

Psychoeducational Group Worksheet

Worksheet Title:

Facilitator(s):

Date:

Group Members:

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Instructions:

Provide clear instructions on how to use the worksheet. Mention the purpose and goals of the exercise.

Section 1: Introduction

Topic:

Objective:

Section 2: Individual Reflection

Instructions:

Questions/Prompts:

- 1.
- 2.
- 3.

Section 3: Group Discussion

Instructions

Guide participants on how to share and discuss their responses.

Discussion Guidelines:

Section 4: Reflection and Goal Setting

Instructions

Guide participants in reflecting on the group discussion and setting personal goals

Reflection Questions:

Section 5: Closing Remarks

Summary:

Next Steps:

Additional Resources: