

MIMH

Presents

*How to be the World's Best Group
Therapist: A Focus on Facilitating
Addictions and Mental Health Groups*

Presenter

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The 10 Things That The Best Group Therapist Do

- *They build group cohesion.*
- *They base interventions on the groups stage of development.*
- *They effectively manage group conflict.*
- *They empower the group to gradually take ownership of its own functioning.*
- *They effectively intervene with difficult group members.*

The 10 Things That The Best Group Therapist Do Continued

- *They effectively increase trust in groups with multicultural membership.*
- *They maintain group cohesion in the midst of rapid turnover.*
- *They effectively integrate activities into the group process.*
- *They utilize evidence based practices.*
- *They instill hope during hard times.*

Factors Most Important In The Early Stages of Group Therapy

- 1. Universality*
- 2. Installation of hope*

The Hero's Journey

- A. The hero takes a journey*
- B. A point where all hope seems lost*
- C. The hero has a victory*

- 3. Guidance (imparting of information)*

*Factor Most Important In The Middle
Stages of Group Therapy*

- *Cohesiveness*

Factor Most Important In The Later Stages of Group Therapy

1. Catharsis

2. Interpersonal learning

- How my behavior distances me from others*
- How my behavior effects others*
- How others see me*
- Hidden talents*
- Blind spots*



*Five-Stage Model of Group
Development*

*Garland, Kolodney,
and Jones*

Step 1

Preadffiliation (characterized by
approach/avoidance behavior)

Development of trust

One foot in and one foot out of the group

Moving close and backing away

Arm's length exploration of the group

Step 2

Power and Control (characterized by locking horns, power struggle)

Preintimacy stage

Testing the leader

Establishing roles

Power struggles

More group dropouts

Step 3

Intimacy (characterized by sameness)

Discussion of similarities

More sharing of personal information

More cohesiveness

Step 4

Differentiation (characterized by same but different)

More intimacy

More growth

Appreciation of their unique differences

Acceptance of their differences

Greater ability to confront each other

More permission for true expression

Step 5

Separation

Denial

Regression

Reminiscing

Acceptance

3 Signs That Your Group Is Cohesive

- 1. Members will use group language.*
- 2. Members will arrange the group room themselves.*
- 3. How they arrive and how they leave.*

Building Group Cohesion

What the Research Says

- *Preparing members for group helps increase group cohesion.*
- *The more frequently the group meets, the greater the probability of group cohesion.*
- *The more consistent the membership, the greater the probability of group cohesion.*
- *The more group members talk to each other, the great the probability of cohesion.*
- *The sharing of power increases the probability of group cohesion.*

What the Research Says Continued

- *The more the group leader models appropriate group behavior and rewards positive group activity—verbally and nonverbally—the greater the probability of group cohesion.*
- *“Effective group members” increase the probability of group cohesion.*
- *Honoring the principle, “The whole is greater than any of its parts” increases group cohesion.*
- *Safety helps increase group cohesion.*

Types of Groups

- 1. Discussion*
- 2. Lecturer/Discussion*
- 3. Film/Discussion*
- 4. The use of curriculum/discussion*
- 5. Speaker/discussion*

Types of Groups Continued

6. Topics/discussion

- *Relationships*
- *Betrayal*
- *God*
- *Fear*
- *Triggers*
- *Disappointments*
- *Our mothers*
- *Our fathers*
- *Work*
- *Unemployment*
- *Craving*

Types of Groups Continued

7. Activities

- *Art*
- *Practice (role play)*
- *Dance*
- *Music*

8. Combination of any of the above

How to Avoid "Getting Your Buttons Pushed" Continued

- 2. Know your areas of vulnerability*
- 3. Redirection*
- 4. Reversal of responsibility*
- 5. Answering a question with a question*

How to Avoid "Getting Your Buttons Pushed" Continued

- 6. Roll with resistance*
- 7. Resist arguments*
- 8. Have healthy boundaries*

Methods of Managing Group Conflict

- 1. Stop out burst early*
- 2. Lower your voice*
- 3. Eliminate threatening behavior*
- 4. Make a contract*
- 5. Go from feelings to thoughts*

Methods of Managing Group Conflict Continued

6. Talk to you

7. Use "I" language

8. Point out mirror reactions

9. Dismantle subgroups

10. Deal with difficult group members

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*Dealing With Difficult Group
Members*

Dismantle Sub-Groups

1. Sub-groups

Dismantling sub-groups

What helps

- A. Discover the glue that's holding the sub-group together*
- B. Describe what you see that suggests that they are a sub-group*
- C. Ask other members if they notice the special bond*

Dismantle Sub-Groups Continued

- D. Ask for feelings about being left out
"People often don't do well but they mean well. If they knew how their behavior effects others, they might stop." Susan Rentle*
- E. Discover the leader*
- F. Ask those in the sub-group to comment on what they've heard*
- G. Get to group early and sit in their seat*

The Monopolist

2. The Monopolist

- A. Never say "shut up"*
- B. Ask them to talk about anxiety*
- C. Wait for the pause*
- D. Challenge the rest of the group*
- E. Ask the monopolist to make observations*
"People often don't do well but they mean well.
If they knew how their behavior effected
others, they might stop." Susan Rentle

The Mandated Client

3. The Mandated Client

- A. Allow them to talk about not needing to be in the group*
- B. Allow them to talk about not having an addiction*
- C. Ask the leverage question*

The Silent Group Member

4. The Mandated Client

A. Never force them to talk

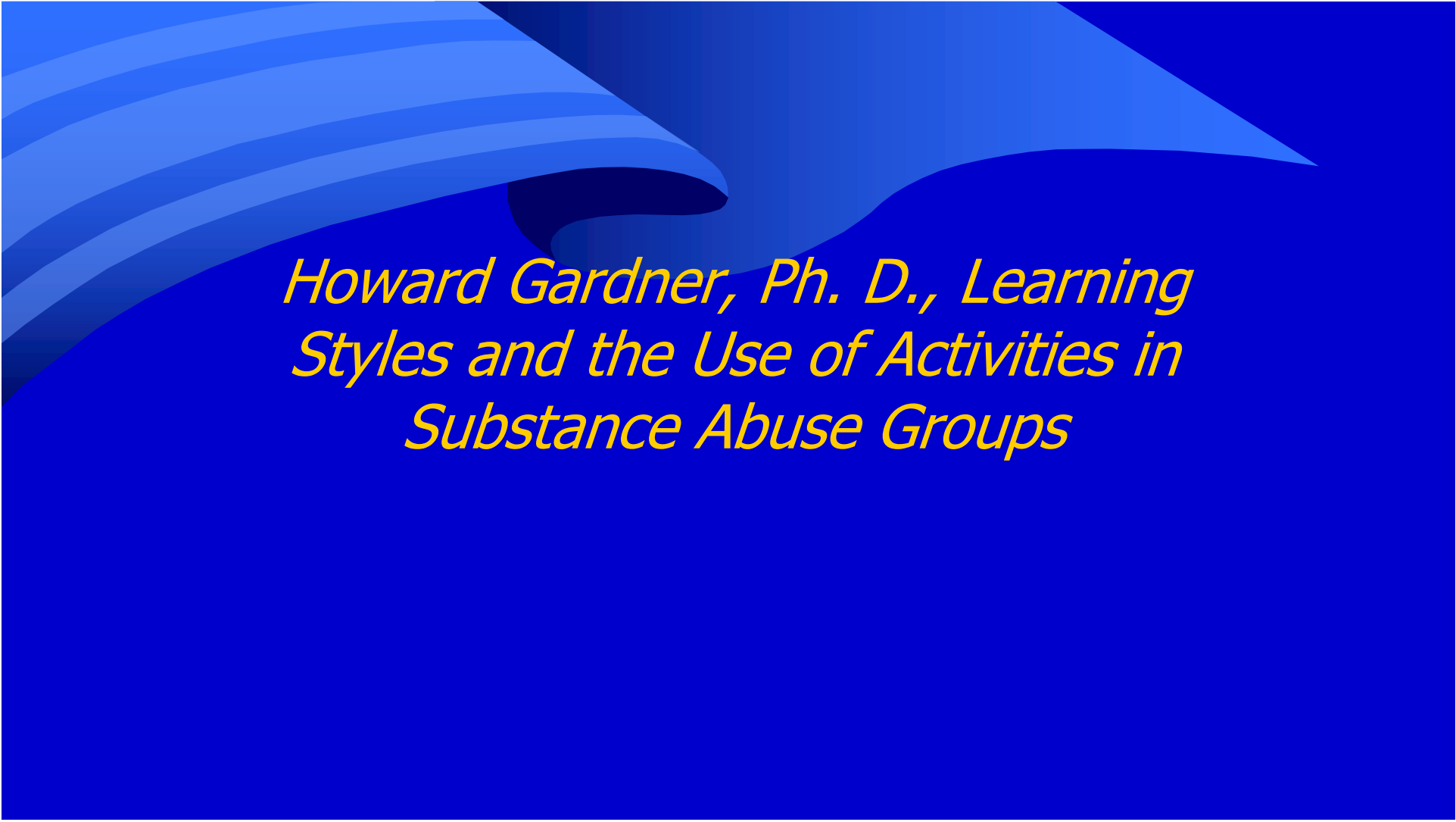
B. Comment on facial expressions and body language

C. Ask other group members what it is like for them when others do not talk

D. "People often don't do well but they mean well. If they knew how their behavior effected others, they might stop." Susan Rentle

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The Use Of Activities In Group

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*Howard Gardner, Ph. D., Learning
Styles and the Use of Activities in
Substance Abuse Groups*

Bodily Kinesthetic

1. Bodily kinesthetic

- *Dance*
- *Movement*
- *Yoga*
- *Stand-up exercise*

Bodily Kinesthetic Continued

- *Finding our wounds*
- *Stages of change*
- *HALT*
- *Family sculpture*
- *Father-son circle*
- *Rehearsing high-risk situations*

Artistic

2. Artistic

- *Obstacles to recovery*
- *Your family*
- *Your future*

Artistic Continued

- *The me nobody knows*
- *Message in the music*
- *12-step collages*

- *STEP ONE: We admitted we were powerless over alcohol and that our life had become unmanageable.*



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Honor Roll



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Drugs

Cigarettes

Alcohol

Cocaine

Kicked out of school



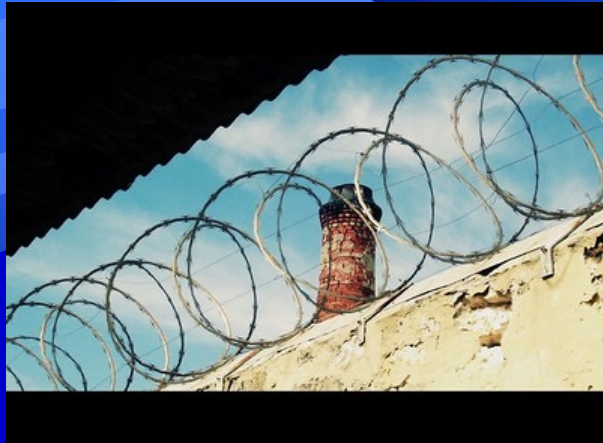
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Step 8

*We made a list of all persons we had harmed
and became willing to make amends with
them all.*









Interpersonal

3. Interpersonal

- *Small group discussion*
- *Topics discussion*
- *Film/discussion*
- *Speaker/ discussion*

Intrapersonal

4. Intrapersonal

- *Meditation*
- *Breathing exercises*
- *Quite time*
- *Mindfulness practices*

Linguistic

5. Linguistic

- *Brief presentations*
- *Poems*
- *Raps*

Musical

6. Musical

- *Fun and entertainment*
- *Relaxation and meditation*

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*Facilitating Groups With Multicultural
Membership*

Four Important Terms

- 1. Actual Minority-*
- 2. Actual Majority-*
- 3. Psychological Minority-*
- 4. Psychological Majority-*

Facilitating Groups With Multicultural Members

- 1. You are the bridge initially*
- 2. Be available*
- 3. Help those in the psychological minority feel more comfortable*

Facilitating Groups With Multicultural Members Continued

- 4. Try to avoid "tokenism"*
- 5. Be aware of how issues occurring in the larger society can impact group process*
- 6. Be willing to have an open discussion of issues connected to differences*

The Use Of Evidence Practices In Substance Abuse Groups

- 1. Feedback informed treatment*
- 2. The use of motivational incentives*
- 3. Cannabis manualized treatment approach*

Evidence Based Practices In Groups Continued

- 4. Motivational interviewing and stage based interventions*
- 5. 12-step facilitation*
- 6. Congnitive behavioral therapy*
- 7. Seeking safety*