

Group Therapy Note, Individualized

Date of Exam: 7/1/2015
Time of Exam: 1:57:09 PM

Patient Name: Smith, Jenny
Patient Number: 1000010660043

Session Remarks:
Group Therapy Note:

Group Type: The focus of today's group was the subject of sobriety management. Group members were first encouraged to examine the ways substance abuse has adversely effected their lives. Group members were then directed to share and explore methods and strategies for remaining sober in the outpatient setting.

Present at today's session were the following:
Eight members of the group were present today.

Group Leader Interventions:
Group Leader facilitated discussion about **sobriety** management techniques.
Facilitated Group Process
Involved all Group
Kept Group focused
Helped group members set limits and boundaries
Therapist provided psycho-education regarding clarifying areas of difficulty and identifying coping skills.
Therapist provided support and structure
Assigned worksheet/activity with topic of **finding a sober peer group.**

Individual Behavior During This Session:

Appearance and Behavior: In today's session Jenny appeared calm, friendly, communicative, and relaxed. Her participation today was normal, with responses to others and sharing of personal experiences and feelings. She was active and participated fully in discussions today. A normal amount of physical activity was exhibited by Jenny today. Jenny today spoke of self defeating behavior. Jenny today spoke of issues associated with substance abuse. Jenny describes substance cravings. She admits she was tempted to use. Jenny denies use.

Suicidal ideas or intentions are not in evidence and not expressed. No suicidal plans are present.

Group Therapy Progress Note Example

Didier Musso



Group Therapy Progress Note Example:

The Top Books of the Year Group Therapy Progress Note Example The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels enthraling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have charmed audiences this year. Group Therapy Progress Note Example : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papan, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

<https://blog.gospelcrusade.org/results/scholarship/fetch.php/grade%201geography%20paper%202%202014%20memorandum.pdf>

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