Group Therapy Case Note Template

Client Information

First Name	Last Name	Date of Birth	Group
Roger	Miller	04/09/1965	9A Y

Note

Group Topics Discussed

Session focused on sharing stories of loved ones who are deceased. Members spoke about different ways they each cope with grief. Importance of establishing a community was emphasized by group therapist.

Group Behavior Rating

Seemed interested in the group	☐ Strongly Disagree	☐ Disagree	☐ Neutral	☑ Agree	☐ Strongly Agree
Initiated positive interactions	☐ Strongly Disagree	☐ Disagree	☑ Neutral	☐ Agree	☐ Strongly Agree
Shared emotions	☐ Strongly Disagree	☐ Disagree	☐ Neutral	☐ Agree	☑ Strongly Agree
Helpful to others	☐ Strongly Disagree	☐ Disagree	☐ Neutral	☑ Agree	☐ Strongly Agree
Disclosed information about self	☐ Strongly Disagree	☐ Disagree	☐ Neutral	☐ Agree	☑ Strongly Agree
Understand group topics	☐ Strongly Disagree	☐ Disagree	☐ Neutral	☑ Agree	☐ Strongly Agree
Showed listening skills/empathy	☐ Strongly Disagree	☐ Disagree	☐ Neutral	☑ Agree	☐ Strongly Agree
Offered opinions/feedback	☐ Strongly Disagree	☐ Disagree	☑ Neutral	☐ Agree	☐ Strongly Agree
Focused on group tasks	☐ Strongly Disagree	☐ Disagree	☐ Neutral	☑ Agree	☐ Strongly Agree
Participated in group exercises	☐ Strongly Disagree	☐ Disagree	☐ Neutral	☐ Agree	☑ Strongly Agree
Seemed to benefit from the session	☐ Strongly Disagree	☐ Disagree	☐ Neutral	☑ Agree	☐ Strongly Agree
Treatment considerations addressed	☐ Strongly Disagree	☐ Disagree	☐ Neutral	☑ Agree	☐ Strongly Agree

Monthly Evaluation (Rate the Progress on the Following Topics)

Participation	☐ Low	☐ Medium	☑ High
Discussed Issues	☐ Low	☐ Medium	☑ High
Insight	☐ Low	☑ Medium	☐ High
Motivation	☐ Low	☑ Medium	☐ High
Emotional Expression	☐ Low	☐ Medium	☑ High
Stays on Task	☐ Low	☐ Medium	☑ High
Objectives Being Met	☐ Low	☑ Medium	☐ High

Suggestions

- ☐ Individual Counseling
- ☐ Evaluation for Medications
- ☐ Other, Please Specify:

Individual Contributions This Session

Roger shared a story about his son ’ s 16th birthday. Roger was emotional and exhibited sadness and frustration about the loss of these events. He also said as he gets older he “ appreciates the memories more ” . Roger infrequently shares personal stories but always listens attentively to others. He also said his and his wife ’ s relationship is getting stronger. Roger has been coming to the group grief therapy sessions every 1-2 weeks for 8 months.

Therapist Name (Printed)	Therapist Signature	Time Started	Time Finished
Amanda Smith		17:05	18:00
Co-therapist Name (Printed	**Co-therapist Signature**	**Date**	
John Lewis		09/15/2022	