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.
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
## Check-in Diary Card

<table>
<thead>
<tr>
<th>Date</th>
<th>Self-harm</th>
<th>Suicidal</th>
<th>Alcohol</th>
<th>Drugs</th>
<th>Meds</th>
<th>School Attended?</th>
<th>Conflict Number of Conflicts</th>
<th>Therapy</th>
<th>Other</th>
<th>Emotions</th>
<th>Happy</th>
<th>Sad</th>
<th>Mad</th>
<th>Anxious</th>
<th>Lonely</th>
<th>Shame</th>
<th>Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Urge</td>
<td>Actions</td>
<td>Thoughts</td>
<td>Urge</td>
<td>Use Amount / Type</td>
<td>Urge</td>
<td>Use Amount / Type</td>
<td>Yes / No</td>
<td>Yes / No</td>
<td>0-5</td>
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</tbody>
</table>

### Used Skills

0 = Not thought about or used  
1 = Thought about, not used, didn’t want to  
2 = Thought about, not used, wanted to  
3 = Tried but couldn’t use them  
4 = Tried, could do them, but they didn’t help  
5 = Tried, could use them, helped

### Rating Scale for Emotions and Urges

0 = Not at all  
1 = A Bit  
2 = Somewhat  
3 = Rather Strong  
4 = Very Strong  
5 = Extremely Strong

- handled conflict appropriately and respectfully
- was able to use distraction when upset
- able to not isolate from family/friends
- acted opposite to current emotion
- had good sleeping habits
- did something I used to enjoy
- was able to self soothe using 5 senses
- was able to challenge my negative/distorted thoughts
- had good eating habits
- was able to stay focused and be in the moment
- accepted the situation even though didn't agree with situation
- was able to accept self
- took part in a fun activity
- worked on a long term goal
- I want to increase:
**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


We acknowledge with gratitude the Pennsylvania Legislature for its support of the STAR-Center and our outreach efforts.

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