

# REVIVING GROUP PROCESS: AN EXPERIENTIAL TRAINING

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## Group Activity



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# The Tyranny of the Tissues

Patient 1 has mentioned a few times in previous groups that she struggles with feelings of guilt. Today, she will share the nature of her guilt for the first time. She will begin to cry.



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## Objectives:

- Participate in an experiential here-and-now process group activity
- Identify elements of a process group
- Distinguish the difference between content and process
- Identify the therapist's task in the here-and-now
- Identify the therapist's tasks according to group development
- Describe effective skills for opening and closing a process group
- Using 4 group scenarios, discuss group process interventions
- Identify interventions to manage challenging patients



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# Let's Discuss



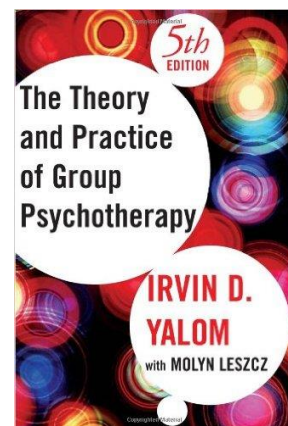
- What is your understanding of group process versus other types of groups?
- What makes a good process group?



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## Elements of Group Process

- Norms
- Presence of therapeutic factors
- Member centered
- Self-disclosure
- Social microcosm
- Here-and-now
- Process commentary
- Members take on the tasks of the therapist



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# Content vs. Process

Content	Process
<ul style="list-style-type: none"> <li>• Information provided by members</li> <li>• Usually in a then-and-there context</li> <li>• Likely details and stories shared by members</li> <li>• Keeps the group at a superficial level</li> <li>• Explicit words</li> </ul>	<ul style="list-style-type: none"> <li>• The way group members experience each other</li> <li>• The nature of the relationship between all members including the therapist</li> <li>• Usually in a here-and-now context</li> <li>• Indicates a higher level of group functioning</li> <li>• Verbal, paraverbal, nonverbal</li> <li>• Metacommunication</li> </ul>

# Content vs. Process



In group, only one person is sharing (content).  
The rest of the group is experiencing (process).



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# Here-and-Now



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# Here-and-Now

- Refers to the immediate events of the group
- Ahistorical and de-emphasizes (but does not negate the importance of) the patient's historical past or events of their life outside of the group
- Values the importance of interpersonal relationships
- Values group as a social microcosm
- Group becomes a lab for patients to practice new behaviors and interpersonal skills.

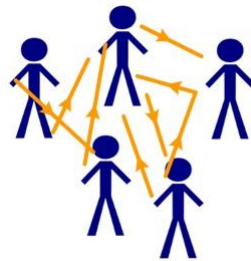


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# Here-and-Now

## Therapist Tasks

- Steer the group into the here-and-now
- Facilitate process commentary



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# Here-and-Now

## Helpful tips:

Move focus from:

- Outside to inside
- Abstract to specific
- Generic to personal
- Personal to interpersonal



## Think Here-and-now:

*“How can I relate this to the group’s primary task?”*

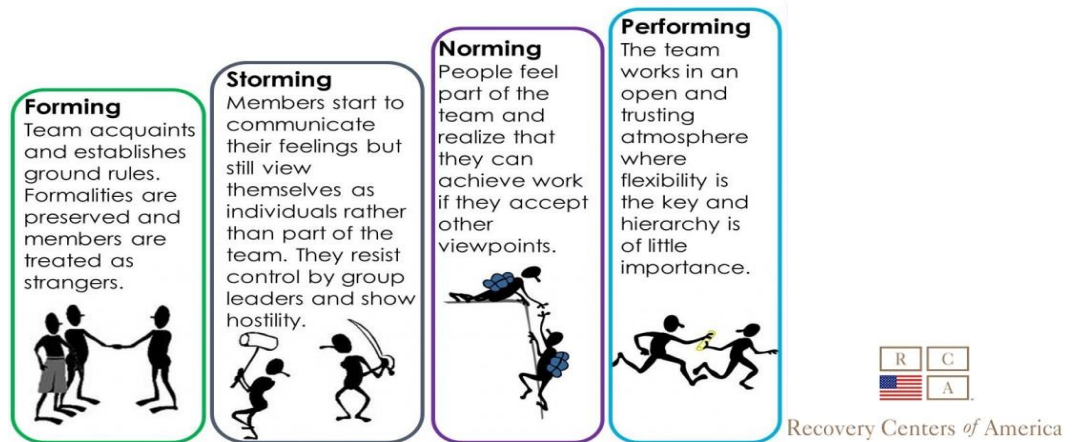
*“How can I make it come to life in the here-and-now?”*



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# Here-and-Now Considerations

The therapist tasks will vary dependent upon the current stage of group development.



## Scenarios

- John shares extreme feelings of anxiety and depression, the group immediately begins offering him advice about his life situation.
- Jane shares about her abusive husband. Jane's husband becomes the focus of group for over 10 minutes creating an energy of anger and feeling protective of Jane.
- The group is low energy with limited engagement and sharing.



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# Opening and Closing Group

**WE'RE A TEAM.  
WE LEARN FROM  
EACH OTHER.**



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## Bridging Individual and Group Therapy

Let's brainstorm ways we  
can bridge individual and  
group therapy!



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# Challenging Patients: A-B-C



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# The Monopolist



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# The Silent/Withdrawn Patient



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# The Help-Rejecting Complainer

I enjoy complaining almost as much as not doing anything about my complaints.



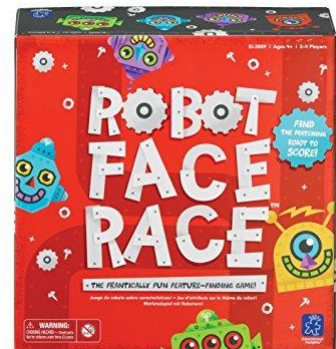
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# Are you in recovery?



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## Using Games



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# How Can I Be Helpful?



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## Feedback

- What was your experience of this training?
- Have you considered making any changes in the way you facilitate group therapy?
- What is your primary feeling leaving the training today?

let's talk.

change



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# THANK YOU!

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