**CP FORM 4**

**INITIAL ASSESSMENT FORM FOR GROUPS**

**Case Number…** 8 **Date of intake…** 11/03/2024

**Group Code…** G8 **Practicum Site…MTRH**

**Group demographic information (type of group)**The group comprises 7 males and 3 females, aged between 21 and 40, who are struggling with drug addiction.

**The current situation (allow the group to share whatever brought them for therapy).**The group members gathered for therapy to address their struggles with drug addiction. Each individual shared their personal experiences, detailing the challenges they face due to their substance abuse and expressing a desire for support and guidance to overcome their addiction.

**What is your initial assessment of the group; cognitively, emotionally, socially and physically in relation to their concerns**?

Insight: The group members demonstrated varying levels of insight into their addiction, with some expressing a strong awareness of the negative impact it has on their lives, while others may have exhibited resistance or denial.

Mood and Affect: Emotionally, the group members displayed a range of moods, including anxiety, sadness, frustration, and hopelessness, reflecting the distress caused by their addiction.

Social Behaviour: Social behaviour is appropriate.

Appearance: Physically, some group members show signs of neglect or deterioration in appearance, such as poor hygiene or malnutrition, indicating the toll that addiction has taken on their health and well-being.

**SESSION 1 CP FORM 5**

**GROUP TREATMENT PLAN FORM**

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| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G8 | 11/03/2024 | 2.00 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The primary concern bringing the group to therapy is their struggle with drug addiction. They are seeking help to break free from the cycle of substance abuse, regain control over their lives, and build a healthier, drug-free future.

**Goal(s) for therapy**1. To support each group member in acknowledging and accepting the reality of their addiction.  
2. To develop coping skills and strategies to manage cravings and triggers associated with substance abuse.  
3. To foster a supportive and non-judgmental environment where group members can share their experiences, offer mutual support, and hold each other accountable in their recovery journey.  
4. To empower group members to set and work towards achievable goals for sobriety and long-term recovery.

**Interventions (state theories used)**1. Cognitive-behavioural Therapy (CBT): Helping group members identify and challenge negative thought patterns and beliefs associated with substance abuse, and develop more adaptive coping strategies to deal with cravings and triggers.

2. Motivational Interviewing (MI): Using a client-centred approach to explore ambivalence towards change, enhance motivation for recovery, and increase commitment to treatment goals.

3. Psychoeducation: Providing information about the effects of drugs on the brain and body, as well as practical strategies for managing withdrawal symptoms, cravings, and relapse prevention.

4. Group Therapy Techniques: Facilitating group discussions, sharing of experiences, role-playing exercises, and peer support activities to promote mutual learning, empathy, and accountability among group members.

**Plans for next session (If any)**In the next session, the group may focus on exploring individual triggers for substance use, developing personalised coping strategies, and setting concrete goals for sobriety. Additionally, the group may continue to build trust and rapport among members, and explore themes of self-compassion, resilience, and hope in the recovery process.

**Student Counsellor’s signature… Date…** 11/03/2024

**SESSION 2 CP FORM 5**

**GROUP TREATMENT PLAN FORM**

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| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G8 | 13/03/2024 | 2.00 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The group members continue to grapple with their addiction to drugs, experiencing ongoing struggles with triggers, cravings, and the cycle of substance abuse. They are concerned about their ability to maintain sobriety in the face of these challenges and are seeking guidance and support to develop effective coping strategies.

**Goal(s) for therapy**1. To explore individual triggers for substance use and identify specific situations or emotions that contribute to cravings and relapse.  
2. To collaboratively develop personalised coping strategies tailored to each group member's unique triggers and challenges, focusing on practical techniques to manage cravings and avoid relapse.  
3. To facilitate the setting of concrete, achievable goals for sobriety, such as abstaining from drug use for a specified period or reducing the frequency of substance use.  
4. To explore themes of self-compassion, resilience, and hope in the recovery process, encouraging group members to cultivate a positive mindset and belief in their ability to overcome addiction.

**Interventions (state theories used)**1. Triggers Exploration: Facilitate group discussions and exercises to help members identify their individual triggers for substance use, such as specific environments, people, emotions, or thoughts.  
2. Coping Skills Development: Utilise cognitive behavioural techniques to collaboratively develop personalised coping strategies for managing triggers and cravings. This may include relaxation techniques, distraction strategies, and assertiveness training.  
3. Goal Setting: Guide group members in setting realistic and measurable goals for sobriety, ensuring goals are specific, achievable, relevant, and time-bound (SMART).  
4. Psychoeducation: Provide information and psychoeducation on self compassion, resilience, and hope in the context of addiction recovery, highlighting the importance of self care, perseverance, and maintaining a positive outlook.

**Plans for next session (If any)**In the next session, the group will focus on understanding and managing vulnerabilities to stressors. They will explore stress management techniques, identify triggers for substance use related to stress, and set goals for enhancing resilience. Members will share progress and challenges, fostering mutual support. Additionally, themes of self-compassion, resilience, and hope will be further explored to cultivate inner strength and optimism in the recovery journey.

**Student Counsellor’s signature… Date…** 13/03/2024

**SESSION 3 CP FORM 5**

**GROUP TREATMENT PLAN FORM**

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| --- | --- | --- | --- | --- | --- |
| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G8 | 14/03/2024 | 2.00 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**The group members are concerned about their susceptibility to stressors and how these stressors may contribute to their substance use. They recognise the need to develop effective stress management strategies to reduce the likelihood of relapse and enhance their resilience in recovery.

**Goal(s) for therapy**1. To increase awareness and understanding of individual vulnerabilities to stressors among group members.  
2. To explore and implement practical stress management techniques tailored to each member's needs and preferences.  
3. To identify specific triggers for substance use related to stress and develop strategies for managing these triggers effectively.  
4. To foster mutual support and collaboration among group members in sharing progress and addressing challenges related to stress management and substance use.

**Interventions (state theories used)**1. Psychoeducation: Provide information on the physiological and psychological effects of stress, as well as the relationship between stress and substance use. Utilise elements of Stress and Coping Theory to help group members understand how stressors can impact their coping strategies and substance use behaviours.  
2. Stress Management Techniques: Introduce a variety of stress management techniques, including relaxation exercises, mindfulness practices, deep breathing exercises, and progressive muscle relaxation. Incorporate principles from Cognitive-Behavioural Therapy (CBT) to help members challenge and reframe negative thought patterns associated with stress.  
3. Triggers Identification: Guide group members in identifying specific triggers for substance use related to stress, such as certain situations, emotions, or interpersonal conflicts. Use principles from Motivational Interviewing (MI) to explore ambivalence and motivation for change in managing these triggers.  
4. Mutual Support: Facilitate group discussions where members can share their progress and challenges in managing stress and substance use, offering support, encouragement, and feedback to one another. Use principles of Group Therapy to promote cohesion and collaboration within the group.

**Plans for next session (If any)**Group will explores stress management techniques for real-life application, revisits substance use triggers for personalised coping plans. Members share progress, fostering mutual support. Themes of self-compassion, resilience, and hope reinforce inner strength and optimism in recovery journey.

**Student Counsellor’s signature… Date…** 14/03/2024

**SESSION 4 CP FORM 5**

**GROUP TREATMENT PLAN FORM**

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| **Group Code** | **Date of Session** | **Time of session** | **Session number** | **Duration of session** | **Practicum site** |
| G8 | 15/03/2024 | 2.00 pm | 1 | 2 hours | MTRH |

**Group’s Concerns(Issue bringing them for therapy)**Members initially sought therapy to address their struggles with drug addiction, including managing cravings, overcoming triggers, and maintaining sobriety. They also expressed concerns about relapse prevention and rebuilding their lives after addiction.

**Goal(s) for therapy**1. Reflection: engage in a reflective process, individually and collectively, to assess their progress and insights gained throughout the therapy process. Explore how their attitudes, behaviours, and perceptions have evolved since the beginning of therapy.  
2. Sharing: Each member will have dedicated time to share their personal experiences, highlighting the challenges they faced, the coping strategies they employed, and the milestones they achieved in their journey towards recovery.   
3. Gratitude: collectively express gratitude for the support and encouragement received from one another and from the therapist throughout the therapy process.   
4. Farewell: Members will have the opportunity to express their feelings about concluding the group sessions and reflect on their personal growth and development during this time.  
5. Future Plans: Discussion on plans for continued support and maintenance of sobriety will take place.   
  
**Interventions (state theories used)**1. Person-Centred Therapy: encouraged open and non-judgmental communication among group members. This approach allowed each member to authentically express themselves and feel heard and understood by the group. By fostering a supportive environment, members were able to share their thoughts, feelings, and experiences without fear of judgment.  
2. Gestalt Therapy techniques to facilitate reflection and integration of past experiences. Through guided exercises and discussions, members gained insight into their patterns of behaviour and how these behaviours contributed to their addiction. This process helped members develop a sense of closure as they confronted and processed their past experiences, enabling them to move forward in their recovery journey with greater clarity and understanding.  
3. Motivational Interviewing, I supported members in exploring their motivations for change and reinforcing their commitment to maintaining sobriety beyond the group therapy sessions. By asking open-ended questions and actively listening to their responses, I helped members identify their intrinsic reasons for wanting to overcome addiction. Additionally, I worked collaboratively with members to identify potential barriers to change and develop strategies to overcome them, empowering them to take ownership of their recovery journey and build confidence in their ability to achieve lasting sobriety.

**Plans for next session (If any)**This is the final session.

**Student Counsellor’s signature… Date…** 15/03/2024