

# COURSE DESCRIPTION

<b>COURSE TITLE:</b>	<i>SUBSTANCE ABUSE TREATMENT: GROUP THERAPY</i>
<b>SUBJECT/CONTENT/ SKILLS:</b>	GROUP THERAPY MODELS/GROUP DEVELOPMENT/GROUP PROCESS & TECHNIQUES
<b>OHIO CONTENT AREAS:</b>	PREVENTION R1 CHEMICAL DEPENDENCY C3
<b>COURSE FORMAT:</b>	ONLINE COURSE; DIGITAL WORKBOOK/ ONLINE TEST & COURSE EVALUATION/ INSTANT TEST SCORES/DOWNLOADABLE COMPLETION CERTIFICATE
<b>INTENDED AUDIENCE:</b>	THIS COURSE IS APPROPRIATE FOR PRACTITIONERS OF ALL LEVELS AND IS APPLICABLE WITHIN VARIOUS PROFESSIONAL SPECIALTIES ADDICTION, MENTAL HEALTH, ETC. AND SETTINGS CLINICS, SHELTERS, JAILS, ETC.
<b>CE HOURS:</b>	14
<b>COST INITIAL/RENEWAL:</b>	\$100/\$50
<b>NUMBER OF PAGES: INCLUDING INTRO MATERIALS</b>	233
<b>NUMBER OF POST-TEST QUESTIONS:</b>	70

**COURSE MATERIAL PUBLISHED BY:** SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION SAMHSA; U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

**CE MATERIALS (PRETEST, POSTTEST, ETC.) CREATED BY:**

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Kelly has spent the better part of her career working with a criminal population, often within the walls of the jail system, and oddly enough has loved every moment of it. Kelly says, "it's easy to enjoy being institutionalized-when you have the keys to the joint"! So true.

Since 2005, she has served as the CEO of Project Solutions, a social service organization that provides counseling services to a criminal population. Kelly has authored numerous professional training manuals and is a sought-after speaker/presenter.

**EDUCATIONAL/ACHIEVEMENTS**

- AA/BS Degree Criminal Justice/Sociology
- Master of Arts Degree, Professional Counseling
- Licensed Independent Chemical Dependency Clinical Supervisor Ohio
- Certified Masters Addictions Professional Florida
- Find Your Strong Campaign [findyourstrong.info](http://findyourstrong.info)
- Graduate Leadership Stark County, 18<sup>th</sup> Class
- Commendations Stark County Jail Treatment Program 2006, 2010
- Recipient Bliss Scholarship Akron University, 1991
- Internship Capitol Hill, 1991

## **COURSE DESCRIPTION:**

\*In addition to courses created by our writing team, we also use government publications for continuing education. While these courses are much more “textbooky” than our original works, we carefully choose publications that are information-dense and contain material that will be especially helpful to individuals seeking initial certification/licensure. After choosing the right publications, our writing team creates a user-friendly pretest/posttest and may attach additional insights to improve the learning experience. We have found that several organizations and government entities produce phenomenal publications that provide the knowledge (facts and figures) needed to pass state boards and keep skills sharp.

This Treatment Improvement Protocol (TIP), published by the Substance Abuse and Mental Health Services Administration (SAMHSA), outlines the functions of group therapy in substance abuse treatment. This publication includes a thorough review of group therapy models, group development, group process, and techniques. This comprehensive course clarifies the criteria for placement in groups and explores the stages of treatment, group leadership techniques, proper clinical training, and supervision.

This course is applicable for professionals and practitioners of all levels. Course content applies to various client populations (i.e., addiction, mental health, etc.) and is relevant for services provided in a variety of settings (clinics, shelters, jails, etc.).

## **GOAL:**

Participants will gain comprehensive knowledge regarding the functions, development, and use of group therapy in substance abuse treatment to include clinical training, skills, and techniques.

### **OBJECTIVES:**

1. Participants will recognize, understand, and describe the advantages of group, five commonly used group therapy models, and specialty groups relevant to substance abuse treatment.
2. Participants will recognize, understand and describe how to modify group therapy to be effective with a substance abuse population.
3. Participants will be able to recognize, understand and describe criteria for placement in groups, the stages of recovery, and dealing with diversity in group therapy.
4. Participants will recognize, understand and describe group development, including fixed and revolving membership in groups, preparing clients for participation in groups, and methods to improve retention.
5. Participants will be able to recognize, understand and describe the stages of treatment and how to lead a group toward effective change with specific tasks initiated in early, middle, and late stages of treatment.
6. Participants will be able to recognize, understand, and describe effective group counseling, leadership techniques, clinical training, and supervision.
7. Participants will recognize, understand and describe how to manage a group and effectively deal with issues of concern like disruptive behavior, silence, tardiness, etc.

### **COURSE OUTLINE**

- I. Introduction Materials Tech Support, How it works, About the Author, Welcome, Disclaimers
- II. Pre-test
- III. Groups and Substance Abuse Treatment
  - a. Defining Therapeutic Groups in Substance Abuse Treatment
  - b. Advantages of Group Treatment
  - c. Modifying Group Therapy to Treat Substance Abuse
  - d. Difference between 12-Step and Interpersonal Process Groups
- IV. Types of Groups Commonly Used in Substance Abuse Treatment
  - a. Five Group Models
    - i. Psychoeducational Groups
    - ii. Skills Development Groups
    - iii. Cognitive-Behavioral Groups
    - iv. Support Groups
    - v. individually Focused Groups
  - b. Specialized Groups in Substance Abuse Treatment
    - i. Relapse Prevention
    - ii. Communal and Culturally Specific Groups
    - iii. Expressive Groups
    - iv. Groups Focused on Specific Problems
- V. Criteria for the Placement of Clients in Groups
  - a. Matching Clients with Groups

- b. Assessing Client Readiness for Group
- c. Primary Placement Considerations
- d. Stages of Recovery
- e. Placing Clients from Racial or Ethnic Minorities
- f. Diversity and Placement
  - i. Preparing the Group for a New Member from a Racial/  
Ethnic Minority
  - ii. Ethnic and Cultural Matching
  - iii. Culture and the Perceptions of Conflict

## VI. Group Development and Phase-Specific Tasks

- a. Fixed and Revolving Membership Groups
- b. Preparing for Client Participation in Groups
  - i. Pregroup Interviews
  - ii. Increasing Retention
  - iii. Identifying the Need for Wraparound Services
  - iv. Group Agreements
  - v. Communicating grounds for exclusion
  - vi. Confidentiality
  - vii. Physical Contact
  - viii. Use of Mood-Altering Substances
  - ix. Participation in the Life of the Group

x. Financial Responsibility

xi. Termination

c. Phase-Specific Group Tasks

## VII. Stages of Treatment

a. Adjustments To Make Treatment Appropriate

b. The Early Stage of Treatment

i. Condition of Clients in Early Treatment

ii. Therapeutic Strategies in Early Treatment

iii. Attachment Theory and Substance Abuse Treatment

iv. Leadership in Early Treatment

c. The Middle Stage of Treatment

i. Condition of Clients in Middle-Stage Treatment

ii. Therapeutic Strategies in Middle-Stage Treatment

iii. Leadership in Middle-Stage Treatment

d. The Late Stage of Treatment

i. Condition of Clients in Late-Stage Treatment

ii. Therapeutic Strategies in Late-Stage Treatment

iii. Leadership in Late-Stage Treatment

## VIII. Group Leadership, Concepts and Techniques

a. The Group Leader

i. Constancy

ii. Active Listening

iii. Firm Identity

iv. Confidence

v. Spontaneity

vi. Integrity

vii. Trust

viii. Humor

ix. Empathy

b. Leading Groups

i. Leaders Vary Therapeutic Styles with The Needs of Clients

ii. Leaders Can Be Cotherapists

iii. Leaders Model Behavior

iv. Leaders Are Sensitive to Ethical Issues

v. Handling Emotional Contagion

vi. Working Within Professional Limitations

vii. Ensuring Role Flexibility

viii. Avoiding Role Conflict

ix. Leaders Improve Motivation

x. Leaders Overcome Resistance

xi. Leaders Defend Limits

xii. Leaders Maintain a Safe Therapeutic Setting

xiii. Leaders Help Cool Down Affect

xiv. Leaders Encourage Communication Within the Group

c. Concepts, Techniques, and Considerations

i. Interventions

ii. Avoiding a Leader-Centered Group

iii. Confrontation

iv. Transference and Countertransference

v. Resistance in Group

vi. Confidentiality

vii. Biopsychosocial & Spiritual Framework—Treating the Whole Person

viii. Addressing Life Issues

ix. Incorporating Faith

d. Integrating Care

i. Interaction With Other Health Care Professionals

ii. Integration of Group Therapy and Other Forms of Therapy

iii. Medication Knowledge Base

e. Management of the Group

i. Handling Conflict

ii. Subgroup Management

iii. Responding to Disruptive Behavior

iv. Contraindications for Continued Participation in Group

f. Managing Other Common Problems

i. Coming Late or Missing Sessions

ii. Silence

iii. Tuning Out

iv. Fear of Losing Control

v. Participating Only Around the Issues of Others

vi. Fragile Clients with Psychological Emergencies

vii. Anxiety and Resistance after Self-disclosure

IX. Training and Supervision

a. Training

b. Supervision

X. Appendix A: Bibliography

XI. Appendix B: Adult Patient Placement Criteria

XII. Appendix C: Sample Group Agreement

XIII. Appendix D: Glossary

XIV. Appendix E: Association for Specialists in Group Work Best Practice Guidelines

XV. Appendix F: Resource Panel

XVI. Appendix G: Cultural Competency and Diversity Network Participants

XVII. Appendix H: Field Reviewers

XVIII. Appendix I: Acknowledgments

XIX. Post Test

XX. Course Evaluation/Survey