

CBT AND DBT GROUP THERAPY TECHNIQUES

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STAR CLINIC**

LEARNING OBJECTIVES

- ✘ Understand the benefits of group treatment with adolescents.
 - ✘ Identify adolescents that would benefit from group therapy.
 - ✘ Have group topics and strategies that can be implemented.
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WHY GROUP? (EFFECTIVENESS)

✘ Yalom (2005) indicates 11 primary factors of the therapeutic relationship:

Instillation of hope

Universality

Imparting information

Altruism

Acting like the family of origin

WHY GROUP? (CONTINUED)

Development of socialization techniques

Imitative behavior

Interpersonal behavior

Group cohesiveness

Catharsis

Existential factors

HOW DO THESE TRANSFER TO ADOLESCENT GROUPS

- ✘ Seeing others getting better—this is effective!!
- ✘ Knowing they are not alone (hope)
- ✘ Modeling group members and group leaders healthy behaviors
- ✘ Practicing social skills and receiving peer feedback
- ✘ Feeling a part of a group

GROUP SET-UP: INFRASTRUCTURE

- ✘ Having a set order and schedule is important
- ✘ Check-in, skills, and wrap-up
- ✘ Leave time for feedback about the activity or skills learned

STAR GROUPS

- ✘ 3 types of groups at STAR: IOP, Continuation, and Maintenance
- ✘ All follow similar lay outs
 - Check-in: diary card, self-assessments and/or goal review
 - Skills Training: CBT and DBT based, mindfulness activity
 - Wrap-up: review of session, relaxation technique, safety review, and/or goal setting

WHO CAN BENEFIT FROM GROUP?

- ✘ Anyone actually
- ✘ IOP for more acute cases
- ✘ We use step down groups to move our healthier patients along
- ✘ Parent groups to identify skills and to provide psychoeducation

CHECK-IN

- ✘ Use self-assessment tools such as questionnaires and diary cards
- ✘ Verbal check-ins
- ✘ Include setting the agenda for the session

SKILLS TRAINING

- ✘ Mindfulness is a topic we cover each group
- ✘ It is about being in the moment
- ✘ Based on Eastern philosophies
- ✘ Some more games others are more quiet activities
- ✘ Depending on the needs of the group may have this be an activity that does double duty as a team building activity

SKILLS TRAINING

- × Mindfulness Activity

SKILLS TRAINING

- ✘ CBT and DBT skills translate easily to individual and group treatment
- ✘ Presenting the information in different ways: visual aids, metaphors, worksheets, etc
- ✘ Have group members work independently and in small groups

SKILLS TRAINING

× CBT Skill

Distorted thinking chain

SKILLS TRAINING

✘ Problem Solving

Cap in a bottle

SKILLS TRAINING

× DBT Skill

Interpersonal Effectiveness -
Assertiveness/DEAR MAN

WRAP-UP

- ✘ Setting goals to work on till the next session based on why they are attending the group and can be related to the sessions skills training
- ✘ Review keeping self safe
- ✘ Getting feedback of the session
- ✘ Relaxation

WRAP-UP

✘ Relaxation

Guided imagery

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