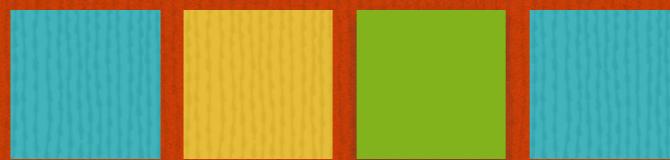


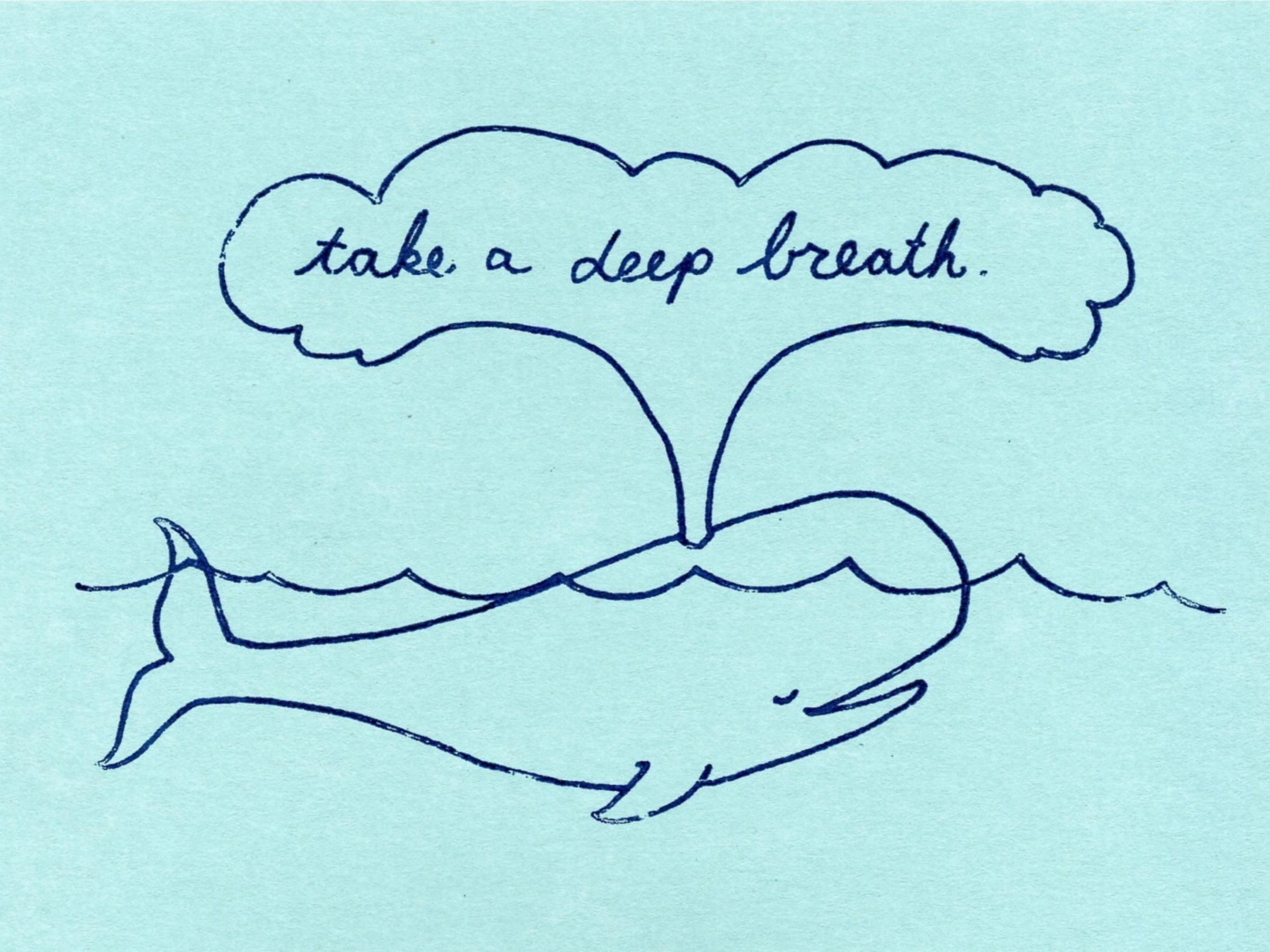
# Group Practice Models

Cognitive Behavioral Group Work



Jacob Campbell, LICSW  
Heritage University

Spring 2020  
SOWK 487

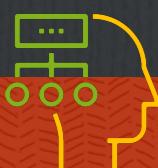


take a deep breath.

# Agenda

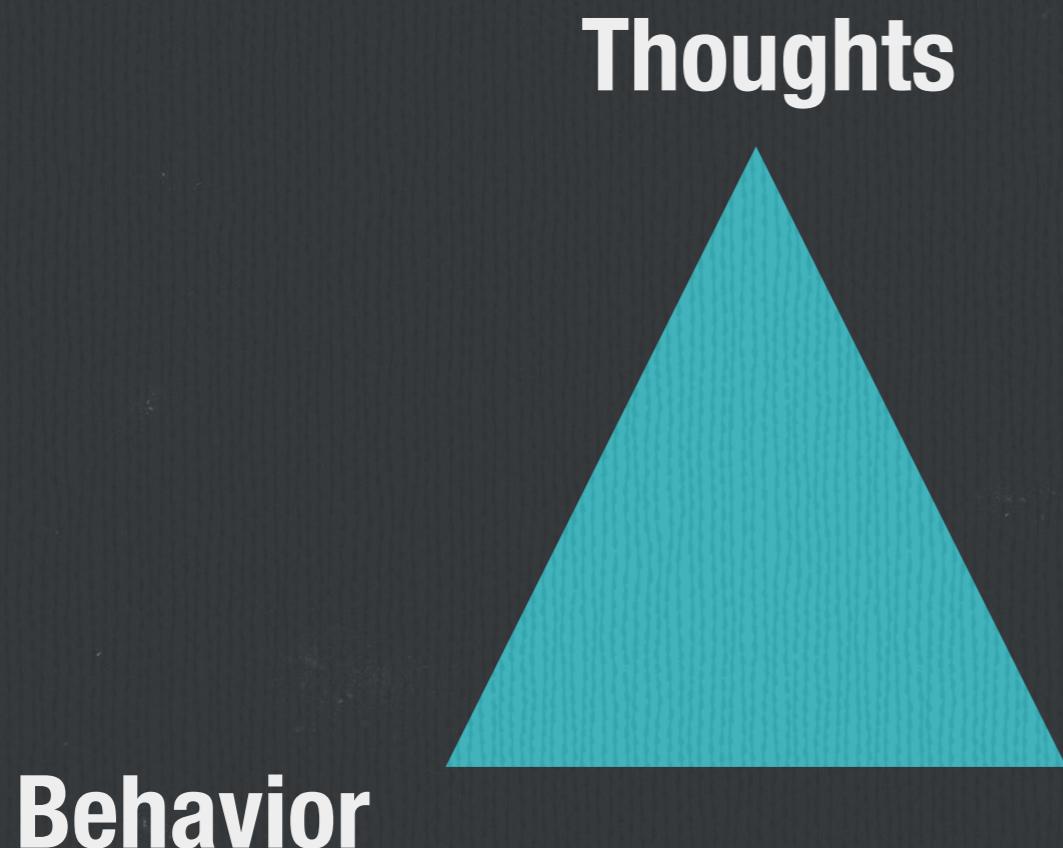
---

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

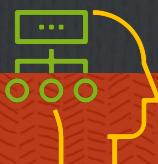


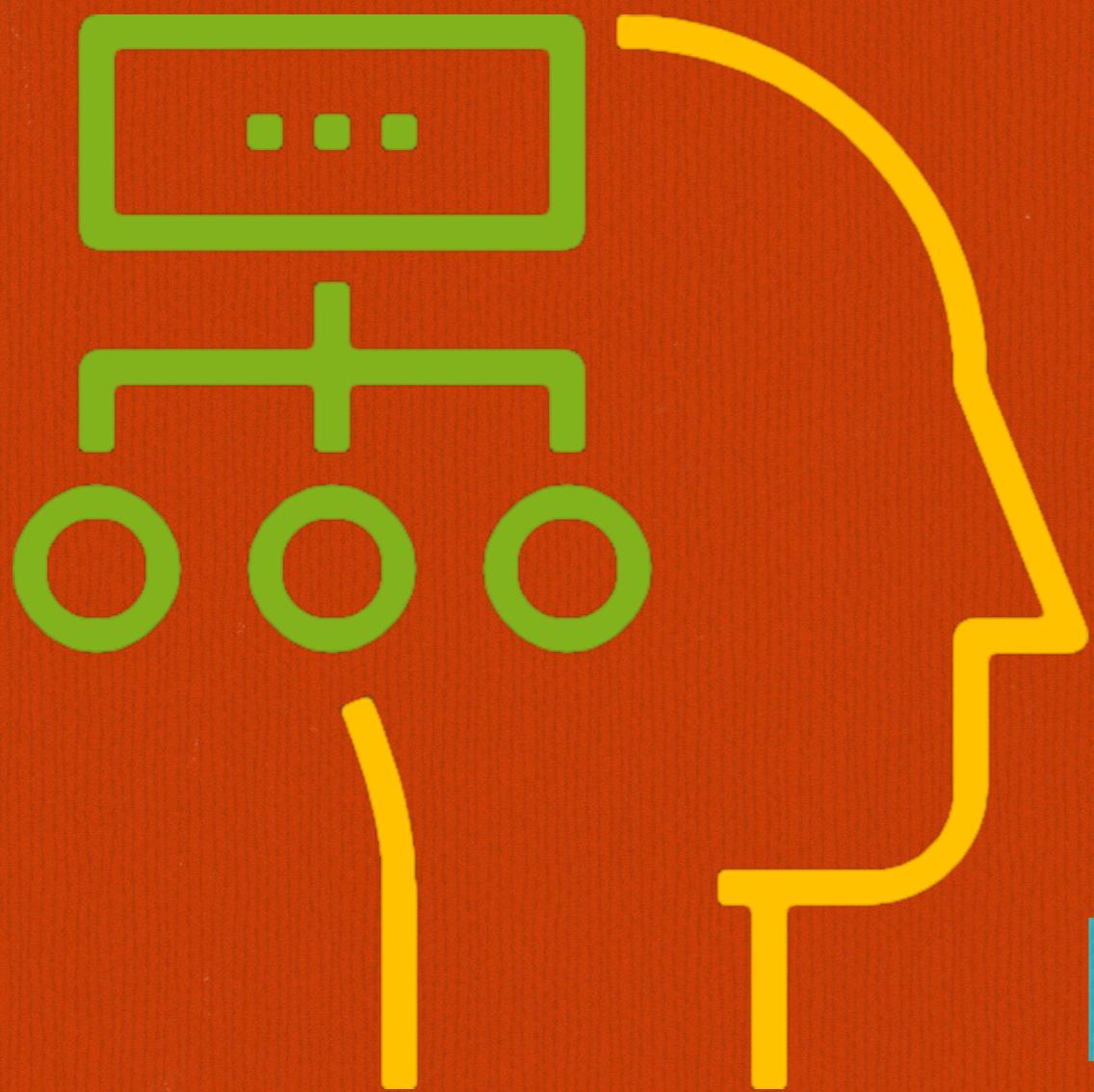
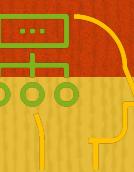
# Cognitive Behavioral Therapy

---



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





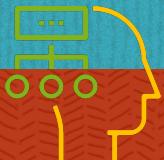
# Cognitive- Behavioral Group Work



# Example Group Curricula



*Guiding  
Good Choices*



**Why Try**

# Therapeutic Procedures

**The Buddy System**

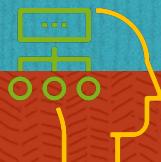
**Group Exercises**

**Multiple Modeling**

**Group Feedback**

**Group Brainstorming**

**Mutual Reinforcement**



# Phases of Cognitive-Behavioral Group Work

---

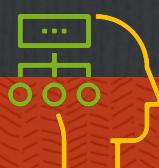
Beginning the Group

Motivational Enhancement Phase

Assessment Phase

Intervention Phase

Generalization Phase



# Phases of Cognitive-Behavioral Group Work

Beginning  
the Group

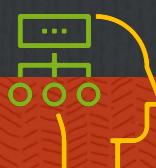
Motivational  
Enhancement  
Phase

Assessment  
Phase

Intervention  
Phase

Generalization  
Phase

- Orientation
- Cohesion



# Phases of Cognitive-Behavioral Group Work

Beginning  
the Group

Motivational  
Enhancement  
Phase

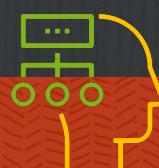
Assessment  
Phase

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

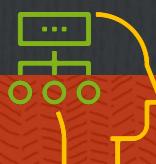
Assessment  
Phase

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

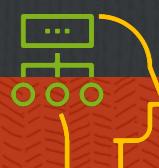
Motivational  
Enhancement  
Phase

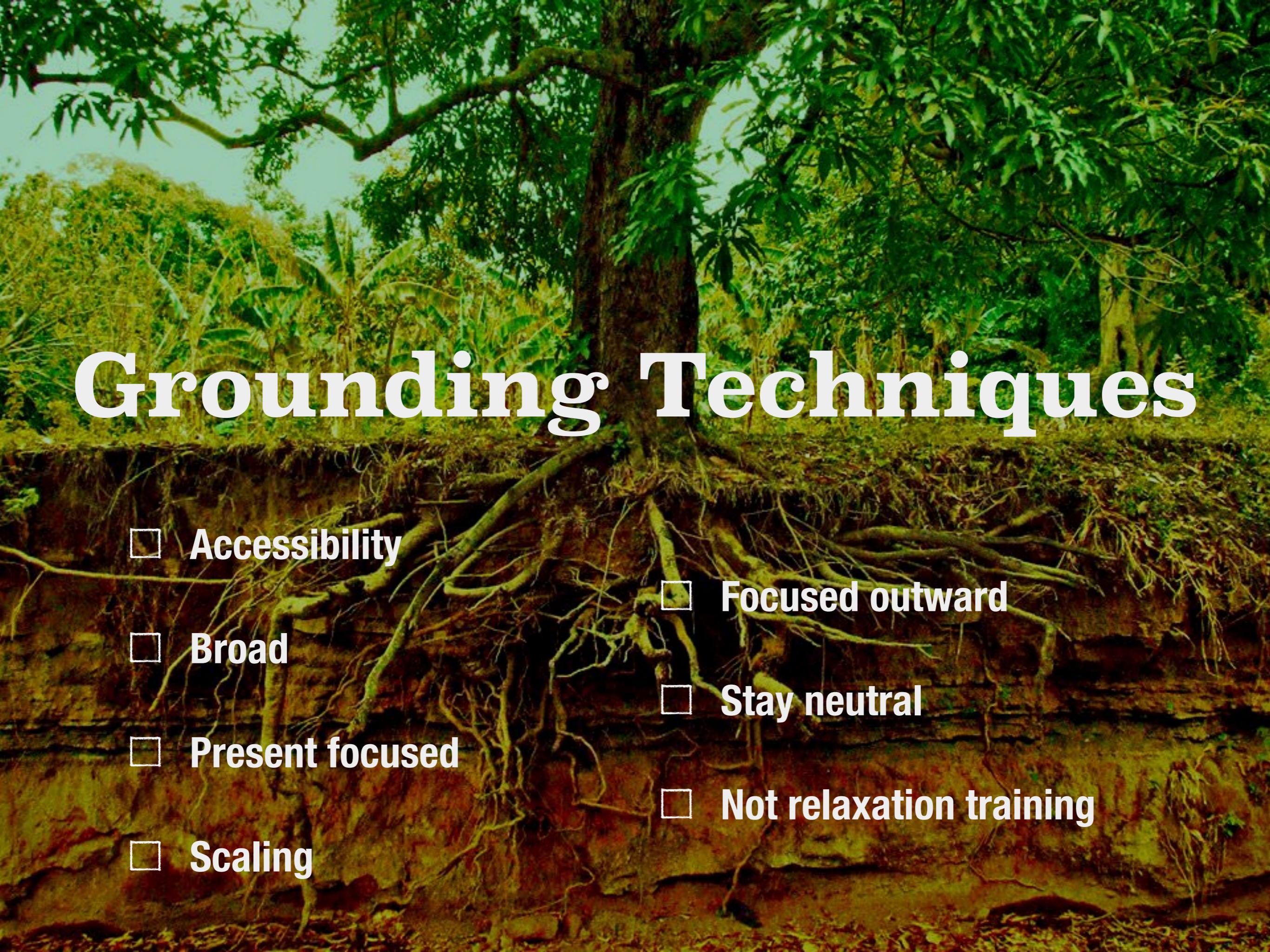
Assessment  
Phase

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

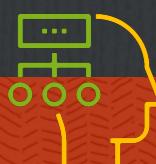
Assessment  
Phase

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

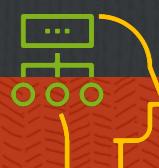
Generalization  
Phase

Modeling Methods

Group  
Members

Group  
Worker

Special Guests



# Phases of Cognitive-Behavioral Group Work

Beginning  
the Group

Motivational  
Enhancement  
Phase

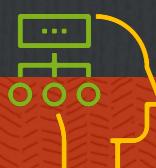
Assessment  
Phase

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

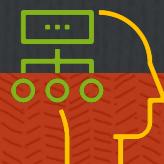
Motivational  
Enhancement  
Phase

Assessment  
Phase

Intervention  
Phase

Generalization  
Phase

Community Interventions



# Phases of Cognitive-Behavioral Group Work

Beginning  
the Group

Motivational  
Enhancement  
Phase

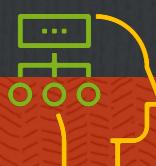
Assessment  
Phase

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

---

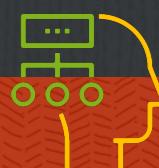
Beginning  
the Group

Motivational  
Enhancement  
Phase

Assessment  
Phase

Intervention  
Phase

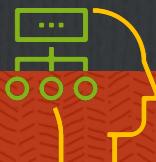
Generalization Phase

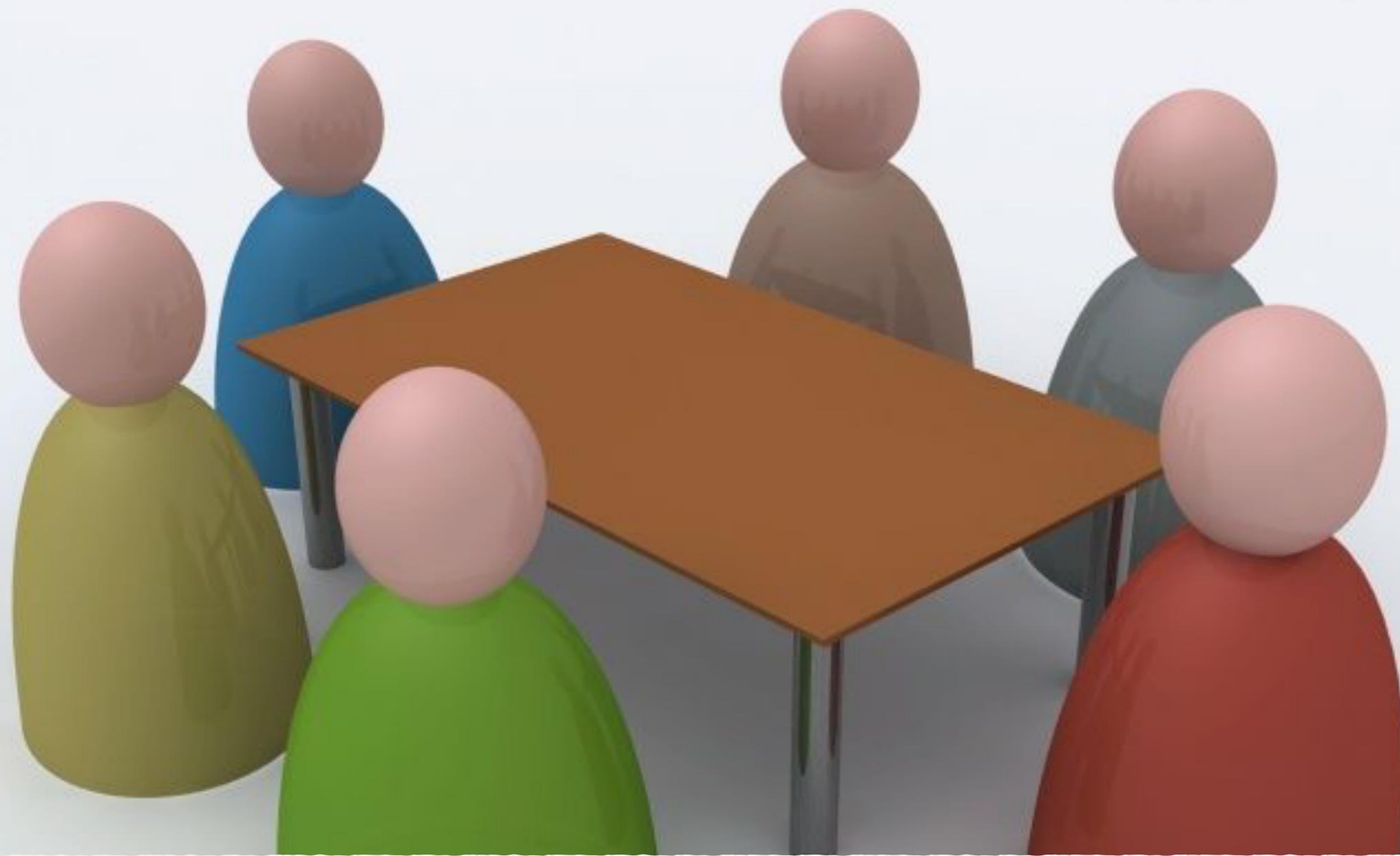


# Developing Your Own Curriculum

---

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





# Practice Facilitating a Group

---

Practice Facilitating a Group

