

Group Practice Models

Cognitive Behavioral Group Work



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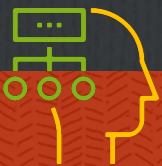
Spring 2022
SOWK 487

TRACE ALL 5 FINGERS



Agenda

- Group Intervention Pitch**
- Curriculum used with cognitive-behavioral group work**
- Phases of the group process**
- Implementation of a group**



Assignment 03a

Group Intervention

Pitch

Each group will make a short informal pitch for the group they plan to facilitate. As a group, students will share with their classmates their plan to implement their group (i.e., when and where) and the content they will do for their groups. These presentations should not be longer than five minutes.



Cognitive Behavioral Therapy

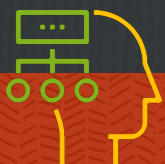
Thoughts

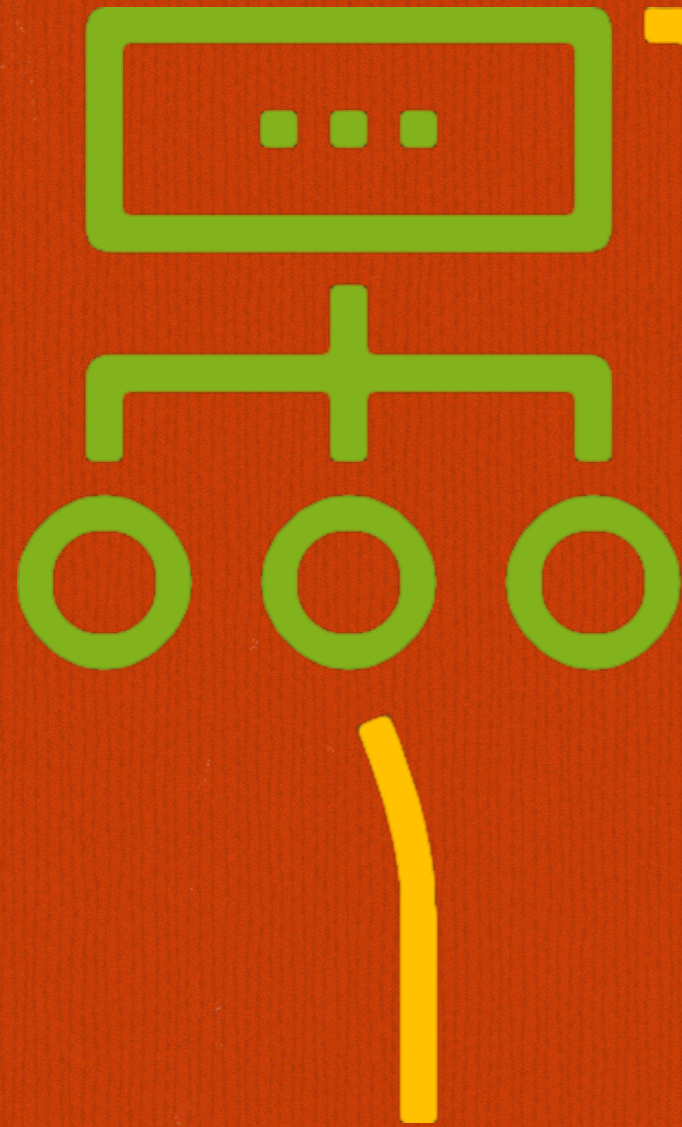


Behavior

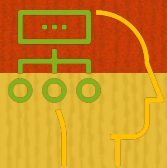
Feelings

- Negative interpretations of thoughts
- Patters of behavior that reinforce distorted thinking
- Develop alternate ways of thinking





Cognitive- Behavioral Group Work



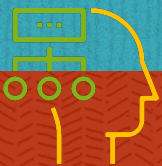
Example Group Curricula



Why Try

Guiding 
Good Choices

**Aggression
Replacement
Training**



Therapeutic Procedures

The Buddy System

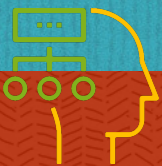
Group Exercises

Multiple Modeling

Group Feedback

Group Brainstorming

Mutual Reinforcement



Phases of Cognitive-Behavioral Group Work

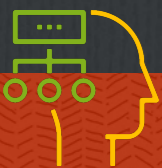
Beginning the Group

Motivational Enhancement Phase

Assessment Phase

Intervention Phase

Generalization Phase



Phases of Cognitive-Behavioral Group Work

**Beginning
the Group**

**Motivational
Enhancement
Phase**

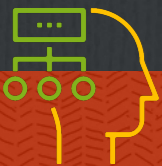
**Assessment
Phase**

**Intervention
Phase**

**Generalization
Phase**

Orientation

Cohesion



Phases of Cognitive-Behavioral Group Work

**Beginning
the Group**

**Motivational
Enhancement
Phase**

**Assessment
Phase**

**Intervention
Phase**

**Generalization
Phase**

Reluctance to speak

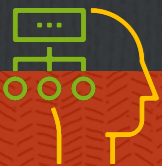
Anger about being in treatment

Denial of any serious problems

Setting themselves apart

Speaking only to the group worker

Unwilling to provide self disclosure



Phases of Cognitive-Behavioral Group Work

**Beginning
the Group**

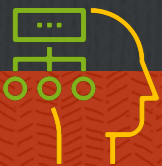
**Motivational
Enhancement
Phase**

**Assessment
Phase**

**Intervention
Phase**

**Generalization
Phase**

- Normalizing ambivalence
- Contrasting costs and benefits of changing or resolving problems
- Eliciting and reinforcing self-motivational statements
- Removing barriers to treatment
- Supporting self-efficacy
- Avoiding argumentations and early confrontation
- Providing clear advice
- Delivering continued feedback



Phases of Cognitive-Behavioral Group Work

**Beginning
the Group**

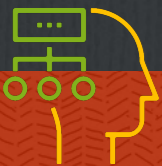
**Motivational
Enhancement
Phase**

**Assessment
Phase**

**Intervention
Phase**

**Generalization
Phase**

- Gathering background information**
- Using assessment tools**
- Doing goal setting**



Grounding Techniques

A large, mature tree with a thick trunk and dense green foliage is shown in a cross-section of the earth. The roots are exposed and spread out across the soil, illustrating the concept of grounding. The background shows a lush, green landscape with other trees and vegetation.

Accessibility

Broad

Present focused

Scaling

Focused outward

Stay neutral

Not relaxation training

Phases of Cognitive-Behavioral Group Work

**Beginning
the Group**

**Motivational
Enhancement
Phase**

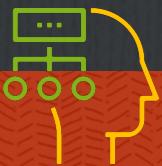
**Assessment
Phase**

**Intervention
Phase**

**Generalization
Phase**

Systematic Problem Solving

- Orient to systematic problem solving
- Identifying and defining the problem and resources
- Generating alternative solutions
- Evaluating and selecting best set of solutions
- Preparing for implementation, and evaluating outcomes



Phases of Cognitive-Behavioral Group Work

**Beginning
the Group**

**Motivational
Enhancement
Phase**

**Assessment
Phase**

**Intervention
Phase**

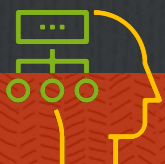
**Generalization
Phase**

Modeling Methods

**Group
Members**

**Group
Worker**

Special Guests



Phases of Cognitive-Behavioral Group Work

**Beginning
the Group**

**Motivational
Enhancement
Phase**

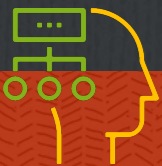
**Assessment
Phase**

**Intervention
Phase**

**Generalization
Phase**

Cognitive Change Methods

**Self-Centered Thinking
Assuming the Worst
Blaming Others
Minimizing / Mislabeled**



Phases of Cognitive-Behavioral Group Work

Beginning
the Group

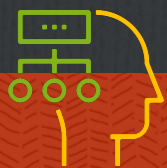
Motivational
Enhancement
Phase

Assessment
Phase

Intervention
Phase

Generalization
Phase

Community Interventions



Phases of Cognitive-Behavioral Group Work

**Beginning
the Group**

**Motivational
Enhancement
Phase**

**Assessment
Phase**

**Intervention
Phase**

**Generalization
Phase**

Other

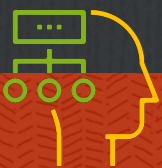
Guided Group Exposure

Relaxation Methods

Operant Methods

**Relationship
Enhancement Methods**

**Small-Group Practice
Procedures**



Phases of Cognitive-Behavioral Group Work

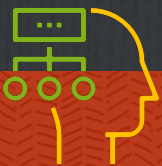
**Beginning
the Group**

**Motivational
Enhancement
Phase**

**Assessment
Phase**

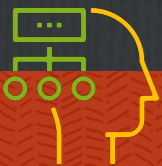
**Intervention
Phase**

Generalization Phase



Developing Your Own Curriculum

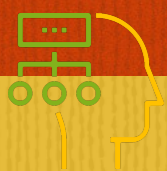
- Objectives
- Planned content
 - Short descriptions
 - In-depth details
 - Verbatim discussion
- Tasks or roles





Practice Facilitating a Group

Practice Facilitating a Group



Jacob Campbell, LICSW at Heritage University for SOWK 487 Spring 2022