

**Group Therapy:
Objectives for Training in 12 Step Recovery and CBT**

The objectives of this training are presented in two parts. The first part of the training is an introduction to group therapy. It consist of four general stages of group counseling. This material comes from a course on group counseling that I taught at Ohio University and follows Gerald Corey's text "Groups, Process and Practice." The second part of the training consist of a 12-16 week Twelve Step CBT Group covering relevant topics with handouts.

PART 1: Introduction to Group Therapy

Characteristics of an effective group counselor.

Four Stages of Group Process

1. Initial Stage of a Group:

- Group characteristics at the initial stage.
- Creating trust: Leader and Member Roles.
- Identifying and clarifying goals.
- Group process concepts at the initial stage.
- Helping clients get the most from the group experience.
- Leader Issues at the Initial Stage.
- Initial Stage: Summary

2. Transition Stage of a Group:

- Group Characteristics of the transition stage:
- Problem Behaviors and difficult group members.
- Interventions for dealing with resistance therapeutically.
- Transition Stage: Summary

3. Working Stage of a Group.

- Progressing from the transition stage to the working stage.
- Characteristics of the working stage.
- Group norms and behavior
- Contrasts between a working group and a nonworking group
- Therapeutic factors that operate in groups
- Working Stage: Summary

4. Ending a Group:

- Tasks of the Final: Consolidation of Learning.
- Termination of the Group Experience.
- Evaluation of the group experience.
- Final Stage: Summary.