

Group Therapy Curriculum

Program Overview:

Program Title: _____

Duration: _____ to _____

Facilitators:

Location: _____

Table of Contents:

1. Introduction

- Welcome and Icebreaker Activities
- Overview of Group Therapy Goals

2. Session 1: Building Trust and Connection

- Establishing Group Guidelines
- Introduction to Group Members
- Trust-building Exercises

3. Session 2: Understanding Group Dynamics

- Exploring Communication Styles
- Group Cohesion Activities
- Addressing Conflict Resolution

4. Session 3: Identifying and Expressing Emotions

- Emotional Awareness Exercises
- Emotion Regulation Techniques
- Sharing Personal Stories

5. Session 4: Developing Coping Strategies

- Introduction to Coping Skills
- Group Activities for Coping
- Individualized Coping Plans

6. Session 5: Self-Esteem and Self-Reflection

- Building Positive Self-Image
- Self-Reflection Exercises
- Affirmation and Positive Reinforcement

7. Session 6: Interpersonal Relationships

- Exploring Relationship Patterns
- Improving Communication in Relationships
- Healthy Boundaries

8. Session 7: Stress Management

- Identifying Stressors
- Stress Reduction Techniques
- Time Management Strategies

9. Session 8: Goal Setting and Future Planning

- Setting Personal Goals
- Creating Action Plans
- Celebrating Achievements

10. Closure and Reflection

- Group Reflection on the Program
- Future Support and Resources
- Closing Ceremony

Additional Information:

- **Materials Required:**
 - Flipcharts, markers, and pens
 - Handouts for exercises
 - Comfortable seating arrangements
- **Evaluation and Feedback:**
 - Weekly check-ins on progress
 - Group feedback sessions
 - Post-program evaluation forms
- **Confidentiality:**
 - Emphasize the importance of maintaining confidentiality within the group
 - Discuss the limits of confidentiality