**CP FORM 6**

**GROUP LOG FORM**

**SUMMARY OF GROUP CONTACT HOURS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **GROUP CODE** | **DATE:**  **FROM** | **DATE:**  **TO** | **No. OF SESSIONS** | **No. OF HOURS** | **PRESENTING CONCERNS AND MAIN ISSUES EXPLORED** |
| G1 | 6/2/24 | 6/2/24 | 1 | 2 | The group, comprising recovering addicts, part of a 90-day recovery program, seeks support in navigating their journeys. They share challenges including triggers, social relationships, understanding root causes, and gaining insights into addictive patterns and thought processes. Their participation reflects a commitment to understanding and overcoming addiction. |
| G2 | 7/2/24 | 7/2/24 | 1 | 2 ½ | The presenting concerns and main issues explored involve ensuring a successful transition for the daughter post-rehabilitation from alcohol addiction. The family seeks guidance on creating an exit plan and establishing sustainable support systems for her ongoing recovery journey. The therapy aims to strengthen family communication, identify triggers, prevent relapse, provide psycho-education, and address family roles and responsibilities in supporting the daughter's recovery. |
| G3 | 20/2/24 | 20/2/24 | 1 | 2 | The family members of a kidney transplant patient have sought therapy for clarification and psychoeducation regarding the kidney transplant process. They express concerns about understanding the entire transplant journey, including finding a willing kidney donor, adhering to medication, establishing a support system, and having contingency plans in place. |
| G4 | 26/2/24 | 1/3/24 | 5 | 10 | The group comprises individuals grappling with various mental health challenges, including schizophrenia, bipolar disorder, depression, substance abuse, and schizoaffective disorder. Their shared concern revolves around illness management and relapse prevention. They seek to understand the dynamics of their conditions and learn effective strategies for managing them. |
| G5 | 11/3/24 | 11/3/24 | 1 | 2 | Group is grieving their deceased mother who succumbed to cancer. |
| G6 | 12/3/24 | 12/3/24 | 2 | 2 | Clients came to get closure about their patient who was diagnosed with possible Breast cancer. Patient had stayed in hospital for 2 weeks while doctors worked round the clock to investigate the presence of cancerous tissue in the patient’s breast. |

**TOTAL HOURS…** 16 ½  **COLLECTIVE HOURS…** 16 ½

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| --- | --- | --- | --- | --- | --- |
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| G7 | 12/3/24 | 12/3/24 | 1 | 2 | The family members' primary concern bringing them to therapy was their lack of understanding about the haemodialysis procedure their loved one was undergoing. They sought clarification on the procedure's effects, consequences, and its potential to improve the patient's health condition. |
| G8 | 11/3/24 | 15/3/24 | 4 | 8 | 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. |
| G9 | 14/3/24 | 14/3/24 | 1 | 2 | The primary concern bringing the clients to therapy was the grieving process following the loss of their grandmother, who had been diagnosed with lung complications. |
| G10 | 19/3/24 | 19/3/24 | 1 | 2 | The group sought therapy to gain closure regarding their chronically ill patient diagnosed with advanced oesophagus cancer, for whom recovery expectations were held. They are grappling with the emotional turmoil and uncertainty surrounding the patient's prognosis and seek support in processing their feelings and finding closure. |
| G11 | 22/3/24 | 19/3/24 | 3 | 6 | Single mother has been having a hard time with her teenage son (fifteen years old) for the past few months. The son has been aggressive, violent and doesn’t listen to anyone other than his friends. He has even threatened to drop out of school if the mother doesn’t leave him alone. The mother has tried all means but to no success. She seeks therapy in order to find a way to communicate with her so he can listen to her. |
| G12 | 20/3/24 | 20/3/24 | 1 | 2 | The group sought therapy following the recent loss of their family member, the son of the grandmother and father to the son. The father passed away from lung cancer after a three-week hospitalisation, already in stage four upon admission. The two family members were grieving their deceased loved one. |
| G13 | 23/3/24 | 23/3/24 | 1 | 2 ½ | The couple sought therapy due to marital disputes and concerns about infidelity. The husband attempted self-harm, expressing distress over his wife's friendships with other men. The wife, feeling neglected due to her husband's long working hours, sought support to address feelings of loneliness and improve communication in their relationship. |

**TOTAL HOURS…** 24 ½  **COLLECTIVE HOURS…** 40