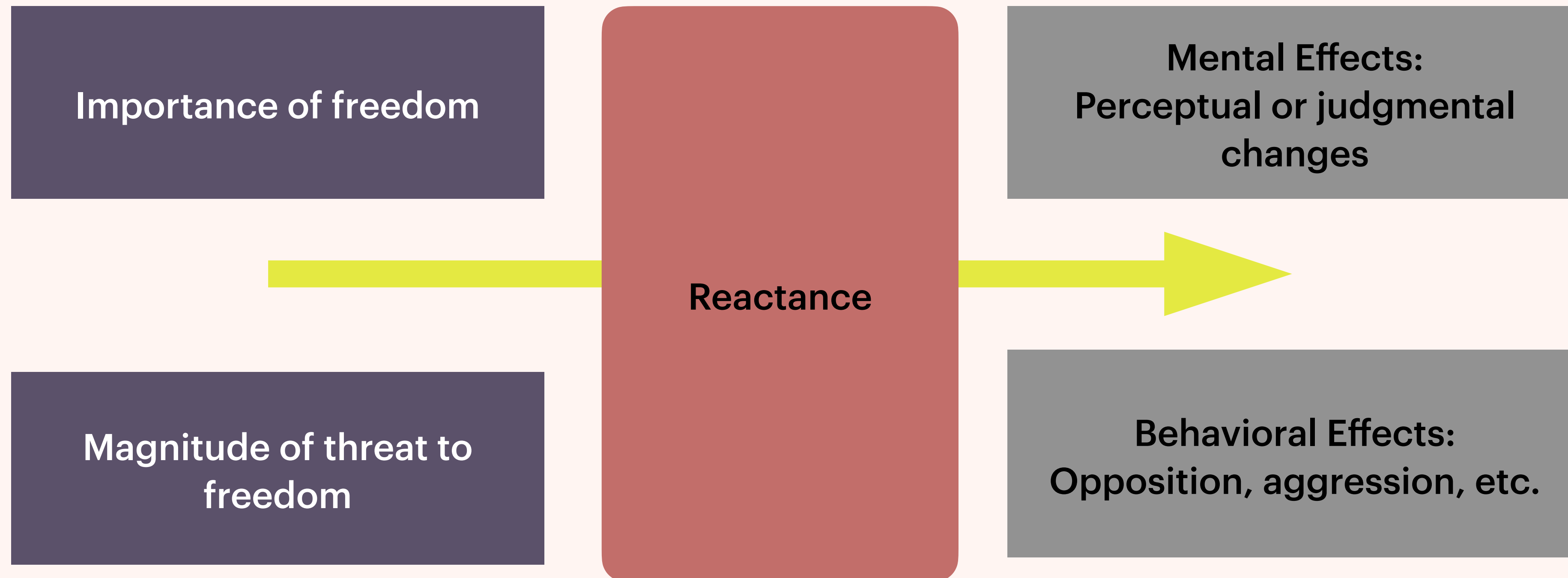
Crisis Situations



INVOLUNTARY GROUPS

- **Reactance Theory**
- **Stages of Change Model**
- **Motivational Interviewing**
- **Stages of group change for involuntary clients**

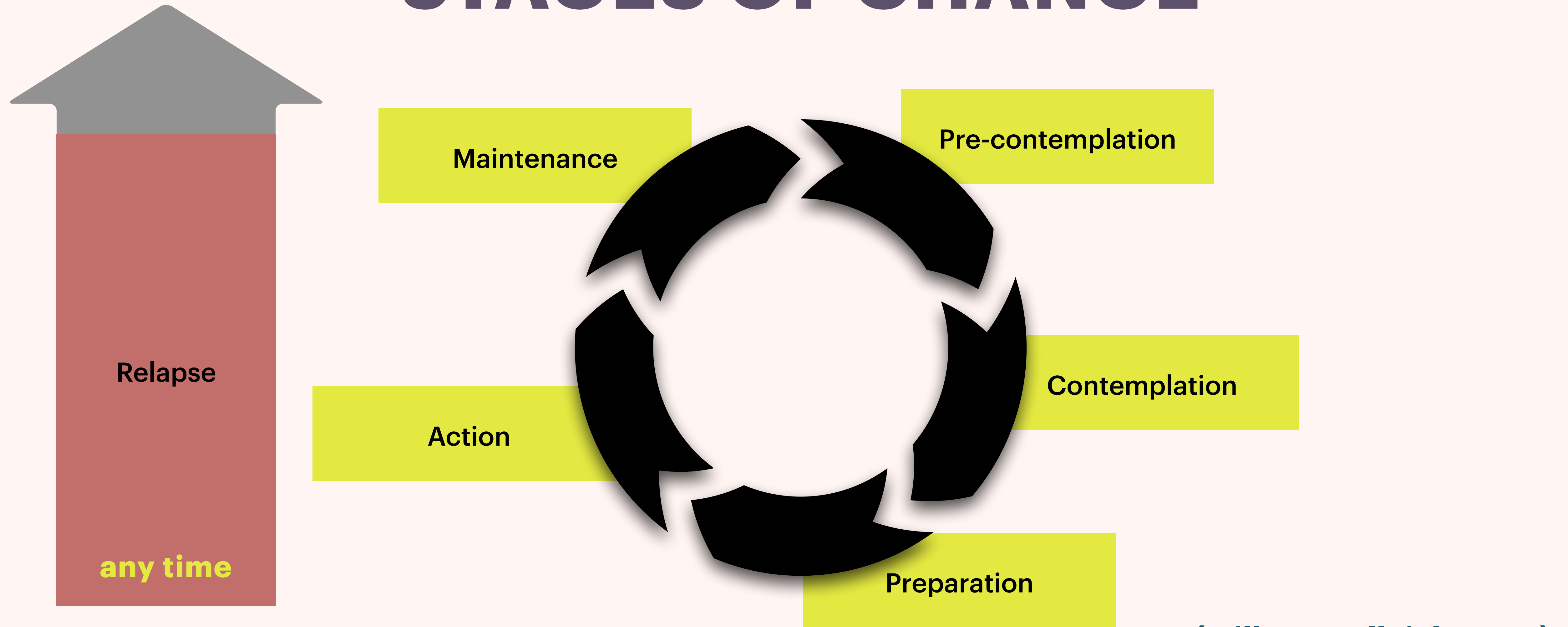
REACTANCE THEORY



(Brehm, 1972)

MOTIVATIONAL INTERVIEWING

STAGES OF CHANGE



(Miller & Rollnick, 2013)

THE “SPIRIT” OF MOTIVATIONAL INTERVIEWING

Collaboration vs. Confrontation

Evocation vs. Imposing Ideas

Autonomy vs. Authority

THE PRINCIPLES OF MOTIVATIONAL INTERVIEWING

Express
Empathy

Support
Self-Efficacy

Roll with
Resistance

Develop
Discrepancy

THE PRINCIPLES OF MOTIVATIONAL INTERVIEWING

Express Empathy

Support Self-Efficacy

Roll with Resistance

Develop Discrepancy

- **Basis for client feeling heard and understood**
- **Permits clients to honestly share experiences**
- **Relies on client's experiencing clinician seeing from their point of view**

THE PRINCIPLES OF MOTIVATIONAL INTERVIEWING

Express Empathy

Support Self-Efficacy

Roll with Resistance

Develop Discrepancy

- **Strengths-based approach**
- **Client must believe change is possible**
- **Clients often have tried to change, and been unable**

THE PRINCIPLES OF MOTIVATIONAL INTERVIEWING

Express Empathy

Support Self-Efficacy

Roll with Resistance

Develop Discrepancy

- **Experiences conflict with view of problem or solution**
- **Conflicts based on ambivalence about change**
- **Clinician's job to avoid confronting in the early stages**
- **Clients define their own problems and solutions**
- **Inviting clients to examine new point of view**

THE PRINCIPLES OF MOTIVATIONAL INTERVIEWING

Express Empathy

Support Self-Efficacy

Roll with Resistance

Develop Discrepancy

- **Motivation occurs where there is a mismatch in values and actions.**
- **Gradually helping clients to become aware of how current behaviors lead away from goals.**

AGGRESSION REPLACEMENT TRAINING

TECHNIQUES UTILIZED WITH INVOLUNTARY GROUPS

- **Emphasizing choices already made**
- **Emphasize choice**
- **Limited, clear requirements**
- **Clarifying roles**
- **Avoid emphasis on blaming**
- **Positive future focus**
- **Clarifying non-negotiable requirements**
- **Clarifying rights and limitations**
- **Rewarding acknowledging responsibility**

STRENGTHS BASED GROUP WORK WITH CHILDREN AND ADOLESCENTS

- 1 Form groups based on member felt needs and wants, not diagnoses
- 2 Structure groups to welcome the whole person, not just the troubled parts
- 3 Integrate verbal and nonverbal activities
- 4 Decentralize authority and turn control over to group members
- 5 Develop alliances with relevant other people
- 6 Maintain a dual focus on individual change and social reform
- 7 Understand and respect group development as a key to promoting change