

# 8-Week Group Counseling Plan

## Group information

Name of participants:

Date:

*This comprehensive 8-Week Group Counseling Plan is designed to guide group therapy sessions, helping healthcare professionals and counselors structure their approach. You can customize the focus, objectives, and activities for each week.*

## Plan

**Week 1:**

Objectives

Activities

Discussion topics

Notes

<b>Week 2:</b>
Objectives
Activities
Discussion topics
Notes
<b>Week 3:</b>
Objectives
Activities
Discussion topics
Notes

<b>Week 4:</b>
Objectives
Activities
Discussion topics
Notes
<b>Week 5:</b>
Objectives
Activities
Discussion topics
Notes

<b>Week 6:</b>
Objectives
Activities
Discussion topics
Notes
<b>Week 7:</b>
Objectives
Activities
Discussion topics
Notes

