

# 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