Week 7: Group Processes

Group therapy is an effective treatment option for a wide range of disorders and is much more cost-efficient than individual therapy. As a result, many insurance companies are showing preference for group therapy over individual therapy. This has led to more therapists including group therapy in their practices, making it very likely that you will facilitate group therapy in the future. To successfully develop groups and apply this therapeutic approach, it is essential for you to have an understanding of group processes and formation.

This week, as you examine group processes and stages of formation, you explore curative factors of groups and strategies for managing intragroup conflict. You also assess progress for a client family receiving psychotherapy and develop progress and privileged psychotherapy notes for the family.

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

American Nurses Association. (2014). *Psychiatric-mental health nursing: Scope and standards of practice (2nd ed.)*. Washington, DC: Author.

* Standard 5G “Therapeutic Relationship and Counseling” (page 62)

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

​The Theory and Practice of Group Psychotherapy, 5th Edition by Yalom, Irvin D. ; Leszcz, Molyn. Copyright 2005 by Hachette Books Group. Reprinted by permission of Hachette Books Group via the Copyright Clearance Center.

[Chapter 5, “The Therapist: Basic Tasks” (pp. 117–140)](https://class.content.laureate.net/content/dam/laureate/laureate-academics/wal/ms-nurs/nurs-6650/artifacts/USW1_NURS_6650_Week07_Yalom_Chapter5.pdf%22%20%5Co%20%22Chapter%201%22%20%5Ct%20%22_blank)

[Chapter 8, “The Selection of Clients” (pp. 231–258)](https://class.content.laureate.net/content/dam/laureate/laureate-academics/wal/ms-nurs/nurs-6650/artifacts/USW1_NURS_6650_Week07_Yalom_Chapter8.pdf%22%20%5Co%20%22Chapter%204%22%20%5Ct%20%22_blank)

[Chapter 9, “The Composition of Therapy Groups” (pp. 259–280)](https://class.content.laureate.net/content/dam/laureate/laureate-academics/wal/ms-nurs/nurs-6650/artifacts/USW1_NURS_6650_Week07_Yalom_Chapter9.pdf%22%20%5Co%20%22Chapter%201%22%20%5Ct%20%22_blank)

Crane-Okada, R. (2012). The concept of presence in group psychotherapy: An operational definition. *Perspectives in Psychiatric Care, 48*(3), 156–164. doi:10.1111/j.1744-6163.2011.00320.x

**Note:** Retrieved from Walden Library databases.

Lerner, M. D., McLeod, B. D., & Mikami, A. Y. (2013). Preliminary evaluation of an observational measure of group cohesion for group psychotherapy. *Journal of Clinical Psychology, 69*(3), 191–208. doi:10.1002/jclp.21933

**Note:** Retrieved from Walden Library databases.

[Nicholson, R. (2002). The dilemma of psychotherapy notes and HIPAA.](http://library.ahima.org/doc?oid=58162" \l ".V5J0__krLZ4http://library.ahima.org/doc?oid=58162#.V5J0__krLZ4" \o "Journal of AHIMA, 73" \t "_blank) *[Journal of AHIMA, 73](http://library.ahima.org/doc?oid=58162" \l ".V5J0__krLZ4http://library.ahima.org/doc?oid=58162#.V5J0__krLZ4" \o "Journal of AHIMA, 73" \t "_blank)*[(2), 38–39. Retrieved from http://library.ahima.org/doc?oid=58162#.V5J0\_\_krLZ4http://library.ahima.org/doc?oid=58162#.V5J0\_\_krLZ4](http://library.ahima.org/doc?oid=58162" \l ".V5J0__krLZ4http://library.ahima.org/doc?oid=58162#.V5J0__krLZ4" \o "Journal of AHIMA, 73" \t "_blank)

[U.S. Department of Health & Human Services. (n.d.).](http://www.hhs.gov/hipaa/for-professionals/special-topics/mental-health/%22%20%5Co%20%22HIPAA%20privacy%20rule%20and%20sharing%20information%20related%20to%20mental%20health%22%20%5Ct%20%22_blank) *[HIPAA privacy rule and sharing information related to mental health.](http://www.hhs.gov/hipaa/for-professionals/special-topics/mental-health/%22%20%5Co%20%22HIPAA%20privacy%20rule%20and%20sharing%20information%20related%20to%20mental%20health%22%20%5Ct%20%22_blank)* [Retrieved March 18, 2017, from http://www.hhs.gov/hipaa/for-professionals/special-topics/mental-health/](http://www.hhs.gov/hipaa/for-professionals/special-topics/mental-health/%22%20%5Co%20%22HIPAA%20privacy%20rule%20and%20sharing%20information%20related%20to%20mental%20health%22%20%5Ct%20%22_blank)

Required Media

**Psychotherapy.net (Producer). (2011a). *Group therapy: A live demonstration.* [Video file]. Mill Valley, CA: Author.**

**Note:** You will access this video from the Walden Library databases. The approximate length of the video is 202 minutes. In preparation for this week’s Assignment, be sure to watch Parts 1 and 2 of this video.

Optional Resources

American Counseling Association (Producer). (2015). *Leading counseling groups with adults: A demonstration of the art of engagement.* [Video file]. Alexandria, VA: Author.

**Assignment 1: Group Processes and Stages of Formation**

In your role, you must understand group processes and stages of formation, as this will help you develop groups and determine an individual’s appropriateness for group therapy. Whether you are at the beginning stages of group formation or facilitating a session for a developed group, it is important to consider factors that may influence individual client progress. For this Assignment, as you examine the video *Group Therapy: A Live Demonstration* in this week’s Learning Resources, consider the group’s processes, stages of formation, and other factors that might impact the effectiveness of group therapy for clients.

Learning Objectives

Students will:

* Analyze group processes and stages of formation
* Analyze curative factors of groups
* Analyze the impact of curative factors on client progress
* Recommend strategies for managing intragroup conflict

To prepare:

* Review this week’s Learning Resources and reflect on the insights they provide on group processes.
* View the media, Group Therapy: A Live Demonstration, and consider the group dynamics.

The Assignment

**In a 2- to 3-page paper, address the following:**

* **Explain the group’s processes and stage of formation.**
* **Explain curative factors that occurred in the group. Include how these factors might impact client progress.**
* **Explain intragroup conflict that occurred and recommend strategies for managing the conflict. Support your recommendations with evidence-based literature.**

**[Note:](http://academicguides.waldenu.edu/writingcenter/templates%22%20%5Co%20%22Walden%20Templates%22%20%5Ct%20%22_blank)** [The School of Nursing requires that all papers submitted include a title page, introduction, summary, and references. The sample paper provided by the Walden Writing Center provides examples of those required elements (available at http://writingcenter.waldenu.edu/57.htm). All papers submitted must use this formatting.](http://academicguides.waldenu.edu/writingcenter/templates%22%20%5Co%20%22Walden%20Templates%22%20%5Ct%20%22_blank)