

Group Design, Selection & Screening

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SUD Treatment Groups

- Psychoeducational Groups
- Skills Groups
- Cognitive Behavioral Groups
- Combine principles at different stages



Why I Chose a SUD Group

- SUD has affected my life
- Substance use issues are on the rise
- Growing need for treatment
- Group therapy



Population & Culture

- I would like to work with military adults
- I understand military values, such as discipline & hierarchy
- I have lived with the rich diversity of the military for over 30 years
- Prevalence of SUD in the military
- Common thread between PTSD & SUD

Number of Sessions

- Residential groups will meet weekly for 8 weeks
- Standard groups include sessions twice a week
- Intensive therapy groups will meet five times a week



Number of Participants

- Group will have 12 members
- Group size may vary
- More severe cases may require a smaller group of 10



Group Goals

- Increase levels of motivation to change
- Create a sense of belonging & group cohesion
- Promote continuation of therapy & support sober lifestyle
- Restore family relationships



Theoretical Approaches

- Integrated counseling
- Cognitive approaches
- Psychoeducation



Theoretical Approaches

- Motivational Interviewing & CBT
- Trauma Care
- Acceptance & Commitment Therapy



Ethical Considerations

- Informed consent & confidentiality
- Leader values & behaviors
- Screening & orientation



Ethical Considerations

- Record keeping & billing
- Involuntary group membership
- Multiple relationships in group work
- Diversity & multiculturalism



Demographic Screening Questions

- How long have you lived at your current address? Is this residence owned by you or your family?
- What is your date of birth?
- Of what race do you consider yourself?
- Do you have a religious preference?
- What is your current marital status?
- What specific challenges or concerns related to your substance use have led you to seek help or consider joining this group at this time?

Screening Questions – Multiple- Assessment Approach

- Any previous group experience, and if so, what was this like for you?
- Were you, or are you, involved in individual therapy? What is that like?
- What are your personal goals for the group?
- What substance(s) have you been using, and how often?
- How long have you been using substances, and when did you start?
- Have you tried to reduce or stop your substance use in the past? If so, what worked or didn't work?

Screening Questions: Personal Progress & Expression

- What is one positive change you have noticed in yourself since starting your recovery journey?
- What small victory are you proud of today?
- How have your relationships improved since entering recovery?
- How are you feeling emotionally today, and what contributed to those feelings
- What has been your biggest challenge in maintaining sobriety recently?
- How do you cope with cravings and triggers?

Screening Questions: Gratitude & Self-Care

- What is one thing you are grateful for today?
- How has recovery positively impacted your life?
- What is bringing you joy and happiness right now?
- What self-care activity have you engaged in recently that has been beneficial for your well-being?
- How do you prioritize self-care in your daily routine?
- What is one thing you can do today to nurture yourself?



Screening Questions: Goals & Strategies

- What is one goal you have for yourself in your recovery journey?
 - How do you plan to overcome any obstacles that may arise?
 - What steps are you taking to create a healthy and fulfilling life in sobriety?
 - Can you share an experience where someone's recovery journey has inspired you?
 - How do you manage stress and avoid turning to substances?
 - What coping mechanisms or strategies have been helpful for you in challenging situations?
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