

Group Practice Models

Cognitive Behavioral Group Work



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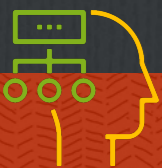
Spring 2020
SOWK 487

take a deep breath.



Agenda

- Curriculum used with cognitive-behavioral group work
- Phases of the group process
- Implementation of a group



Cognitive Behavioral Therapy

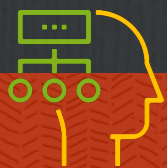
Thoughts

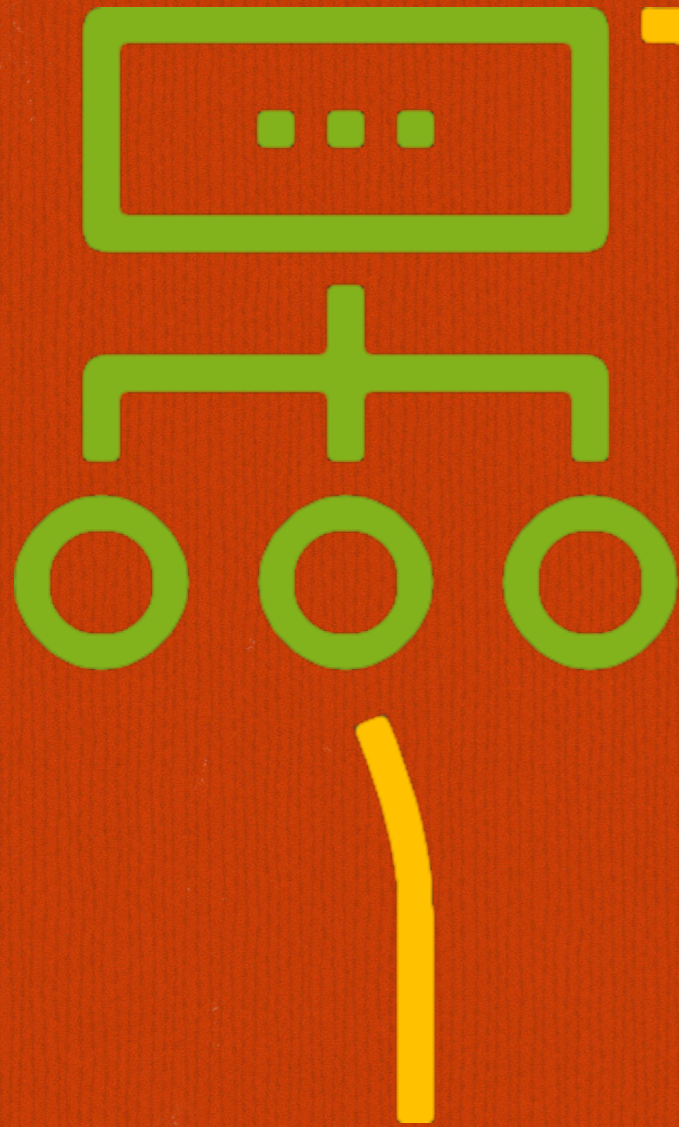


Behavior

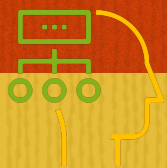
Feelings

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





Cognitive- Behavioral Group Work

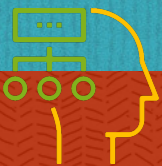


Example Group Curricula



Why Try

Guiding 
Good Choices



Therapeutic Procedures

The Buddy System

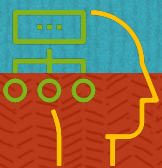
Group Exercises

Multiple Modeling

Group Feedback

Group Brainstorming

Mutual Reinforcement



Phases of Cognitive-Behavioral Group Work

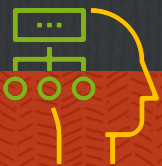
Beginning the Group

Motivational Enhancement Phase

Assessment Phase

Intervention Phase

Generalization Phase



Phases of Cognitive-Behavioral Group Work

**Beginning
the Group**

**Motivational
Enhancement
Phase**

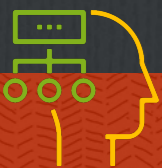
**Assessment
Phase**

**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

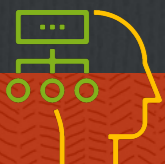
Anger about being in treatment

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**

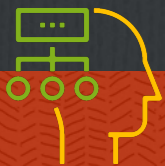
**Motivational
Enhancement
Phase**

**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**

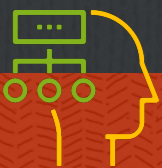
**Motivational
Enhancement
Phase**

**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 ground. 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**

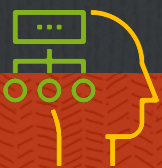
**Assessment
Phase**

**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**

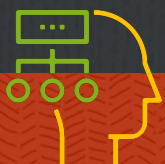
**Generalization
Phase**

Modeling Methods

**Group
Members**

**Group
Worker**

Special Guests



Phases of Cognitive-Behavioral Group Work

**Beginning
the Group**

**Motivational
Enhancement
Phase**

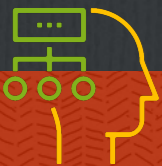
**Assessment
Phase**

**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

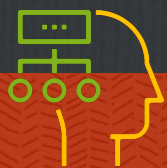
Motivational
Enhancement
Phase

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

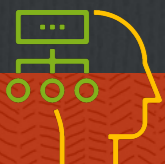
Guided Group Exposure

Relaxation Methods

Operant Methods

**Relationship
Enhancement Methods**

**Small-Group Practice
Procedures**



Phases of Cognitive-Behavioral Group Work

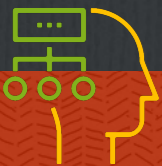
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**Motivational
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**Assessment
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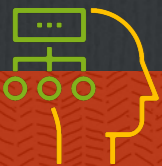
**Intervention
Phase**

Generalization Phase



Developing Your Own Curriculum

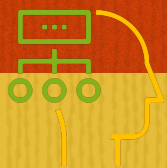
- Objectives
- Planned content
 - Short descriptions
 - In-depth details
 - Verbatim discussion
- Tasks or roles





Practice Facilitating a Group

Practice Facilitating a Group



Jacob Campbell, LICSW at Heritage University for SOWK 487 Spring 2020