

# Group Note Template

Basic Information			
Session Date	Session Start/Stop Time	No. of Clients in Session	Therapist Name
1/12/2022	12:30 - 2:30	3	Dr Lucy Smith
Group Summary			
<p><b>Group Summary</b></p> <p>There were 3 clients today within the group therapy session, and are patients of my practice. All are facing similar substance abuse issues with alcohol, and are practicing sobriety.</p>			
<p><b>Discussion Topic</b></p> <p>Today's discussion topic is dealing with sobriety, as part of substance abuse therapy. Clients are encouraged to talk about their experiences so far, and how no alcohol is affecting their day to day.</p>			
Intervention			
<p>The session began with introductions, and then with sharing experiences, if comfortable.</p> <p>The clients were then lead through multiple thought exercises considering how life trajectories, relationships, impulses, self-esteem, and work has/has not been affected by their alcohol decisions. This lead to interesting insight, more personal anecdotes and group support, as well as some questions.</p> <p>The final part of the session involved goal-setting, where clients were encouraged to set goals to achieve within the next month. Small steps are recommended, and each client is expected to report back within the next session.</p>			
Plan			
<p>All three clients were happy to meet next time, now having established support. Clients also agreed to make progress on their individual goals set, and will report back in the next session. Each client will also continue to see me privately throughout the month.</p>			
Therapist Signature		Next Session Date	
		15/02/2023	

# Sample Group Therapy Notes

**Nathaniel J. Raskin**



## **Sample Group Therapy Notes:**

**The Clinical Documentation Sourcebook** Donald E. Wiger, 2009-12-31 All the forms handouts and records mental health professionals need to meet documentation requirements fully revised and updated The paperwork required when providing mental health services continues to mount Keeping records for managed care reimbursement accreditation agencies protection in the event of lawsuits and to help streamline patient care in solo and group practices inpatient facilities and hospitals has become increasingly important Now fully updated and revised the Fourth Edition of The Clinical Documentation Sourcebook provides you with a full range of forms checklists and clinical records essential for effectively and efficiently managing and protecting your practice The Fourth Edition offers Seventy two ready to copy forms appropriate for use with a broad range of clients including children couples and families Updated coverage for HIPAA compliance reflecting the latest The Joint Commission TJC and CARF regulations A new chapter covering the most current format on screening information for referral sources Increased coverage of clinical outcomes to support the latest advancements in evidence based treatment A CD ROM with all the ready to copy forms in Microsoft Word format allowing for customization to suit a variety of practices From intake to diagnosis and treatment through discharge and outcome assessment The Clinical Documentation Sourcebook Fourth Edition offers sample forms for every stage of the treatment process Greatly expanded from the Third Edition the book now includes twenty six fully completed forms illustrating the proper way to fill them out Note CD ROM DVD and other supplementary materials are not included as part of eBook file      *Counselling Skills in Applied Sport Psychology* Paul McCarthy, Zoe Moffat, 2023-11-24 Counselling Skills in Applied Sport Psychology is a new text that provides a how to in basic counselling skills for sport psychology students and practitioners The book supports scholarship in applied sport psychology at the upper undergraduate and postgraduate levels especially for those training to become sport psychology practitioners Presented in ten chapters and an extensive appendix of forms and letters to cater to the ranging needs of students the book addresses basic counselling skills their place in applied sport psychology and personal development The core of the book lies in exploring counselling models and how to counsel client athletes through beginnings middles and endings It delves more deeply into personal and professional development especially understanding therapeutic modalities supervision and self care Providing a unique focus of basic counselling skills in applied sport psychology concentrating on the professional relationship between the sport psychology practitioner and client athlete in applied sport psychology practice Counselling Skills in Applied Sport Psychology is essential reading and practice for upper undergraduates and postgraduates in applied sport psychology and sport and exercise psychology      *Integrating Psychological and Pharmacological Treatments for Addictive Disorders* James MacKillop, George A. Kenna, Lorenzo Leggio, Lara A. Ray, 2017-07-06 Integrating Psychological and Pharmacological Treatments for Addictive Disorders distills the complex literature on addiction offering a curated toolbox of integrated pharmacological and psychotherapeutic treatments

in chapters authored by leading experts Introductory chapters on the epidemiology etiology and fundamentals of addiction treatment provide a concise overview of the state of the field Subsequent chapters then focus on the treatment of specific substance use disorders and on gambling disorder Finally a chapter on the treatment of addiction in primary care addresses the opportunities for clinical care in non specialist outpatient settings Physicians psychologists social workers and other mental health professionals will come away from the book with an essential understanding of evidence based practice in treating addiction and the scientific foundations of those approaches

*Models of Brief Psychodynamic Therapy* C. Seth Warren,1998-01-02 This practical and scholarly new text presents a comprehensive review and evaluation of the theory research and practice of psychodynamically oriented brief psychotherapy It offers in depth discussions of the major clinical and theoretical approaches as well as examinations of other special topics in the application of brief therapy Locating brief psychodynamic therapies within larger contexts Stanley B Messer and C Seth Warren illuminate the impact of psychoanalytic ideas and theories as well as cultural historical and intellectual trends on each approach

*Activities for Adolescents in Therapy* Susan T. Dennison,1998 This how to do it book has been written primarily for experienced group clinicians social workers psychologists psychiatrists and school counselors However it may also be adapted for use by other experienced helping professionals who work with troubled adolescents in group settings such as art therapists special education teachers recreation therapists and speech language pathologists Although the activities are intended for groups modifications can easily be made for use in individual therapy

*RSA Research Information System* United States. Rehabilitation Services Administration,1976

**Music Therapy Groupwork with Special Needs Children** Karen D. Goodman,2007

Skills and Tools for Today's Counselors and Psychotherapists Ed Neukrug,Alan M. Schwitzer,2006 Learn essential skills understand the nature of helping learn about change strategies diagnosis and treatment planning explore ethical professional and cross cultural issues and apply your new skills to the helping relationship After reading about the fundamental skills and techniques of counseling in the text you can access complementary role plays skill demonstrations and process stages to see the same essential principles in action Back cover

Theory and Practice of Group Counseling Gerald Corey,1995 In this revision of his best selling text Corey outlines the basic elements of group process deals with ethical and professional issues special to group work and presents an overview of the key concepts and techniques of ten theoretical approaches to group counseling The focus is on the practical applications of theoretical models to group work Two detailed chapters 16 and 17 walk students through the various stages of group development

Parliamentary Papers Queensland. Parliament. Legislative Assembly,1990

**Geriatric Neuropsychology** Deborah K. Attix,Kathleen A. Welsh-Bohmer,2013-10-15 This major clinical reference and text is the first volume to systematically address the entire process of neuropsychological assessment and intervention with older adults The expert editors and contributors detail the current state of knowledge about frequently encountered conditions ranging from mild cognitive impairment to progressive stable and reversible

dementias Evidence based assessment and intervention strategies are described and specific guidance is provided for linking neuropsychological evaluation to individualized treatment planning Demonstrating an array of cognitive training compensatory and psychotherapeutic approaches the volume shows how these can successfully be used to improve patients functioning and quality of life *Corrective and Social Psychiatry and Journal of Behavior Technology Methods and Therapy*,1973

**Nursing Research** Denise F. Polit,Bernadette P. Hungler,1999 The Sixth Edition of this classic text maintains its place as the Gold Standard of nursing research Internationally known respected and used the text provides readers with the skills to design and implement a research investigation and critically evaluate published research reports Now completely revised and updated to reflect the latest trends this classic offers a focused how to approach New in this edition expanded discussion of qualitative approaches demonstration of triangulation more on the hands on how to methodology in depth examination of research differences greater research utilization **Structured Group Psychotherapy for Bipolar**

**Disorder** Mark S. Bauer,Linda McBride,1996 In this volume Mark Bauer a psychiatrist and Linda McBride a nurse present a two phase treatment program designed to improve both illness self management skills as well as social and occupational functioning Phase 1 is a highly structured five session psychoeducational program that involves assisting individuals who suffer from bipolar disorder to become more active in learning about and understanding their own illness with its unique patterns and problems Phase 2 focuses on helping group members identify meaningful and realistic life goals that have been interrupted by bipolar disorder Clients are taught to develop a behavioral plan to employ cognitive techniques to maximize their chances for success in achieving these life goals *Municipal Reference Library Notes* New York Public Library.

Municipal Reference Library,1958 *Psychiatric Nursing* Norman L. Keltner, Lee Hilyard Schwecke, Carol E. Bostrom,2007 This edition focuses on the therapeutic skills expected of the psychiatric nurse The psychotherapeutic management model comprising three components the therapeutic nurse patient relationship psychopharmacology and milieu management is the framework of the book **Contributions to Client-centered Therapy and the Person-centered Approach** Nathaniel J. Raskin,2004 Contributions to Client Centered Therapy and the Person Centered Approach brings together an important set of difficult to obtain original papers and writings by Nat Raskin for academics teachers researchers and all serious students

**Principles and Practice of Psychiatric Nursing** Gail Wiscarz Stuart,Sandra J. Sundeen,1991 Principles and Practice of Psychiatric Nursing 8th Edition provides comprehensive coverage of psychiatric nursing Beginning with fundamental coverage of all key psychiatric nursing principles it goes on to address the complete continuum of care including mental health promotion and illness prevention crisis intervention and psychiatric rehabilitation and recovery The book then applies psychiatric nursing principles to specific clinical disorders based on adaptive maladaptive coping responses the six step nursing process and DSM IV TR and NANDA diagnoses Subsequent chapters describe various modalities of treatment psychopharmacology somatic therapies cognitive and behavioral therapies managing aggressive behavior and more hospital

based and community based care and treatment of special populations  
**Journal of Psychotherapy** ,1947

Crime and Delinquency ,1970

**American**

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