Week 8: Cognitive Behavioral Therapy for Groups

CBT is the most widely researched psychotherapeutic model with demonstrated effectiveness in the treatment of a wide range of emotional and behavioral problems. CBT is the first order of business and treatment of choice for most patients who need internal resources and coping skills enhanced.

—Dr. Sharon M. Freeman Clevenger, *Psychotherapy for the Advanced Practice Psychiatric Nurse*

Although designed for therapy with individuals, cognitive behavioral therapy (CBT) has also proven effective in group settings. With its many benefits, including cost-effectiveness and efficiency, this therapeutic approach allows the psychiatric mental health nurse practitioner to effectively treat a greater number of clients in a relatively short length of time. With the widespread use of CBT with groups, it is important for you to understand how to use this therapeutic approach in clinical settings.

This week, as you explore CBT for groups, you compare CBT in group and family settings. You also develop diagnoses for clients receiving group psychotherapy and consider legal and ethical implications of counseling these clients.

Learning Resources

***Note:*** *To access this week’s required library resources, please click on the link to the Course Readings List, found in the* ***Course Materials*** *section of your Syllabus.*

Required Readings

Yalom, I. D., & Leszcz, M. (2005). *The theory and practice of group psychotherapy* (5th ed.). New York, NY: Basic Books.

* Chapter 11, “In the Beginning” (pp. 309–344)

Yalom, I. D., & Leszcz, M. (2005). *The theory and practice of group psychotherapy* (5th ed.). New York, NY: Basic Books.

* Chapter 12, “The Advanced Group” (pp. 345–390)

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC: Author.

**Note:** You will access this text from the Walden Library databases.

Bjornsson, A. S., Bidwell, L. C., Brosse, A. L., Carey, G., Hauser, M., Mackiewicz Seghete, K. L., … Craighead, W. E. (2011). Cognitive-behavioral group therapy versus group psychotherapy for social anxiety disorder among college students: A randomized controlled trial. *Depression and Anxiety, 28*(11), 1034–1042. doi:10.1002/da.20877

**Note:** You will access this text from the Walden Library databases.

Safak, Y., Karadere, M. E., Ozdel, K., Ozcan, T., Türkçapar, M. H., Kuru, E., & Yücens, B. (2014). The effectiveness of cognitive behavioral group psychotherapy for obsessive-compulsive disorder. *Turkish Journal of Psychiatry, 25*(4), 225–233. Retrieved from http://www.turkpsikiyatri.com/

**Note:** You will access this text from the Walden Library databases.

**[Document:](https://class.content.laureate.net/5ac2c9e2e054b8783558a8e647d3cd42.pdf%22%20%5Co%20%22Group%20Therapy%20Progress%20Note)** [Group Therapy Progress Note](https://class.content.laureate.net/5ac2c9e2e054b8783558a8e647d3cd42.pdf%22%20%5Co%20%22Group%20Therapy%20Progress%20Note)

Discussion: Cognitive Behavioral Therapy: Group Settings Versus Family Settings

As you might recall from Week 5, there are significant differences in the applications of cognitive behavior therapy (CBT) for families and individuals. The same is true for CBT in group settings and CBT in family settings. In your role, it is essential to understand these differences to appropriately apply this therapeutic approach across multiple settings. For this Discussion, as you compare the use of CBT in group settings and family settings, consider challenges of using this approach with your own groups.

Learning Objectives

Students will:

* Compare the use of cognitive behavioral therapy for groups to cognitive behavioral therapy for families
* Analyze challenges of using cognitive behavioral therapy for groups
* Recommend effective strategies in cognitive behavioral therapy for groups

To prepare:

* Reflect on your practicum experiences with CBT in group and family settings.

***Note:*** *For this Discussion, you are required to complete your initial post before you will be able to view and respond to your colleagues’ postings. Begin by clicking on the* ***Post to Discussion Question link*** *and then select* ***Create Thread*** *to complete your initial post. Remember, once you click submit, you cannot delete or edit your own posts, and you cannot post anonymously. Please check your post carefully before clicking* ***Submit!***

By Day 3

**Post** an explanation of how the use of CBT in groups compares to its use in family settings. Provide specific examples from your own practicum experiences. Then, explain at least two challenges counselors might encounter when using CBT in the group setting. Support your response with specific examples from this week’s media.

**Read** a selection of your colleagues' responses.

By Day 6

**Respond** to at least **two** of your colleagues by recommending strategies to overcome the challenges your colleagues have identified. Support your recommendation with evidence-based literature and/or your own experiences with clients.

Submission and Grading Information

Grading Criteria