

SESSION 11: GROUP STAGES AND THERAPY IN THE GROUP

WARM-UP

This is planned and led by a group member.

UNFINISHED BUSINESS

Ask participants to attend to any unfinished business still lingering from the last session or that has arisen since then.

HOMEWORK REVIEW

Ask a participant to lead the group in discussing their homework from the previous session on cliques and dependency.

Talk by Leader: Stages in the life of a group compared with Maslow Model

As the group leader, present a short talk on the stages in the life of a group compared with the Maslow model. This can be combined with a viewing of DVD 1 chapter 5.1.

Exercise:

Have the group form a circle and the following discussion could be led by a group member.

- At what stage is this group?
- What behaviours of the group made you decide which state it has reached?
- What are the signs of earlier stages that the group has been through so far?

PERFORMING: THE DIFFERENCES BETWEEN INDIVIDUAL PSYCHOTHERAPY AND INDIVIDUAL WORK IN A GROUP

Exercise 1:

Anyone who has been in group therapy or a personal growth group before sits in the centre of the room with the group leader and the group around them. They talk about how the group was used to help in their work. Those on the outside ask any questions they have about group therapy. They return to the sidelines.

Exercise 2:

A participant who has **not been in a therapy group** sits in the centre with the group leader and talks about how she thinks the group might help her to do individual work in the group. (Or **all participants who have not been in a therapy group** might sit in the middle and do this task).

Group members who have been in therapy groups/personal growth groups previously, sit in the outer circle and make suggestions and comments about how they think that the group could participate in each individual's work.



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Discussion:

This session could be lead by a group member who has had some experience as a client or patient in a psychotherapy group. Discuss the opportunities offered by the group that are not available in individual work.

Setting up for individual work:

The Leader points out to remember that the group learns about group therapy by doing therapy where the members use the opportunity to be clients or patients.

In plenary:

Ask participants to discuss whether they are ready to do individual work in the group. If not, what do they feel they need to do in order to become ready?

Ask for a declaration from those who are willing to do individual work in the next session.

HOMEWORK ON PERSONAL GOALS IN THERAPY

The leader allocates leadership tasks to participants from the group to run warm-ups and homework review for the next session.

This session's homework is for participants to look at their personal goals in therapy and in their own personal development. These should be brought along to the next session.

Participants should prepare an issue that they would like to deal with in individual work in the group (whether in the next session or later with this group).

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Homework sheet

Look at your personal goals in therapy and in your own personal development. Bring these along to the next session, together with some work that you would like to do in the group (whether in the next session or later in this group).

Personal goals in my own therapy/personal development:

- 1.
- 2.
- 3.
- 4.
- 5.

Issues that I am prepared to bring to the group and do in the group:

- 1.
- 2.
- 3.

Issues I am prepared to work on now:

- 1.
- 2.

Issues I am prepared to work on later:

- 1.
- 2.