Introduction and Alignment

This exercise is to help you begin to plan, develop, and implement a new group therapy series **OR** modify an existing group therapy series. You will evaluate the implementation process and group outcomes.  Select and use appropriate methods to evaluate/measure client outcomes using a pre and post group design for at least one group.

Ideally, you will implement this in your clinical setting. If this is not an option, you will develop a plan to cover all the areas of the document

Upon completion of this assignment, you should be able to:

* Develop a therapy group and establish a theoretical framework for the group.

Instructions

Plan, develop, and implement a new group therapy series **OR** modify an existing group therapy series. The student will evaluate the implementation process and group outcomes. Select and use appropriate methods to evaluate/measure client outcomes using a pre and post group design for at least one group.

Page limit: 6-8 pages (excluding title page, references and appendices). Use APA format.

 **I. Identification of Group (10 points)**

A. Brief description of the group and target population

B. Group Purpose and Rational

C. Membership of group

1. Criteria for selection

2. Screening of members

3. Other demographic information

**II. Theoretical Framework for Group (10 points)**

A. Support and synthesize selected theoretical approach

 (based on a brief literature review at least 4 articles)

B. Discussion of group design/format/structure

 1. Open / Closed / Length of Time

C. Describe contributions to the group

(Include topical outline, group exercises, and activities)

**III. Analysis of Group Process and Client Outcomes (10 points)**

A. Group interaction / dynamics

B. Phases of the group: Forming Storming, Norming, Working, Termination

C. Level of cohesiveness and contributing factors with implications such as environment, topic, leadership style, member to member interaction, type of group. (provide examples to support your finding)

D. Describe group norms

**IV. Evaluation of Group Outcomes (10 points)**

A. Individual client outcomes (measurable) or group outcomes (measurable)

B. Curative factors demonstrated (provide examples)

 C. Describe measurement tool and rationale for use.

**V. Evaluation of Self as Group Leader (10 points)**

A. Strengths and weaknesses of experience

B. Approach/style of Leadership

* Textbooks from your graduate level courses
* Epocrates and Lexicomp
* Peer reviewed professional journal articles
* Medscape
* The Merck Manual
* Articles from UpToDate online database
* The Red Book
* Evidence Based Practice Guidelines from professional associations such as American Academy of Pediatrics (AAP) and American Academy of Family Practice (AAFP)
* Recommendations and guidelines for professionals from the CDC and other government agencies
* World Health Organization (WHO) recommendations for professionals
* The Prescriber’s Letter (which you should be receiving monthly)