

## Group Psychotherapy Progress Note

The Group Psychotherapy Progress Note is used for billable outpatient psychotherapy groups. Use the Intensive Services Progress Note form to document other groups offered as part of programs such as Partial Hospitalization (PHP), Community Based Adolescent Treatment (CBAT) and Transitional Support Services (TSS).

Data Field	Identifying Information Instructions
<b>Person's Name</b>	Record the first name, last name, and middle initial of the person being served. Order of name is at agency discretion.
<b>Record Number</b>	Record your agency's established identification number for the person.
<b>Person's DOB</b>	Record the person's date of birth to serve as another identifier.
<b>Organization Name:</b>	Record the organization for whom you are delivering the service.
<b>Group Name</b>	Give the name of the specific group. Example: Anger Management.
<b>Number of Attendees</b>	Enter the number of persons attending the group on this date.
<b>Person Served Did Not Attend</b>	Indicate the reason the person served did not attend the group session.
Data Field	Documentation of Person's Served Participation and Response to Group Treatment
<b>Behavior in Group</b>	Check box(es) to document the person's observed behavior during the group session.
<b>Person's Served Mood</b>	Check box(es) to document the person's observed or reported mood during the group session.
<b>Stressors/Extraordinary Events/New Issues Presented Today</b>	<p>There are four options available for staff using this section of the progress note:</p> <ol style="list-style-type: none"> <li>1. If person does not report/present any new issues, mark "None Reported" and proceed to planned intervention/goals.</li> <li>2. If person reports a new issue that was resolved during the session check the "New Issue resolved, no CA Update required" box. Briefly document the new issue, identify the interventions used in the Therapeutic Interventions section and indicate the resolution in the Response section of the progress note. If services are provided during the session that have not been previously ordered in the Individualized Action plan, then an explanation of the rationale for those services should be provided.</li> <li>3. If person presents an issue that has been previously assessed and for which Goals/Objectives and services have been ordered, then the information may be briefly documented as an indicator of the progress or lack of progress achieved.</li> <li>4. If person presents any new issue(s) that represent a therapeutic need that is not already being addressed in the IAP, check box indicating a "CA Update Required" and record notation that new issue has been recorded on a Comprehensive Assessment Update of the same Date and write detailed narrative on the appropriate CA Update as instructed in this manual. Also, the newly assessed therapeutic information may require a new goal, objective, therapeutic intervention or service that will require further use of the IAP Review/Revision form.</li> </ol> <p><b>Example:</b> Person became uncharacteristically angry with another group member during the group session and the two began arguing loudly. Group therapist intervened and assisted person with identifying what had triggered excessive anger today. Person was able to recognize that the other group member reminded her of her abusive uncle and apologized to the other member.</p> <p><b>Example of New Issue needing CA Update:</b> The person reported new symptoms of nightmares, intrusive memories, and</p>

# Sample Group Therapy Notes

**Edward L. Zuckerman, Keely Kolmes**

## **Sample Group Therapy Notes:**

**The Clinical Documentation Sourcebook** Donald E. Wiger, 2010-02-02 All the forms handouts and records mental health professionals need to meet documentation requirements fully revised and updated The paperwork required when providing mental health services continues to mount Keeping records for managed care reimbursement accreditation agencies protection in the event of lawsuits and to help streamline patient care in solo and group practices inpatient facilities and hospitals has become increasingly important Now fully updated and revised the Fourth Edition of The Clinical Documentation Sourcebook provides you with a full range of forms checklists and clinical records essential for effectively and efficiently managing and protecting your practice The Fourth Edition offers Seventy two ready to copy forms appropriate for use with a broad range of clients including children couples and families Updated coverage for HIPAA compliance reflecting the latest The Joint Commission TJC and CARF regulations A new chapter covering the most current format on screening information for referral sources Increased coverage of clinical outcomes to support the latest advancements in evidence based treatment A CD ROM with all the ready to copy forms in Microsoft Word format allowing for customization to suit a variety of practices From intake to diagnosis and treatment through discharge and outcome assessment The Clinical Documentation Sourcebook Fourth Edition offers sample forms for every stage of the treatment process Greatly expanded from the Third Edition the book now includes twenty six fully completed forms illustrating the proper way to fill them out Note CD ROM DVD and other supplementary materials are not included as part of eBook file

**Handbook of Group Counseling and Psychotherapy** Janice L. DeLucia-Waack, 2004 The Handbook of Group Counseling and Psychotherapy is a comprehensive reference guide for group practitioners and researchers alike Each chapter reviews the literature and current research as well as suggestions for practice in the psycho educational arena counselling and therapy groups The Handbook encourages the notion that the field is improved through increased collaboration between researchers and practitioners Through a review of cutting edge research and practice the Handbook includes 48 articles by renowned experts in group work the history and theory of group work topics across the lifespan an entire section on multicultural issues a variety of clinical problems and settings appendices include the Association for Specialists in Group Work Training Standards Best Practice Standards and Principles for Diversity Competent Group Workers The Handbook is divided into seven sections Current and Historical Perspectives on the Field of Group Counselling and Psychotherapy reviews and analyzes the many contributions and contributors that have made group counselling and psychotherapy a vital and potent treatment method The chapter outlines review articles spanning four decades and outlines the evolution of group themes over the last 100 years Best Practices in Group Counselling and Psychotherapy uses research theory and group counseling experience to provide group leaders and researches with the most current and best practices in conducting group counseling and psychotherapy Multicultural Groups follows the ASGW Principles for Diversity Competent Group Workers and is intended to provide group

leaders with essential information about different cultural groups and their world views perceptions of groups naturalistic healing methods suggested group interventions and implications for groups Chapters cover Native Americans Latinos Asians and African Americans disabled persons and gender and sexuality Groups Across Settings includes examples of psycho educational counseling and psychotherapy groups in a variety of settings This section presents readers with theoretical and empirical support for group work in such settings as the Veterans Administration system university counselling centers and more Groups Across the Lifespan consist of chapters across many age groups For children and adolescents cognitive and developmental issues are addressed For adults socialization and interpersonal issues are addressed including separate chapters for male and female groups Finally a chapter on the elderly deals with cognitive health and life review issues Special Topics Groups presents a continuum of different types of groups used to treat people with interpersonal and developmental issues such as grief substance abuse depression and others Each chapter in this section provides definitions and descriptions of the issues along with theoretical and empirical support Finally Critical Issues and Emerging Topics attempts to reflect the zeitgeist and provide a glimpse into group interventions for the future Emerging issues such as online groups prevention groups and peer led mutual help groups receive careful attention and analysis The Handbook of Group Counseling and Psychotherapy the first reference devoted to this emerging and rapidly growing field is essential for academics researchers professionals and librarians serving the group therapy community There is no similar reference available and it will prove a landmark volume for years to come      *A Multiple Family Group Therapy Program for at Risk Adolescents and Their Families* Susan T. Dennison, 2005 Over 50 bibliotherapy references are also provided along with material related to building resilient families and youth In addition readers are given a sample of a multiple family group contract documentation notes and a session by session planning sheet Professionals will be amazed at how much time this text will save them The book will quickly become a daily resource manual which will assist in more easily planning and facilitating these treatment groups Jacket      Group Psychotherapy and Managed Mental Health Care Henry I. Spitz, 1996 First Published in 1996 Routledge is an imprint of Taylor Francis an informa company      **Counselling Skills in Applied Sport Psychology** Paul McCarthy, Zoe Moffat, 2023-11-24 Counselling Skills in Applied Sport Psychology is a new text that provides a how to in basic counselling skills for sport psychology students and practitioners The book supports scholarship in applied sport psychology at the upper undergraduate and postgraduate levels especially for those training to become sport psychology practitioners Presented in ten chapters and an extensive appendix of forms and letters to cater to the ranging needs of students the book addresses basic counselling skills their place in applied sport psychology and personal development The core of the book lies in exploring counselling models and how to counsel client athletes through beginnings middles and endings It delves more deeply into personal and professional development especially understanding therapeutic modalities supervision and self care Providing a unique focus of basic counselling skills in applied sport psychology

concentrating on the professional relationship between the sport psychology practitioner and client athlete in applied sport psychology practice Counselling Skills in Applied Sport Psychology is essential reading and practice for upper undergraduates and postgraduates in applied sport psychology and sport and exercise psychology **Group Therapy**

**Workbook: Integrating Cognitive Behavioral Therapy with Psychodramatic Theory and Practice** Thomas W.

Treadwell,Debbie Dartnell,Letitia E. Travaglini,,Maegan Staats,Kelly Devinney,2016-04-10 An Introduction to Cognitive Psychodrama Group Therapy and Its Application to Handling Distressing Events Cognitive Psychodrama Group Therapy CPGT is a group therapy model that integrates the techniques and theories of Cognitive Behavior Therapy and Psychodrama CPGT enacts positive change in clients through the use of Automatic Thought Records and Psychodramatic techniques Psychodramas unfold as the group members begin to understand their core beliefs and cognitive distortions in a way that enhances the power of the action and healing that takes place within the psychodrama Eating Disorder Group Therapy

Carolyn Karoll,Adina Silverman,2024-04-25 This is the only book that teaches clinicians how to run an effective evidence informed and multi disciplinary eating disorder group incorporating psychoeducation process group dynamics and experiential elements Whereas group therapy for eating disorders is widely used across many levels of care the outpatient setting is uniquely poised to deliver effective multi disciplinary group therapy The first part of this book offers practical guidance for conceiving organizing and initiating outpatient groups equipping clinicians with the necessary tools to foster supportive and transformative environments The second includes seven chapters that delve into the core themes of eating disorder recovery featuring 60 activities and discussions empowering participants towards growth and resilience This book teaches clinicians how to collaboratively lead groups to optimize cohesion and harness the collective strength of the group to facilitate change It provides thorough rationale and psychoeducation for each group exercise and is complete with sample forms worksheets and handouts Suitable for clinicians and students alike in the eating disorder field this guide on how to successfully begin and run your own group is a necessary resource The Addiction Progress Notes Planner David J.

Berghuis,2005-08-11 The Addiction Progress Notes Planner contains completeprewritten session and patient presentation descriptions for eachbehavioral problem in The Addiction Treatment Planner ThirdEdition The prewritten progress notes can be easily andquickly adapted to fit a particular client need or treatmentsituation Saves you hours of time consuming paperwork yet offers thefreedom to develop customized progress notes Organized around 41 main presenting problems that range fromopioid dependence to new chapters in this edition covering suchco occurring disorders as chronic pain dangerousness lethality and self care deficits Features over 1 000 prewritten progress notes summarizingpatient presentation themes of session and treatmentdelivered Provides an array of treatment approaches that correspond withthe behavioral problems and DSM IV TR diagnostic categories inThe Addiction Treatment Planner Third Edition Offers sample progress notes that conform to the requirementsof most third party payors and accrediting agencies including theJCAHO and

the NCQA Group Psychotherapy with Children Tony L. Sheppard, Zachary J. Thieneman, 2023-08-31 This book guides the reader through the process of creating evidence based therapy groups for children Introducing an interpersonal theoretical framework that maximizes the interactional and experiential learning and growth components of groups with children this curriculum offers the child group therapist a theoretical foundation that gives structure to existing techniques and an approach that is multiculturally sensitive and grounded in brain science A deeper understanding of the mechanisms of change that operate in children's groups is central to the theme including an emphasis on play and learning by doing through real life clinical examples which permit readers of all levels to achieve a better understanding of how child groups function Readers of this book will come away with a deeper understanding of the power cell of group therapy Working interpersonally in the here and now specifically with children *The Paper Office for the Digital Age, Fifth Edition* Edward L. Zuckerman, Keely Kolmes, 2016-11-21 Significantly revised and updated to include online and computerized aspects of private practice this essential manual has given many tens of thousands of clinicians the complete record keeping and risk reduction tools that every psychotherapy practice needs The book provides effective methods for obtaining informed consent planning treatment and documenting progress managing HIPAA compliance maintaining clinical and financial records communicating with clients and third party payers and reducing malpractice risk Drawing from the professional literature it features key guidance and easy to digest pointers about the ethical legal and business aspects of practice With a large size format and lay flat binding for easy photocopying of the 53 reproducible forms and handouts the book includes a CD ROM that lets purchasers customize and print the reproducible materials New to This Edition Updated throughout to reflect today's greater use of electronic digital technologies in practice management Chapter on insurance and billing coping with managed care and Medicare Chapter on private practice marketing including Internet and social media dos and don'ts Expanded topics HIPAA compliance ICD 10 responding to subpoenas and using online technologies for billing communication and record keeping Information about hundreds of websites dealing with all aspects of operating a practice See also Clinician's Thesaurus 7th Edition and Clinician's Electronic Thesaurus Version 7.0 by Edward L. Zuckerman indispensable resources for conducting interviews and writing psychological reports The OTA's Guide to Writing SOAP Notes Sherry Borchertding, Marie J. Morreale, 2007 Written specifically for occupational therapy assistants The OTA's Guide to Writing SOAP Notes Second Edition is updated to include new features and information This valuable text contains the step by step instruction needed to learn the documentation required for reimbursement in occupational therapy With the current changes in healthcare proper documentation of client care is essential to meeting legal and ethical standards for reimbursement of services Written in an easy to read format this new edition by Sherry Borchertding and Marie J. Morreale will continue to aid occupational therapy assistants in learning to write SOAP notes that will be reimbursable under Medicare Part B and managed care for different areas of clinical practice New Features in the Second Edition Incorporated throughout the text is

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*Handbook of Group Psychotherapy* Addie Fuhrman, Gary M. Burlingame, 1994-06-14 Intended as the group therapy equivalent to Bergin and Garfield's *The Handbook of Psychotherapy and Behavior Change* Renowned contributors offer a comprehensive survey of all empirical evidence concerned with process and outcome in group therapy Contains both general considerations and applications to specific disorders and with determinate populations

**Group Therapy for Substance Use Disorders** Linda Carter Sobell, Mark B. Sobell, 2011-06-22 This authoritative book presents a groundbreaking evidence based approach to conducting therapy groups for persons with substance use disorders The approach integrates cognitive behavioral motivational interviewing and relapse prevention techniques while capitalizing on the power of group processes Clinicians are provided with a detailed intervention framework and clear cut strategies for helping clients to set and meet their own treatment goals More than two dozen ready to use reproducible assessment tools handouts homework exercises and session outlines are supplied in a convenient large size format

*The Oxford Handbook of Group Counseling* Robert K. Conyne, 2011-08-22 Group counseling is a dynamic and valuable treatment device used by therapists throughout the psychological disciplines one that has proven effective in promoting change and growth in a variety of populations and settings The Oxford Handbook of Group Counseling takes an innovative approach to this expansive topic providing both a comprehensive field manual for practitioners and an authoritative reference work for teachers and researchers Comprising 31 topic based chapters by leading practitioners and researchers this handbook covers the full spectrum of current and relevant topics in group counseling including definitions and background history and efficacy key

change processes e.g. therapeutic factors, group cohesion, group climate, group leader strategies and characteristics, new applications for group counseling strategies including online groups, group counseling with special populations, the future of group counseling. With roots in the most recent and relevant literature, *The Oxford Handbook of Group Counseling* is an ideal text for training programs, counselor education, clinical psychology, social work, or human services, or as a reference for researchers in counseling psychology. Whoever the reader, it is a valuable and comprehensive guidebook for both students and practitioners in the growing practice of group counseling.

*Family Group Therapy* John Elderkin Bell, 1961 *Services Research Branch Notes* National Institute on Drug Abuse. Services Research Branch, 1979 *Residential Methadone Treatment Manual* United States. Special Action Office for Drug Abuse Prevention, 1974

*Practicum and Internship* Christin M. Jungers, Judith Scott, Jocelyn Gregoire, 2024-10-11 The seventh edition of *Practicum and Internship* is a practical resource that provides students and supervisors with thorough coverage of all stages and aspects of the practicum and internship process. New to this edition are extensive revisions and updates to appendices and downloadable customizable online forms, contracts, and other materials. New material on transitioning to internship, new discussion of evidence-based approaches to all aspects of the counseling process including clinical assessment, case conceptualization, and counseling techniques. An expanded exploration of teletherapy and distance counseling and highly reported ethical and legal issues such as record keeping and billing. Thoughtful review of contemporary cultural issues across the core therapeutic and supervisory processes. Updated review of risk assessment procedures particularly for suicidal and homicidal clients. New information on mentorship and self-care. Updated research and scholarship throughout. With comprehensive information that spans across therapeutic approaches, concerns, and topics, this remains an essential foundational text for counseling and psychotherapy students and their supervisors.

*The Child Clinician's Report-writing Handbook* Ellen Braaten, 2007-02-08 What an incredible resource Braaten has written what is clearly the most comprehensive child assessment handbook available. This indispensable book carefully walks the clinician through the entire assessment process and covers all conceivable areas of inquiry. This is an essential guide for the beginning practitioner and one that is sure to become a mainstay on every child clinician's bookshelf. Lee A. Ros, n PhD Colorado State University

***The Schema Therapy Clinician's Guide*** Joan M. Farrell, Neele Reiss, Ida A. Shaw, 2014-04-15 *The Schema Therapy Clinician's Guide* is a complete clinical resource for psychotherapists implementing schema therapy, group schema therapy, or a combination of both in a structured, cost-effective way. The authors provide ready-made individual and group sessions with patient handouts. A unique resource providing ready-made individual and group schema therapy sessions linked across schema modes, allowing clinicians to pick and choose what they need or adopt a full integrated individual and group program which can be delivered over a range of treatment lengths from a six-week intensive program to a one-year outpatient treatment. Approaches treatment by targeting maladaptive Schema Modes rather than specific disorders, thus increasing clinical flexibility and ensuring shelf life through changes in



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