## 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

Week 2:	
Objectives	
Activities	
Discussion topics	
Notes	
Week 3:	
Objectives	
Objectives	
Objectives	
Objectives	
Objectives	
Objectives  Activities	
Objectives  Activities  Discussion topics	
Objectives  Activities  Discussion topics	

Week 4:
Objectives
Activities
Discussion topics
Notes
Week 5:
Week 5: Objectives
Objectives
Objectives
Objectives
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Objectives  Activities
Objectives  Activities
Objectives  Activities
Objectives  Activities  Discussion topics
Objectives  Activities  Discussion topics

Week 6:
Objectives
Activities
Discussion topics
Notes
Week 7:
Week 7: Objectives
Week 7: Objectives
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Objectives  Activities
Objectives  Activities
Objectives  Activities
Objectives  Activities
Objectives  Activities  Discussion topics
Objectives  Activities  Discussion topics

Week 8:
Objectives
Activities
Discussion topics
Notes
Additional notes
Therapist in-charge:
Signature:
Date: