

# Group Progress Note

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**Practice/Provider Name**  
Your name, credentials, or contact info (at least initials)

**Group Therapy Progress Note**

Client Name: \_\_\_\_\_

Group Name: \_\_\_\_\_

Number Present to Group: ☐ all ☐ selected

Main Topic Discussed: \_\_\_\_\_

Interventions Implemented: \_\_\_\_\_

**Client/Client Within Group**

Mood: ☐ Neutral ☐ Anxious ☐ Depressed ☐ Angry ☐ Happy ☐ Other \_\_\_\_\_

Affect: ☐ Normal ☐ Restricted ☐ Blunted ☐ Inappropriate ☐ Labile ☐ Other \_\_\_\_\_

Change in coping ability/skills: ☐ No change ☐ Improved ☐ Less able ☐ More able

Participation level: ☐ Active/engaged ☐ Withdrawn ☐ Somewhat ☐ Minimal ☐ Withdrawn

Participation quality: ☐ Engaged ☐ Supportive ☐ Sharing ☐ Anxious ☐ Defensive ☐ Manipulating ☐ Resistant

Internal positive interactions: ☐ Low ☐ Mid-Low ☐ Mid ☐ Mid-High ☐ High

Internal negative interactions: ☐ Low ☐ Mid-Low ☐ Mid ☐ Mid-High ☐ High

Observed information about self: ☐ Low ☐ Mid-Low ☐ Mid ☐ Mid-High ☐ High

Observed and engaged in group topics: ☐ Low ☐ Mid-Low ☐ Mid ☐ Mid-High ☐ High

Observed thinking skills and insight: ☐ Low ☐ Mid-Low ☐ Mid ☐ Mid-High ☐ High

Observed cognitive/behavioral feedback: ☐ Low ☐ Mid-Low ☐ Mid ☐ Mid-High ☐ High

Apparent in results from the session: ☐ Low ☐ Mid-Low ☐ Mid ☐ Mid-High ☐ High

Treatment considerations from session: ☐ Low ☐ Mid-Low ☐ Mid ☐ Mid-High ☐ High

How the Group Influenced Client: \_\_\_\_\_

**Groups Reaction to Client**

Groups Reaction to Client: ☐ Welcoming ☐ Receptive ☐ Hostile ☐ Non-caring ☐ Uninterested ☐ Other \_\_\_\_\_

How the Group Influenced Client: \_\_\_\_\_

**Notes**

\_\_\_\_\_  
Therapist/Provider Signature

\_\_\_\_\_  
Date

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# Group Therapy Progress Note Template

**Kate Hudgins,Francesca Toscani**



## **Group Therapy Progress Note Template:**

*Structured Group Psychotherapy for Bipolar Disorder* Mark S. Bauer, MD, Linda McBride, MSN, 2003-02-12 This updated and substantially revised edition not only incorporates the expansion of the pharmacological armamentarium available for treatment but also integrates the explosion of evidence based data for psychosocial interventions The authors a psychiatrist nurse team have fine tuned their two phase treatment program and present a clear and concise approach to improving illness self management skills as well as social and occupational functioning

**Succeeding in Your Psychotherapy Practicum and Internship** Michael D. Reiter, Kayleigh Sabo, 2024-06-28 Succeeding in Your Psychotherapy Practicum and Internship is a book about what students can often expect from their psychotherapy internship and how they can make the most of their experience The book is written from two perspectives one that of a seasoned therapist professor and supervisor of therapy and two the perspective of a registered intern therapist who just went through the internship process Succeeding in Your Psychotherapy Practicum and Internship covers the basics of psychotherapy internships from the beginning stages of finding and starting at an internship site to navigating the common experiences at an internship to reflecting on therapeutic growth and the ending of an internship and much more Students will come away from this book with a deep understanding of each perspective one that will enhance their appreciation of the practicalities and possibilities of their practicum and internship experiences

Mental Health Computing Marvin J. Miller, Henric W. Hammond, Matthew J. Hile, 2012-12-06 Increasingly more computer applications are becoming available to assist mental health clinicians and administrators in patient evaluation and treatment and mental health management education and research Topics covered include automated assessment procedures MR E The Mental Retardation Expert computerized assessment system for psychotherapy evaluation and research computer assisted therapy of stress related conditions computerized patient evaluation in a clinical setting computerized treatment planning the VA national mental health database networks managed care DSM IV diagnosis quality management cost control knowledge coupling telemedicine the clinical library assistant and monitoring independent service providers

Trauma-Informed Principles in Group Therapy, Psychodrama, and Organizations Scott Giacomucci, 2023-04-25 This book presents trauma informed principles for ethical safe and effective group work psychodrama and leadership Content will include practical guidelines detailed instructions and diverse examples for facilitating both trauma informed and trauma focused groups in treatment community and organizational leadership Chapters focus on various topics including safety empowerment social justice vicarious trauma and leadership Organizational leadership is approached through the lens of SAMHSA s guidance and the framework of group work leadership The book includes significant focus on sociometry and psychodrama as strengths based and experiential group approaches Psychodrama s philosophies theories and interventions will be articulated through a trauma informed lens offering psychodramatists group workers and organizational leaders new conceptual frameworks and action based processes Chapters contain a blend of theory research practical guidance and

examples from the author's experience This book will appeal to group workers therapists psychodramatists creative arts therapists organizational leaders trainers facilitators supervisors community organizers and graduate students This book offers group facilitators the insight and tools to lead engaging and meaningful groups The potential for retraumatizing participants is addressed while promoting trauma informed practice as an ethical imperative

**The Ethics of Group Psychotherapy** Virginia Brabender, Rebecca MacNair-Semands, 2022-04-19 The Ethics of Group Psychotherapy provides group psychotherapists with the ethical and legal foundation needed to engage in effective decision making in their everyday group practices This text provides readers with a framework for understanding ethical dilemmas through a review of major models of ethical thinking including principlism feminism and the ethics of care and virtue ethics The authors use this foundation to explore those problems emerging most routinely in group practice among which are safeguarding members personal information protecting members autonomy and helping members to process differences particularly those related to privilege and oppression in a way that furthers interpersonal relations and social justice Throughout the text practical tools such as using assessments to aid in member selection and tracking progress and outcome through measurement based care are offered that bolster the group psychotherapist's effectiveness in ethical decision making Featuring questions for discussion and items to assess the reader's master of the material this text will be a valuable tool in classroom and small group learning

*Therapeutic Reasoning in Occupational Therapy - E-Book* Jane Clifford O'Brien, Mary Beth Patnaude, Teressa Garcia Reidy, 2021-12-24 Build the clinical reasoning skills you need to make sound decisions in OT practice Therapeutic Reasoning in Occupational Therapy How to Develop Critical Thinking for Practice uses practical learning activities worksheets and realistic cases to help you master clinical reasoning and critical thinking concepts Video clips on the Evolve website demonstrate therapeutic reasoning and show the diverse perspectives of U S and international contributors Written by OT experts Jane Clifford O'Brien Mary Elizabeth Patnaude and Teressa Garcia Reidy this how to workbook makes it easier to apply clinical reasoning in a variety of practice settings Dynamic interactive approach reinforces your understanding with learning activities in each chapter Case studies and experiential learning activities flow from simple to complex and represent occupational therapy across the lifespan AOTA's Occupational Therapy Practice Framework 4th Edition and current OT practice are reflected throughout the book Practical learning activities and templates are clinically relevant and designed to support reasoning in a variety of practice settings Video clips on the Evolve website are contributed by practitioners educators and students reinforcing content and showing how therapeutic reasoning applies to real world cases Worksheets and or templates are included in each chapter to enhance learning and for use in practice Assessments in each chapter measure therapeutic reasoning outcomes Student and practitioner resources on Evolve include printable PDFs of the in text worksheets video clips additional case examples templates for assignments exemplars and reflective activities

*Occupational Analysis and Group Process - E-Book* Jane Clifford O'Brien, Jean W. Solomon, 2021-04-13 Learn how to

analyze client needs and use group therapy for effective interventions Occupational Analysis and Group Process 2nd Edition provides practical information on two key components of occupational therapy practice helping you understand how to intervene with a variety of clients Using case scenarios and clinical examples this book provides strategies and guidelines for analyzing functional tasks for clients from children to adolescents to adults It guides you through every step of the group process including group leadership communication within the group and group interventions Written by noted OT educators Jane Clifford O'Brien and Jean W Solomon this book provides a solid foundation for intervention planning Comprehensive content covers the material taught in group process and occupational analysis courses within Occupational Therapy and Occupational Therapy Assistant programs Clear matter of fact approach provides an understanding of the group process strategies for leading groups and guidelines for group interventions Case examples tables and boxes highlight the key content in each chapter Clinical Pearls emphasize practical application of the information providing tips gained in clinical practice Therapeutic Media are tried and true methods pulled from the author's extensive experience in occupational therapy NEW Updates and revisions to all chapters reflect the new Occupational Therapy Practice Framework and current OT practice NEW New chapters include Guidelines and Best Practices for Setting and Developing Goals and Managing Difficult Behaviors During Group Interventions NEW Clinical Application Exercises and Worksheets chapter reinforces your understanding with learning exercises activities and forms for each chapter NEW Full color design provides a greater visual impact NEW Clinical Case begins each chapter and includes questions on key content NEW Case Application and Summary in each chapter address the Key Questions NEW Additional content on specific groups includes topics such as community trust building functioning civic rehab role playing and measuring outcomes NEW Expanded content on therapeutic interventions is added to the book NEW Emphasis on group work in a variety of practice settings prepares you to handle groups in multiple environments NEW Creative examples show groups and intervention activities

Child-Parent Relationship Therapy (CPRT) Treatment Manual Sue C. Bratton, Garry L. Landreth, 2019-08-28 This newly expanded and revised edition of the Child Parent Relationship Therapy CPRT Treatment Manual is the essential companion to the second edition of Child Parent Relationship Therapy CPRT The second edition is updated to include four new CPRT treatment protocols and parent notebooks adapted for specific populations parents of toddlers parents of preadolescents adoptive families and the teacher student relationship along with the revised original CPRT protocol and parent notebook for ages 3-10 This manual provides the CPRT filial therapist a comprehensive framework for conducting CPRT Included are detailed outlines teaching aides activities and resources for each of the 10 sessions The manual is divided into two major sections Therapist Protocol and Parent Notebook and contains a comprehensive CPRT Training Resources section along with an index to the accompanying Companion Website The accompanying Companion Website contains all necessary and supplemental training materials in a format that allows for ease of reproduction and enhanced usability including the following CPRT

Protocol Ages 3 to 10 and Parent Notebook Toddler Adapted CPRT Protocol and Parent Notebook Preadolescent Adapted CPRT Protocol and Parent Notebook Adoptive Families Adapted CPRT Protocol and Parent Notebook Teacher Student Adapted Protocol and Teacher Notebook Therapist Study Guide Training Resources Teaching Aides and Supplemental Materials Marketing Materials Assessments Drawing on their extensive experience as professional play therapists and filial therapists Bratton and Landreth apply the principles of CCPT and CPRT in this easy to follow protocol for practitioners to successfully implement the evidence based CPRT model By using this manual and the accompanying Companion Website in conjunction with the CPRT text filial therapists will have a complete package for training parents in CCPT skills to act as therapeutic agents with their own children      **Seasonal Activities for Sensorimotor Development** Ann

Bavosa,2018-10-24 This book contains easy to use activities for therapists educators and carers to provide fun and engaging sensorimotor groups for students with movement and sensory dysfunction The activities span an entire year with a different main activity for each week Themed by season the activities can be linked to the school year and incorporated into the classroom The activities promote socialisation postural strengthening improvement of gross and fine motor skills and self regulation of the body Comprehensive instructions on how to run a group are included as well as benefits and adaptations for severely affected individuals and wheelchair users There are sensory regulating warm up appetizers to increase body awareness and prepare the students for movement main course activities to strengthen fine and gross motor skills and cool down desserts to regulate the body and assimilate benefits gained during group activities The activities are suitable for use with any school age students including those without movement difficulties but are especially beneficial for students with mild to moderate motor disabilities who exhibit increased difficulty functioning in a group setting      Mindful Crafts as

Therapy Cynthia Evetts,Suzanne Peloquin,2017-04-28 Arts and crafts were one of the very first therapies employed by occupational therapists Today crafts are still employed as effective interventions for clients with mental health disorders physical dysfunctions cognitive issues and sensory concerns in hospitals outpatient clinics veterans centers schools skilled nursing facilities or community settings Step by step the authors show you how to use a wide range of novel and highly engaging crafts They explain how to connect the key tasks associated with an activity to functional outcomes and how to modify them to meet the specific needs of individual patients They also address the issues of documentation and reimbursement      **Healing World Trauma with the Therapeutic Spiral Model** Kate Hudgins,Francesca

Toscani,2012-12-15 This book provides an accessible introduction to the Therapeutic Spiral Model in practice describing how it works its relationship with classical psychodrama neurobiology experiential psychotherapy and clinical psychology how it differs from other experiential methods and how it has been used with diverse populations and in different cultures      Skills and Tools for Today's Counselors and Psychotherapists Ed Neukrug,Alan M. Schwitzer,2006 Learn essential skills understand the nature of helping learn about change strategies diagnosis and treatment planning explore ethical professional and cross

cultural issues and apply your new skills to the helping relationship After reading about the fundamental skills and techniques of counseling in the text you can access complementary role plays skill demonstrations and process stages to see the same essential principles in action Back cover

**Crafts and Creative Media in Therapy** Carol Tubbs, Margaret Drake, 2024-06-01 For more than 20 years *Crafts and Creative Media in Therapy* Fifth Edition has been an illuminating reference for the use of creative approaches in helping clients achieve their therapeutic goals Carol Crellin Tubbs has included a range of craft and creative activity categories from paper crafts to cooking to the use of recycled materials and everything in between Each chapter includes a brief history of the craft several projects along with suggestions for grading or adapting examples of related documentation and a short case study The text also features chapters on activity analysis general strategies for implementation of creative activities and documentation as well as a chapter describing the relevance of this media from both historical and current occupation based perspectives In this updated Fifth Edition the craft projects have been updated and numerous resources and links for more ideas have been added There are new chapters on making therapy tools and crafting with a purpose and the recycled and found materials chapter has been expanded in keeping with cultural trends A flow chart has been added to each case study to help students better understand the process and rationale for tailoring activities for individual client needs and project suggestions for working on specific performance skills or client factors are scattered throughout the chapters Other additions include a behavioral observation checklist as an aid in evaluation and documentation and several illustrations to help students distinguish between the use of occupation as means and occupation as end This Fifth Edition also includes an updated instructors manual with additional resources and suggestions for lesson planning *Crafts and Creative Media in Therapy* Fifth Edition not only provides a wide assortment of craft ideas and instructions but also provides multiple suggestions for therapeutic uses for activities in each category It includes ways to grade activities to best achieve therapy objectives and examples of documentation for reimbursement For each craft category there is discussion on precautions for use with certain populations contextual limitations and safety considerations Information is presented in several different formats such as examples tables illustrations and other formats to promote student understanding Included with the text are online supplemental materials for faculty use in the classroom *Crafts and Creative Media in Therapy* Fifth Edition is the foremost resource for using creative approaches in helping clients achieve their therapeutic goals and should be used by all occupational therapists occupational therapy assistants and recreational therapists

*Humanistic Sandtray Therapy* Ryan D. Foster, 2024-11-21 *Humanistic Sandtray Therapy* The Definitive Guide to Philosophy Therapeutic Conditions and the Real Relationship provides a comprehensive exploration of the underlying theory necessary skills and practical applications behind Humanistic Sandtray Therapy HST based on a person centered gestalt model This book takes a deep dive into a philosophically based system of sandtray therapy in which all elements of the HST approach are provided in great detail from the nuts and bolts of creating a sandtray and structuring the

experience based on client culture and counseling setting to process oriented issues Written with a genuine human touch invaluable materials such as an HST treatment manual and a weblink to videos of HST sessions with real clients are included to assist academics and researchers in designing HST treatment outcome studies     *Recreational Therapy Assessment* Thomas K. Skalko, Jerome F. Singleton, 2020 Recreational Therapy Assessment is an evidence based guide connecting the recreational therapy assessment process with the International Classification of Functioning Disability and Health ICF to help therapeutic recreation professionals classify individuals functionality to better meet the needs of clients     **The Complete Child and Adolescent Psychotherapy Treatment Planner** Casey Joe White, 2025-01-09 Unlock the full potential of your therapeutic practice with The Complete Child and Adolescent Psychotherapy Treatment Planner Evidence Based Interventions for Trauma Anxiety Depression ADHD More This essential guide is meticulously crafted for mental health professionals dedicated to supporting the diverse needs of youth Key Features Comprehensive Treatment Plans Detailed step by step plans for addressing trauma anxiety depression ADHD and a spectrum of other mental health challenges Evidence Based Interventions Strategies grounded in the latest research ensure effective and reliable outcomes for your clients Practical Applications Real world examples and case studies illustrate the implementation of therapeutic techniques in various settings Assessment Forms Ready to use tools for accurate diagnosis and treatment planning streamlining your workflow Glossary of Terms Clear definitions of essential concepts enhance your understanding and communication within the therapeutic process Holistic Approach Emphasizes collaboration with families schools and community resources to create a supportive network around each youth User Friendly Design Organized layout facilitates easy navigation making it an invaluable reference during therapy sessions Designed to meet the needs of clinicians in diverse environments this treatment planner supports individual therapy group sessions and school based interventions Whether addressing the immediate concerns of a distressed adolescent or developing long term strategies for managing chronic conditions this guide provides the structure and flexibility required for effective mental health care Enhance your practice with a resource that combines depth practicality and accessibility The Complete Child and Adolescent Psychotherapy Treatment Planner is your partner in delivering compassionate informed and impactful therapy to the youth you serve

**Trauma Informed Guilt Reduction Therapy** Sonya Norman, Carolyn Allard, Kendall Browne, Christy Capone, Brittany Davis, Edward Kubany, 2019-06-18 Trauma Informed Guilt Reduction Therapy TrIGR provides mental health professionals with tools for assessing and treating guilt and shame resulting from trauma and moral injury Guilt and shame are common features in many of the problems trauma survivors experience including posttraumatic stress disorder PTSD depression substance use and suicidality This book presents Trauma Informed Guilt Reduction TrIGR Therapy a brief transdiagnostic psychotherapy designed to reduce guilt and shame TrIGR offers flexibility in that it can be delivered as an individual or group treatment Case examples demonstrate how TrIGR can be applied to a range of trauma types including physical assault sexual



abuse childhood abuse motor vehicle accidents and to moral injury from combat and other military related events  
Conceptualization of trauma related guilt and shame assessment and treatment and special applications are covered in depth  
Summarizes the empirical literature connecting guilt shame moral injury and posttraumatic problems Guides therapists in  
assessing posttraumatic guilt shame moral injury and related problems Provides a detailed look at a brief transdiagnostic  
therapy shown to reduce guilt and shame related to trauma Describes how TrIGR can be delivered as an individual or group  
intervention Includes a comprehensive therapist manual and client workbook     Responding to Problem Behavior in Schools  
Leanne S. Hawken,Deanne A. Crone,Kaitlin Bundock,Robert H. Horner,2020-11-27 Now revised and expanded with the latest  
research and adaptations for additional target behaviors this is the gold standard guide to Check In Check Out CICO the  
most widely implemented Tier 2 behavior intervention CICO is designed for the approximately 10 15% of students who fail to  
meet schoolwide behavioral expectations but who do not require intensive individualized supports In a large size format with  
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working with children ages 4 17 grades PreK 12 PBIS coaches and team leaders special educators     **Music Therapy in**  
**Mental Health for Illness Management and Recovery** Michael J. Silverman,2022-04-11 Many music therapists work in  
adult mental health settings after qualifying For many it will be a challenging and even daunting prospect Yet until now there  
has been no psychiatric music therapy text providing advice on illness management and recovery The new edition of this  
established and acclaimed text provides the necessary breadth and depth to inform readers of the psychotherapeutic  
research base and show how music therapy can effectively and efficiently function within a clinical scenario The book takes  
an illness management and recovery approach to music therapy specific to contemporary group based practice It is also  
valuable for administrators of music therapy providing innovative theory based approaches to psychiatric music therapy  
developing and describing new ways to conceptualize psychiatric music therapy treatment educating music therapists  
stimulating research and employment and influencing legislative policies For the new edition all chapters have been updated  
and 2 new chapters added on substance abuse and the therapeutic alliance An important aim of the book is to stimulate both  
critical thought and lifelong learning concerning issues ideas and concepts related to mental illness and music therapy  
Critical thinking and lifelong learning have been and will likely continue to be essential aspirations in higher education

Moreover contemporary views concerning evidence based practice rely heavily upon the clinician s ability to think critically seek a breadth of contradicting and confirmatory evidence implement meta cognition to monitor thoughts throughout processes and synthesize and evaluate knowledge to make informed clinical decisions relevant and applicable to idiosyncratic contextual parameters For both students and clinicians in music therapy this is an indispensable text to help them learn develop and hone their skills in music therapy      Psychiatric and Mental Health Nursing in the UK Katie Evans,Debra Nizette,Anthony O'Brien,Catherine Johnson,2019-06-28 Psychiatric and Mental Health Nursing in the UK is an adaptation of Australia and New Zealand s foremost mental health nursing text and is an essential resource for both mental health nursing students and qualified nurses Thoroughly revised and updated to reflect current research and the UK guidelines as well as the changing attitudes about mental health mental health services and mental health nursing in UK Set within a recovery and patient framework this text provides vital information for approaching the most familiar disorders mental health nurses and students will see in clinical practice along with helpful suggestions about what the mental health nurse can say and do to interact effectively with patients and their families Gives readers a thorough grounding in the theory of mental health nursing Case studies throughout the text allow readers to understand the application of theory in every day practice Includes critical thinking challenges and ethical dilemmas to encourage the reader to think about and explore complex issues Exercises for class engagement complement learning and development in the classroom environment

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