

Group Therapy

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Objectives

- Identify:
 - Group characteristics
 - The history of group therapy
 - Types of groups
 - Rules for successful groups
 - The purpose of groups

What is a Group

- A group is a collection of individuals whose association is founded on commonalities of interest, norms, and values. Membership in the groups may be by chance, by choice, or by circumstances

History of Groups

- Originally found successful in treating patients with TB in the early 1900's
- Later used during WW II for treating those with emotional reactions
- Lewin's Systems Theory: The group as a whole is greater than the sum of its parts

The Elements of an Interpersonal Group

- The model represents that the interpersonal dynamics are kept at the forefront of member's attention by the therapist. The interpersonal approach places the therapist among the other members of the group without giving him or her a distinctive identity or any formal differentiation for the boundaries of the group as a whole.

Effective Group Therapy

Yalom Identified 11 Characteristics that make Effective Group Therapy

- Universality (“I’m not alone nor have unique problems”)
- Group Cohesiveness Altruism (unselfish giving)
- Instillation of Hope Imparting Information (educational)
- Interpersonal Learning Development of Socializing Techniques
- Imitative Behavior Corrective Recapitulation of the Primary Family Group Catharsis Existential Factors

Group Types

- **Group:** Two or more patients may participate in therapy at the same time. Patients are able to share experiences and learn that others feel the same way and have had the same experiences.
- **Marital/Couples:** This type of therapy helps spouses and partners understand why their loved one has a mental disorder, what changes in communication and behaviors can help, and what they can do to cope.
- **Family:** Because family is a key part of the team that helps people with mental illness get better, it is sometimes helpful for family members to understand what their loved one is going through, how they themselves can cope, and what they can do to help

Psychotherapy

- Group psychotherapy, like individual psychotherapy, is intended to help people who would like to improve their ability to cope with difficulties and problems in their lives. But, while in individual therapy the patient meets with only one person (the therapist), in group therapy the meeting is with a whole group and one or two therapists.
- Group therapy focuses on interpersonal interactions, so relationship problems are addressed in groups.
- The aim of group psychotherapy is to help with solving the emotional difficulties and to encourage the personal development of the participants in the group.
- The therapist (called conductor, leader, or facilitator) chooses as candidates for the group people who can benefit from this kind of therapy and those who may have a useful influence on other members in the group.

ROLE OF NURSE IN GROUP THERAPY

- In psychiatry nurses may lead various types of therapeutic groups such as client education, assertiveness training, support, parent, and transition to discharge groups among others. To function effectively in the leadership capacity for these groups, nurses need to be able to recognize various processes that occur in the groups such as phases of group development. They also should be able to select appropriate leadership styles for the type of groups being lead. Nurses may develop these skills as a part of their training or they may pursue additional studies.
- Leading therapeutic group is within the realm of nursing practice because group work is such a therapeutic approach. Nurses working in this field should continuously strive for expanding their knowledge and use of nursing process for the effective therapeutic approach.

Group Rules

- Group sessions are confidential. Members and leaders are bound ethically and legally not to disclose the contents of the sessions in any way that could identify members of the group. Remember, we are building trust and safety.
- Use "I" statements: Speak from your own experience by using "I" instead of "we," "you," and "us". We can only speak for how we feel, not how others feel.
- Be on time: Being on time shows respect for the process and others.
- Tolerance: Tolerance is acceptance. We must be accepting of our differences in order to grow and learn.

Group Rules

- No bombshells: No dramatic, scintillating topics introduced just before the break or end of group process. It is disrespectful to others' recovery. Breathe: Breathing allows us to feel our feelings and live. Balance, pause, and meditate.
- Listen: We have two ears and one mouth so listen twice as much as you speak. Effective communication requires both listening and sharing.
- Do not give advice: Do not tell anyone what to do or how to feel. Let them discover their own process.
- No war stories: Do not get stuck in euphoric recall, glamorize, or romanticize about your addiction. If it were so great, we wouldn't be here.

Group Rules

- No cross talk: Do not talk when someone else is sharing. Share your own experience when it is your time to do so.
- No power plays: Be respectful. Do not get up and leave or use negative body language (roll the eyes, shake the head, etc.) when someone is sharing.
- No rescuing: No touching, offering tissue or comfort when someone is sharing. Letting someone feel is a part of healing.
- No intimacy between group members: It is unhealthy to the group if there is coupling between members.
- No secrets: If someone is having a craving or is in relapse mode, please share it with the group. It takes the power out of it.
- Expect and respect moments of silence: Quiet is a form or a process of seeking an answer.

Successful Groups

- Start with an introduction topic for group and rules
- Have informational handouts
- Allow others to discuss their concerns and ask questions
- Keep group on topic
- Know who will and will not benefit from group setting, this can be difficult when dealing with those who are inpatient.
- Allow individuals to share as they feel comfortable
- At the end of group, summarize the progress made during group

Questions



References

- <http://psychology.about.com/od/psychotherapy/f/group-therapy.htm>
- <http://www.goodtherapy.org/group-therapy.html>
- http://www.nursingplanet.com/pn/group_therapy.html

Survey Monkey Evaluation

- <https://www.surveymonkey.com/s/ConductingSuccessfulGroups10-15-2014>