

# GROUP THERAPY



Ms. Darshana Kulkarni

# What is a group?

A collection of people who have come together for a purpose

A collection of individuals (two or more), who come together and interact with each other, so as to achieve the objectives of the organization

Daley, Gaza, and Pistole(1986) : psychologically interdependent and interactive individuals joined in a common goal

Group therapy is a form of psychotherapy that involves one or more therapists working with several people at the same time

Group therapy is sometimes used alone, but it is also commonly integrated into a comprehensive treatment plan that also includes individual therapy

# Uniqueness of Group Therapy

Sense of belonging  
Shared problems  
Support  
Microcosm  
Information  
Giving



# Factors affecting group therapy

Setting

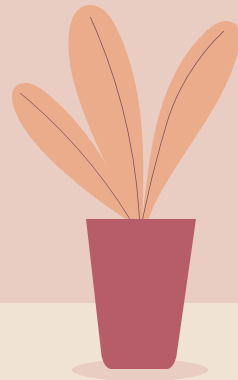
Size

Format - open or closed

Duration and frequency

Voluntary vs required participation

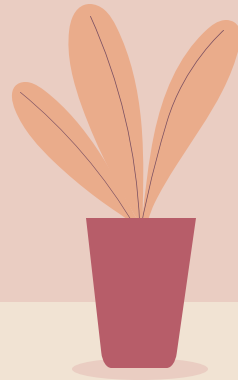
Developmental stages - group formation, goals determination, working stage, achievement of goals, termination



# Group as social microcosm

Clients start behaving like how they behave in other interpersonal relations - strengths, problems

Helps recognize behavioural patterns: how they respond to others, repeated behaviours, consensual validation from group



# Role of clients in a group

## Building and maintenance roles

Facilitators – Those who like to make others feel at ease

Gatekeepers or expeditors – Those who like things to stay on track

Conciliators – Those who smooth out conflicts

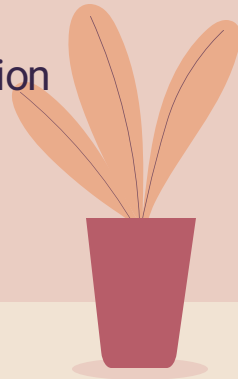
Compromisers or neutralizers – Those who offer thinking solutions

Observers – Those who like to comment on and sum up what is happening

Followers – Those who help things along by their agreement although they may be unsure of themselves

Group task roles : initiators and energizers, information and/or opinion seekers and givers, coordinators, etc.

Individual Roles: Hindering



# Tasks of a group leader

## Create and maintain groups

Preparation before the group begins is crucial

Gate keeping

Stability

Unification: The therapist is the primary unifying force

Deterring anti-cohesiveness: Continued tardiness, absences, subgrouping, disruptive extra group formation

Socialization, scapegoating

## Culture building

Unwritten codes of behaviour

Therapeutic factors

Activate and illuminate the here- and- now, illumination process



# Group norms

It is the therapist's function to assist members in the development of group norms by:

Helping members develop norms both indirectly and directly via guidance

Active involvement

Non-judgmental acceptance

Extensive self-disclosure

Fostering dissatisfaction with present modes of behavior

Creating a desire for self-understanding within members

Promoting an eagerness for change

How to achieve norms?

Explicit list

If norms do not evolve automatically then intervening group members, providing directions, being aware of influence of leader,







## Examples of therapeutic group norms

Self monitoring group

Self disclosure

- verticle and horizontal

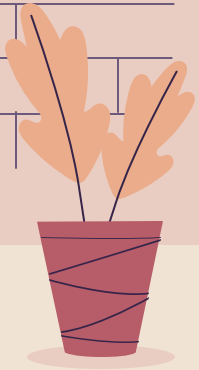
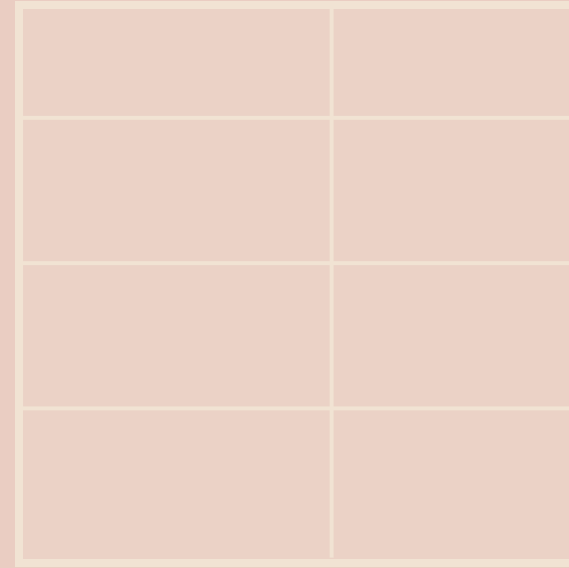
Procedural norms

Importance of group to its members

- taking leaves, group summary

Members as agents of help

-“Which comments from group members have been most helpful tonight?”



# Group Process

The Interview

Screening

Introduction to leader

Information about their rights, goals, format



# Group dynamics

Communication patterns

Cohesiveness

Social control

Norms

Role expectations

Status

Group culture



# Transference and Transperency in a group therapy

Most clients have issues with parental authority, dependency, autonomy, rebellion or their relationships to God, any of which may be personified by the therapist.

Favourite child syndrome

Leaders seen unrealistically

Transperency with responsibility is suggested, total transperency and disclosure isnt desirable





# Types of groups

Problem solving groups

Education groups

Experimental groups

Types of therapeutic groups(Corey and Corey)

T groups

Personal growth and encounter groups

Natural – These are groups that develop on their own, including families, peers, friends and gangs.

Formed – External factors give rise to these groups that are formed for a specific purpose.

Treatment – Roles in these groups develop as group members interrelate, so communication is relatively casual and open-ended.

Task – With roles often assigned, task group communication tends to reflect the designated task.

Personal correction – Personal correction groups include psychotherapy, therapy, employee, relief and mutual help groups.

Personal enhancement – Types of personal enhancement groups include personal and team development, life transition and T-groups.

Gaza recognizes three types of groups:

**Guidance** – Primarily for prevention of problems facing high-risk populations, guidance groups focus on improvement of life skills and overall direction of members.

**Counseling** – For secondary prevention and/or correction, these groups include encounter, sensitivity and organizational development groups.

**Psychotherapy** – Psychotherapy groups are tertiary prevention groups with the purpose of reeducating, rehabilitating and generally bringing members to healthy function.



# Group stages

group through several phases. Corey and Corey presented the following developmental stages:

- Initial
- Transition
- Working
- Final
- Post group

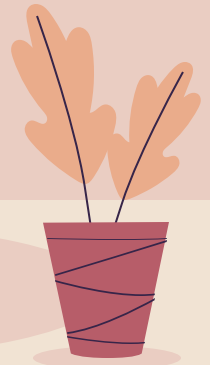
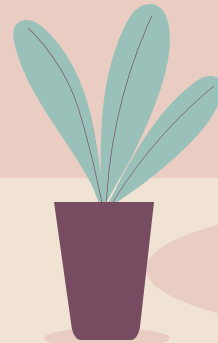
**Other designations include Tuckman's progression:**

- Forming
- Storming
- Norming
- Performing

**And Klien's arrangement:**

- Orientation and resistance
- Negotiation and intimacy
- Termination

# AWESOME THERAPY





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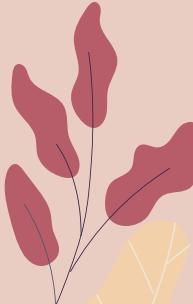
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## PATIENT CARE

Mercury is the closest planet to the Sun and the smallest one in the Solar System. This planet's name has nothing to do with the liquid metal, since Mercury was named after the Roman messenger god



# AREAS WE COVER



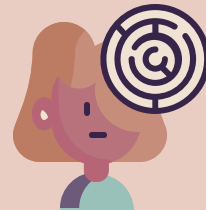
## MERCURY

It's the closest planet to the Sun and the smallest in the Solar System



## VENUS

Venus has a beautiful name and is the second planet from the Sun



## MARS

Despite being red, Mars is actually a cold place. It's full of iron oxide dust

# OUR SERVICES



## VENUS

Venus is the second planet from the Sun



## JUPITER

It's the biggest planet in the Solar System



## MARS






Despite being red, Mars is a cold place



## SATURN

Saturn is a gas giant and has several rings

# KEY ACCOMPLISHMENT

	KEY	DESCRIPTION
	SATURN	Saturn is a gas giant and yes, it has several rings
	NEPTUNE	Neptune is the farthest planet from the Sun
	MERCURY	Mercury is the smallest planet in the Solar System
	MARS	Despite being red, Mars is actually a very cold place

# PATIENT SATISFACTION

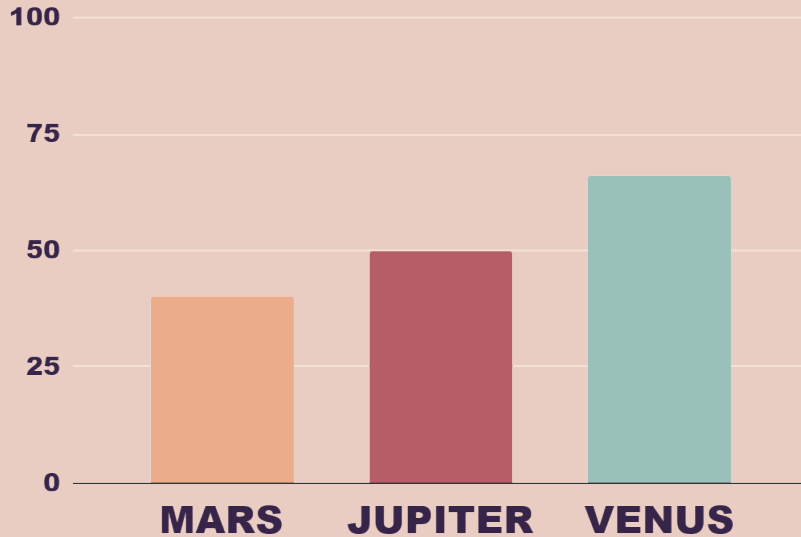


95%

Jupiter is a gas giant and the biggest planet in the Solar System. It's the fourth-brightest object in the night sky



# INNOVATIONS



Despite being red,  
Mars is a very cold  
place

40%



Jupiter is the biggest  
planet of them all

50%



Venus has a beautiful  
name, but is terribly  
hot

66%



Follow the link in the graph to modify its data and then paste the new one here. [For more info, click here](#)

# QUALITY IMPROVEMENT MEASURES



## VENUS

Venus is the second planet from the Sun



## MERCURY

It's the **Y** closest planet to the Sun



## MARS

Mars is actually a very cold place



## JUPITER

Jupiter is the biggest planet of them all



## SATURN

It's composed of hydrogen and helium



## NEPTUN

It's the **E** farthest planet from the Sun

# TESTIMONIALS



"Jupiter is the biggest planet in the solar system"

**JOHN DOE**



"Venus has extremely high temperatures"

**CASSIE SMITH**



# AWARDS

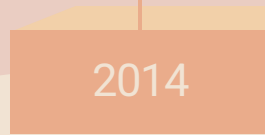
It's the closest planet to the Sun

**MERCURY**



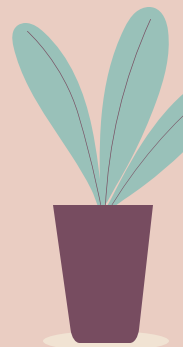
Venus is the second planet from the Sun

**VENUS**



Mars is actually a very cold place

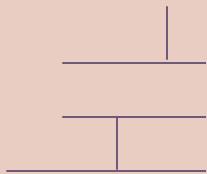
**MARS**





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# OUR TEAM

ALEX DOE

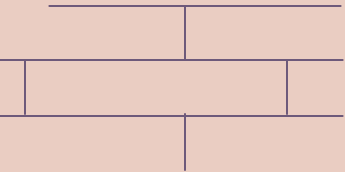
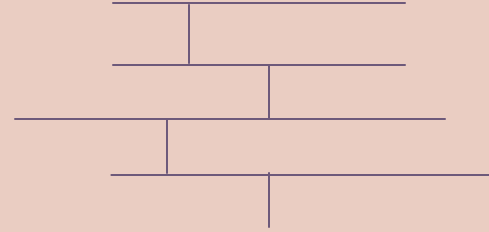
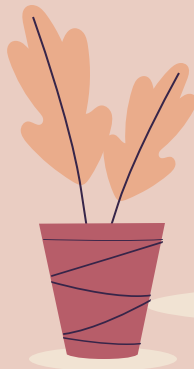
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VERA

JOHNS

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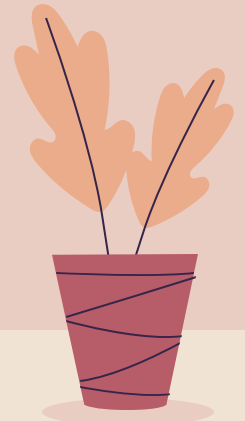
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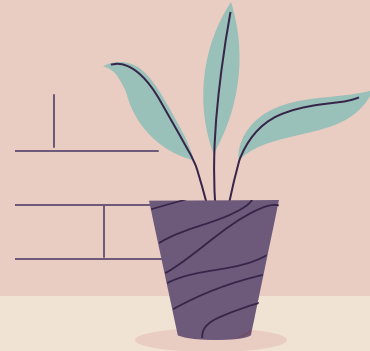
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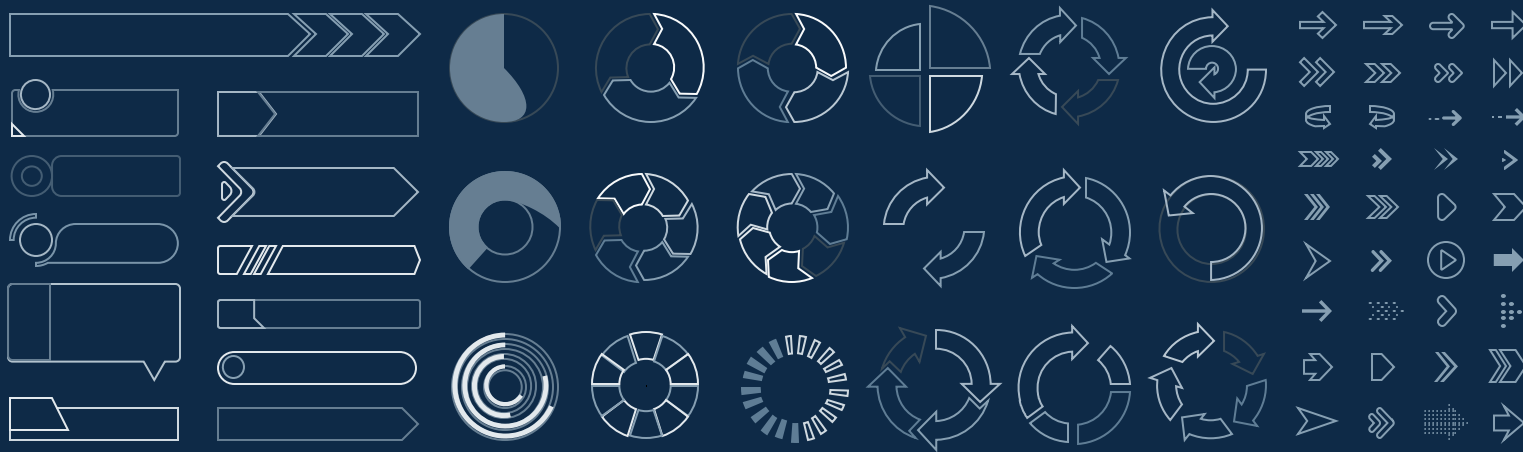
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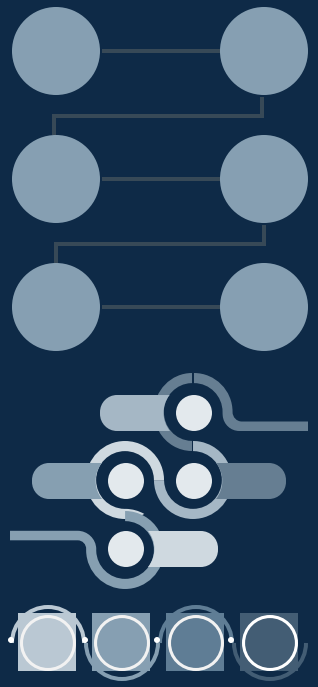
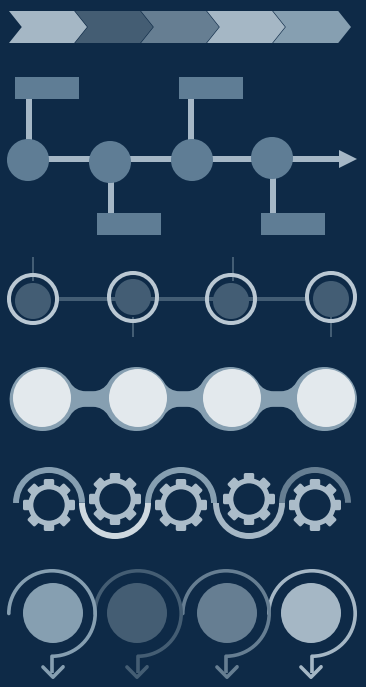
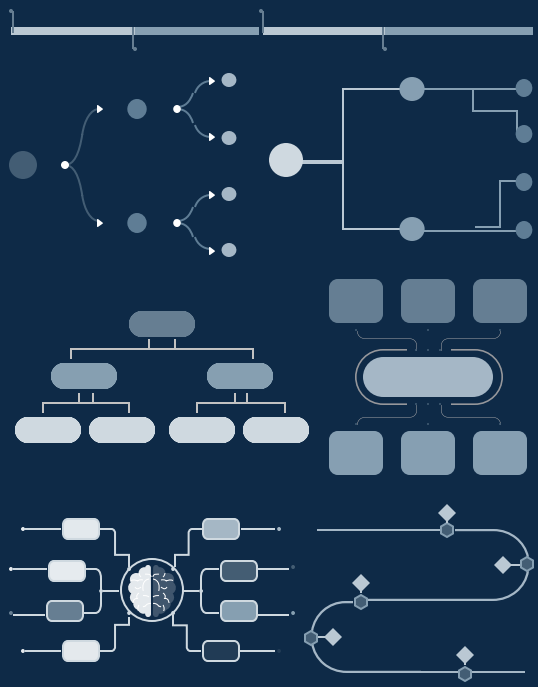
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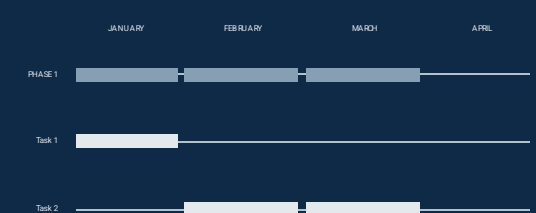
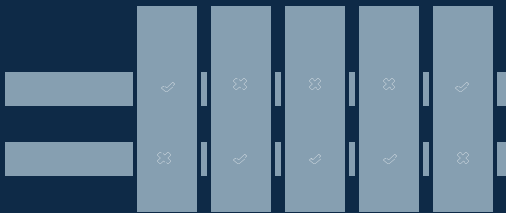
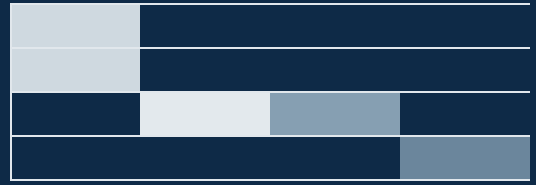
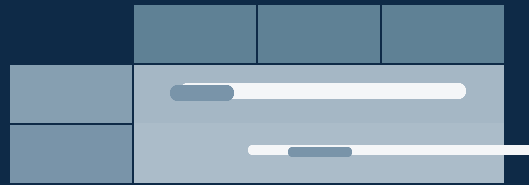
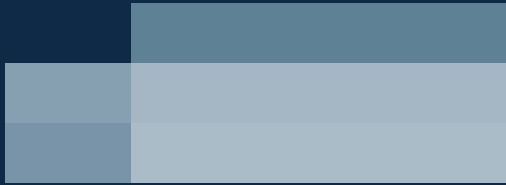
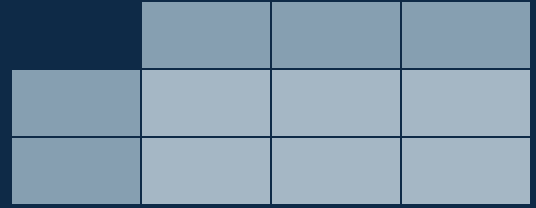
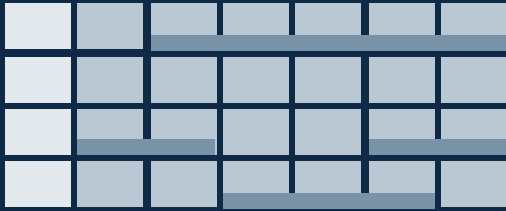
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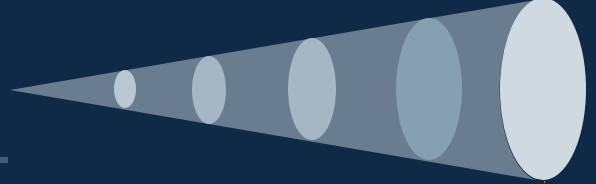
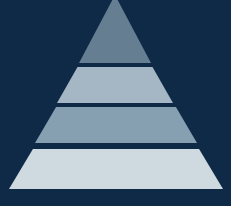
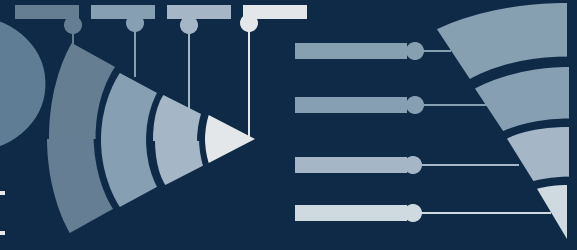
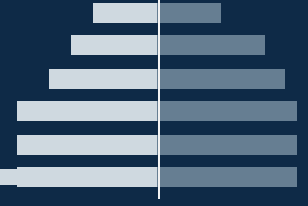
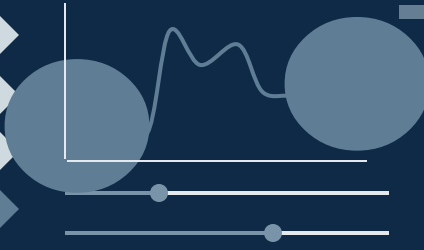
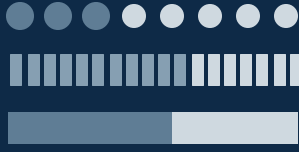
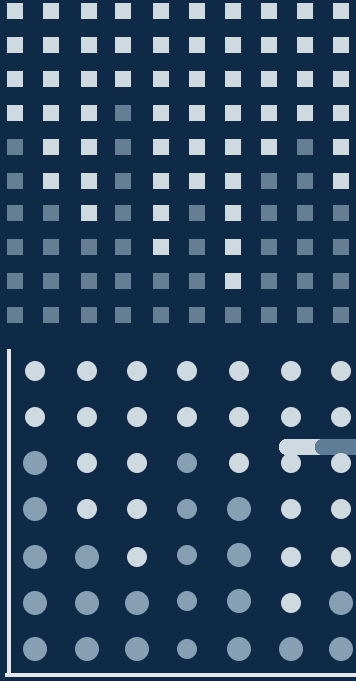












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