

Group Practice Models

Cognitive Behavioral Group Work



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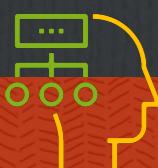
Spring 2022
SOWK 487

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

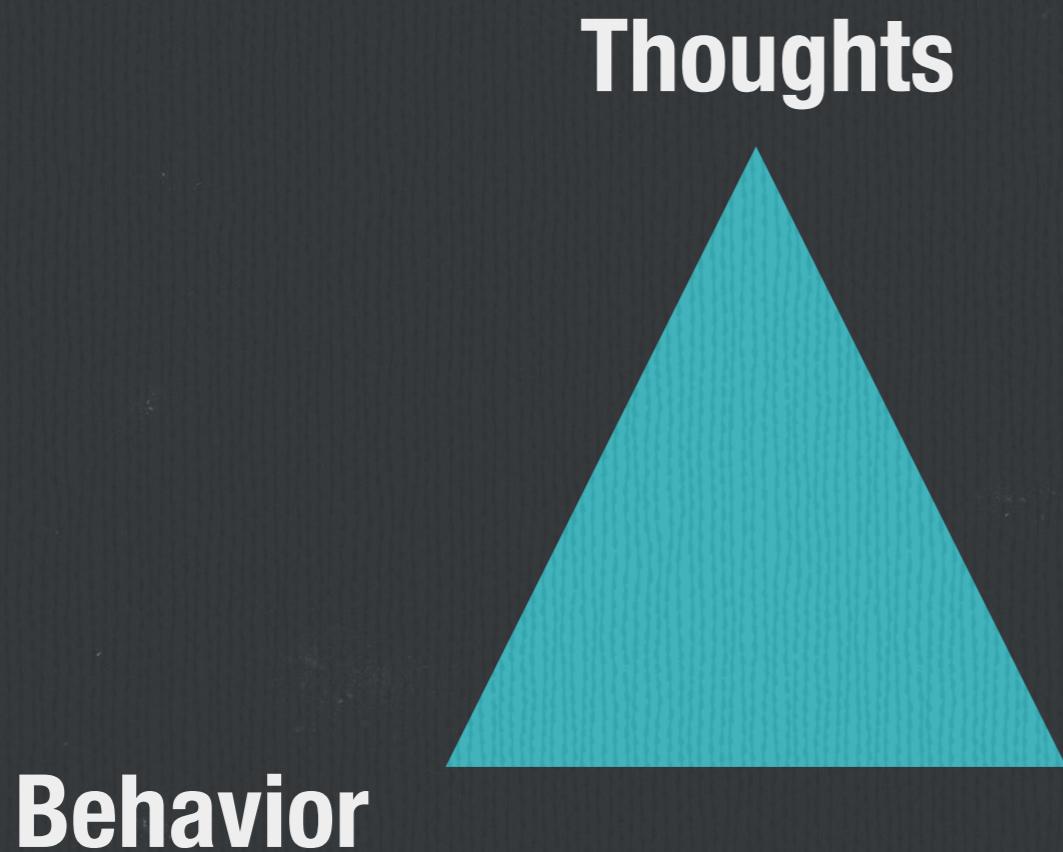
Group Intervention

Pitch

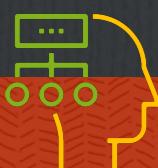
Each group will make a short informal pitch for the group they plan to facilitate. As a group, students will share with their classmates their plan to implement their group (i.e., when and where) and the content they will do for their groups. These presentations should not be longer than five minutes.

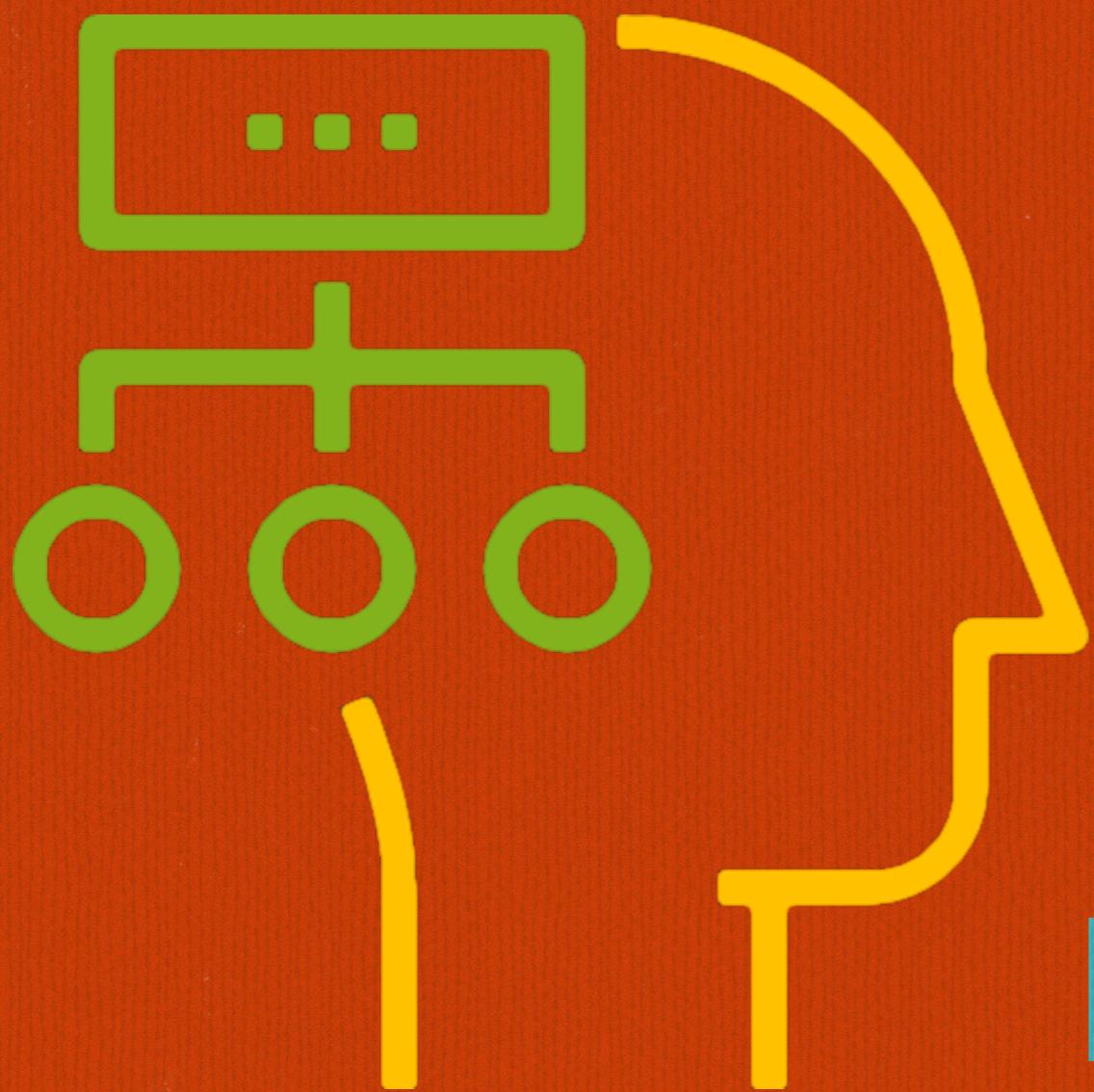
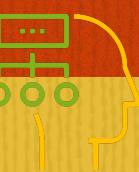


Cognitive Behavioral Therapy



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





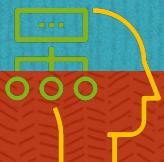
Cognitive- Behavioral Group Work



Example Group Curricula



*Guiding
Good Choices*



Why Try

Aggression
Replacement
Training

Therapeutic Procedures

The Buddy System

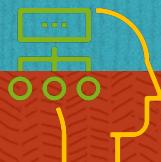
Group Exercises

Multiple Modeling

Group Feedback

Group Brainstorming

Mutual Reinforcement



Phases of Cognitive-Behavioral Group Work

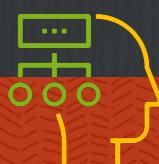
Beginning the Group

Motivational Enhancement Phase

Assessment Phase

Intervention Phase

Generalization Phase



Phases of Cognitive-Behavioral Group Work

Beginning
the Group

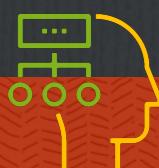
Motivational
Enhancement
Phase

Assessment
Phase

Intervention
Phase

Generalization
Phase

- Orientation
- Cohesion



Phases of Cognitive-Behavioral Group Work

Beginning
the Group

Motivational
Enhancement
Phase

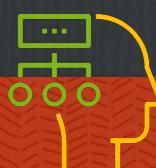
Assessment
Phase

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

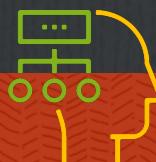
Assessment
Phase

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

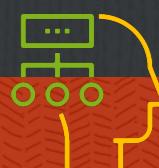
Motivational
Enhancement
Phase

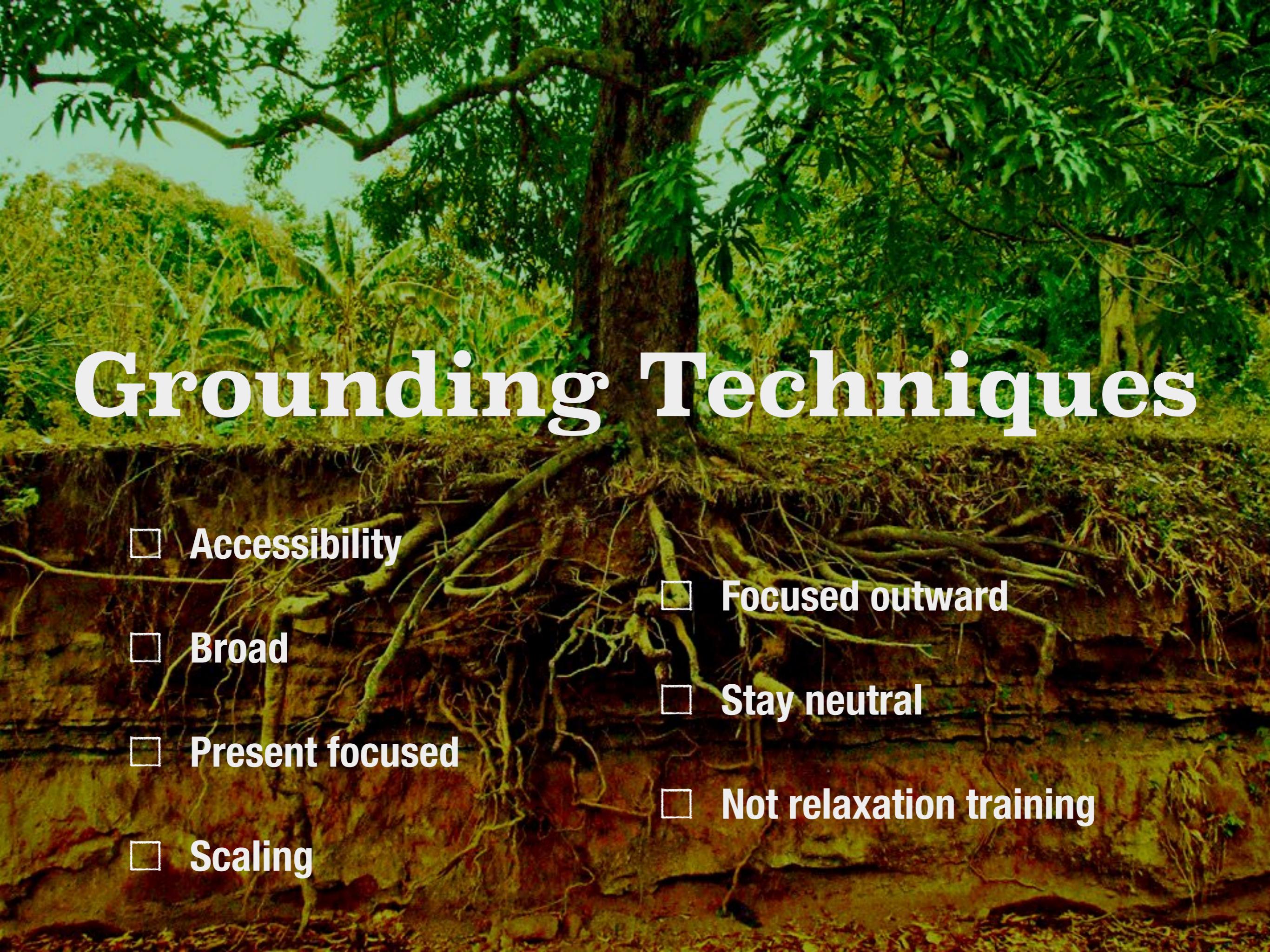
Assessment
Phase

Intervention
Phase

Generalization
Phase

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



A photograph of a dense tropical forest. Large trees with thick trunks and sprawling root systems are prominent. The ground is covered in a thick layer of moss and fallen leaves. Sunlight filters through the canopy, creating bright highlights and deep shadows.

Grounding Techniques

- Accessibility
- Broad
- Present focused
- Scaling
- Focused outward
- Stay neutral
- Not relaxation training

Phases of Cognitive-Behavioral Group Work

Beginning
the Group

Motivational
Enhancement
Phase

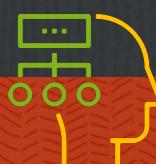
Assessment
Phase

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

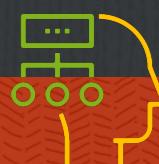
Generalization
Phase

Modeling Methods

Group
Members

Group
Worker

Special Guests



Phases of Cognitive-Behavioral Group Work

Beginning
the Group

Motivational
Enhancement
Phase

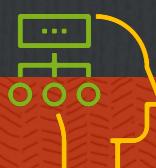
Assessment
Phase

Intervention
Phase

Generalization
Phase

Cognitive Change Methods

Self-Centered Thinking
Assuming the Worst
Blaming Others
Minimizing / Mislabeling



Phases of Cognitive-Behavioral Group Work

Beginning
the Group

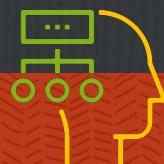
Motivational
Enhancement
Phase

Assessment
Phase

Intervention
Phase

Generalization
Phase

Community Interventions



Phases of Cognitive-Behavioral Group Work

Beginning
the Group

Motivational
Enhancement
Phase

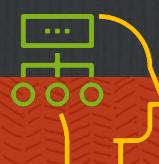
Assessment
Phase

Intervention
Phase

Generalization
Phase

Other

- Guided Group Exposure
- Relationship Enhancement Methods
- Relaxation Methods
- Small-Group Practice Procedures
- Operant Methods



Phases of Cognitive-Behavioral Group Work

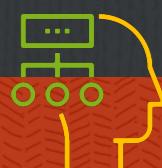
Beginning
the Group

Motivational
Enhancement
Phase

Assessment
Phase

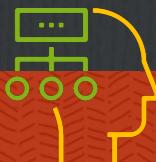
Intervention
Phase

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

