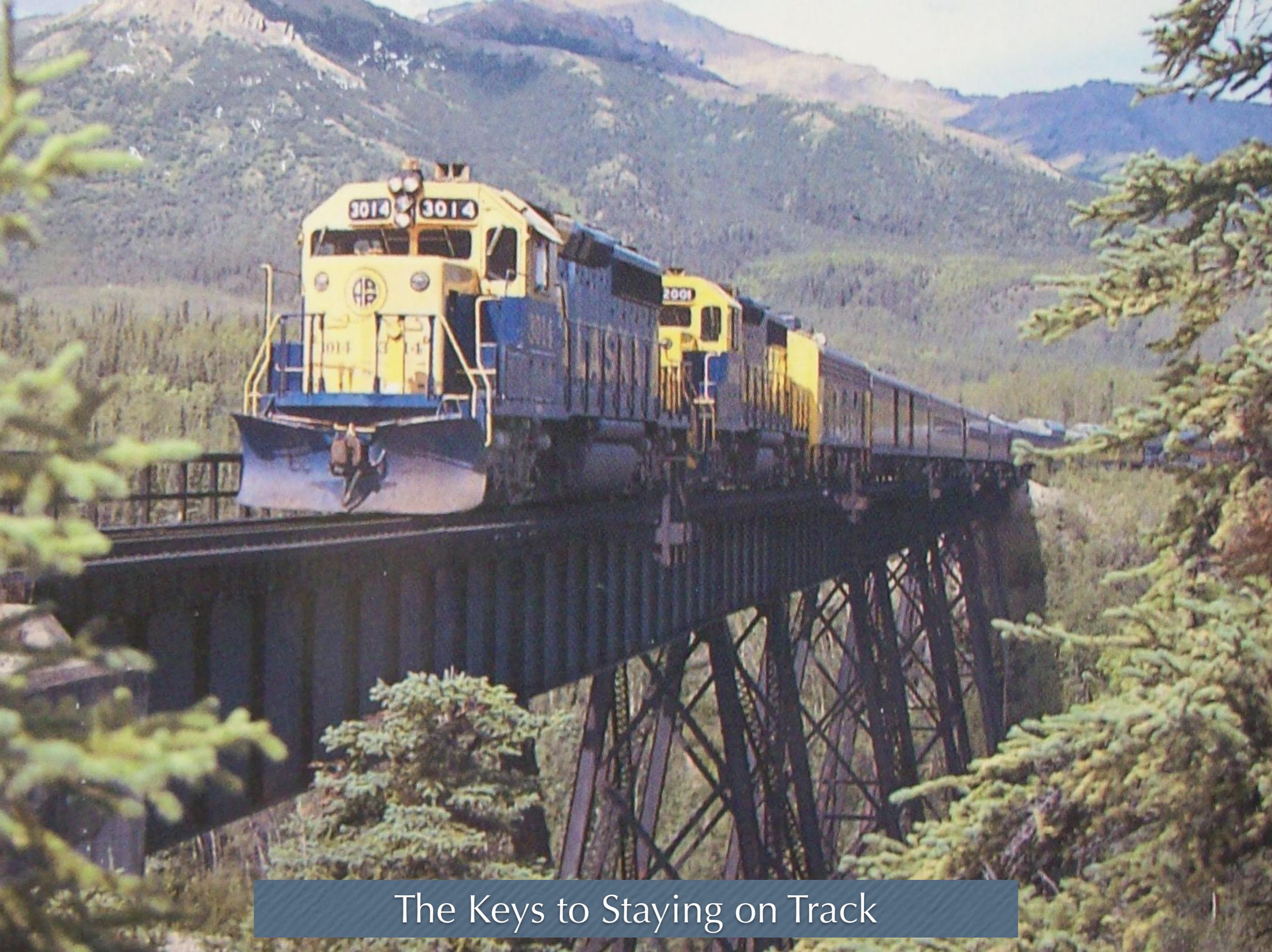


Group Work Approaches

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

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Heritage University

SOWK 487 Spring 2020



The Keys to Staying on Track

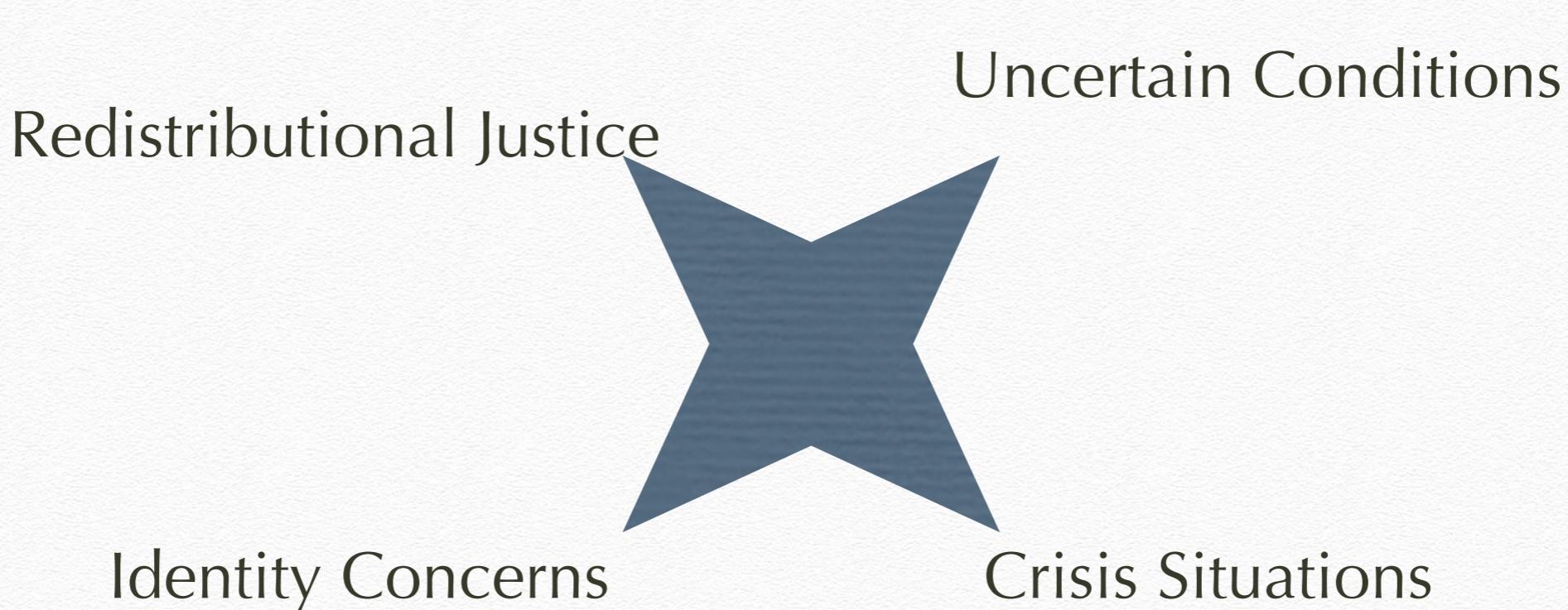
Group Work Approaches

Physical &
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Clients

Strength-Based
Groups w/
Children &
Adolescents

Groups in Physical and Mental Health

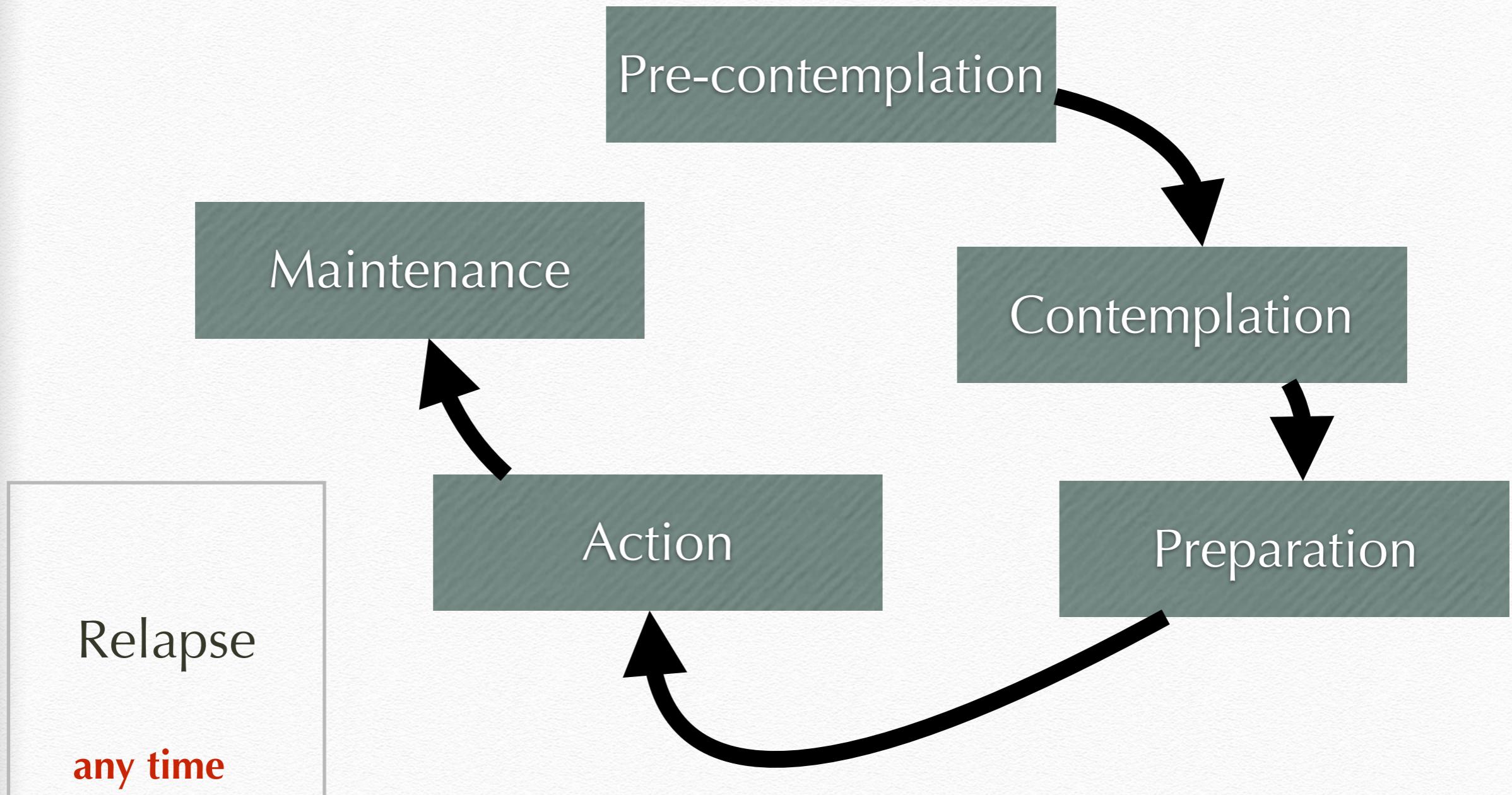


Involuntary Groups

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

Motivational Interviewing

Stages of Change



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