

GROUP THERAPY SESSION NOTE

Group Name: _____ Date: _____

Session #: _ Duration: _ Co-Facilitator: _____

Facilitator: _____ Next Session: _____

GROUP OVERVIEW

Group Type: Process group Skills group Support group Psychoeducational
 CBT group DBT group Trauma group Substance abuse group Other:

Session Theme/Topic:

Planned Activities: Check-in Skill practice Psychoeducation Process discussion
 Homework review Role play Mindfulness Art therapy Other:

ATTENDANCE

Total Members: _ Present: *Absent:* _____

Present Members: 1. ____ **Participation:** High Moderate Low 2. ____
Participation: High Moderate Low 3. ____ **Participation:** High Moderate
 Low 4. ____ **Participation:** High Moderate Low 5. ____ **Participation:** High
 Moderate Low 6. ____ **Participation:** High Moderate Low 7. ____
Participation: High Moderate Low 8. ____ **Participation:** High Moderate
 Low

Absent Members: 1. ____ **Reason:** **Illness** **Work** **Unknown** **Other:** 2. ____
Reason: **Illness** **Work** **Unknown** **Other:**

New Members: **None** **Yes** - Names: _____

Departing Members: **None** **Yes** - Names: _____

SESSION CONTENT

Opening/Check-in (15 minutes): Format: **Round robin** **Voluntary sharing**
Structured questions **Themes that emerged:**

Main Activity/Discussion (30-45 minutes): Topic/Skill: _____ **Method:** **Didactic**
 Discussion **Experiential** **Practice** **Role play** **Materials used:** _____ **Key points covered:**

Process/Discussion (15-30 minutes): Focus: **Skill application** **Personal sharing**
Group dynamics Problem-solving Feedback Other: _____ **Main themes:**

Closing (5-10 minutes): Format: **Summary** **Homework assignment**
Appreciation Mindfulness **Homework assigned:**

GROUP DYNAMICS

Overall Group Cohesion: **Very high** **High** **Moderate** **Low** **Very low**

Group Mood/Energy: **Positive** **Neutral** **Subdued** **Tense** **Conflicted**

Participation Patterns: **Balanced participation** **Few members dominate** **Many silent members** **Good interaction** **Limited interaction**

Group Norms: **Well-established** **Developing** **Unclear** **Being challenged**

Therapeutic Factors Observed: Universality Hope Altruism Interpersonal learning Catharsis Corrective family experience Existential factors Group cohesiveness Imitative behavior Information sharing

INDIVIDUAL MEMBER OBSERVATIONS

Member 1: _____ Mood: Good Neutral Low Anxious Irritable
Participation: Active Moderate Minimal Disruptive Progress noted:
_____ **Concerns:** _____

Member 2: _____ Mood: Good Neutral Low Anxious Irritable
Participation: Active Moderate Minimal Disruptive Progress noted:
_____ **Concerns:** _____

Member 3: _____ Mood: Good Neutral Low Anxious Irritable
Participation: Active Moderate Minimal Disruptive Progress noted:
_____ **Concerns:** _____

Member 4: _____ Mood: Good Neutral Low Anxious Irritable
Participation: Active Moderate Minimal Disruptive Progress noted:
_____ **Concerns:** _____

SAFETY AND RISK ASSESSMENT

Safety Concerns Raised: None Suicidal ideation Self-harm Substance use
Domestic violence Risk to others Other: _____

Member(s) of concern: _____

Action taken: Individual check-in Safety planning Referral Crisis intervention
 Follow-up scheduled Other: _____

Confidentiality issues: None Breach addressed Education provided Group discussion

THERAPEUTIC INTERVENTIONS

Facilitator Interventions: Psychoeducation Process facilitation Skill teaching
 Norm setting Conflict resolution Support Challenge Interpretation Linking Blocking Other: _____

Co-facilitator Role: Co-led Observer Specific intervention Individual support
 Process observer Other: _____

Group Member Interventions: Peer support Feedback Challenge Advice giving
 Modeling Conflict Other: _____

Effectiveness of Interventions: Very effective Effective Somewhat effective Ineffective

HOMEWORK/BETWEEN-SESSION TASKS

Group Homework Assigned:

Individual Tasks: Member: __ Task: ____ Member: __ Task: ____ Member: __ Task: ____

Homework from Previous Session: Most completed Some completed Few completed None completed

Barriers to homework completion:

CHALLENGES AND SUCCESSES

Session Challenges: Low attendance Resistance Conflict Dominating member
 Silent members Off-topic discussion Crisis situation Technical difficulties Other: _____

How challenges were addressed:

Session Successes: Good participation Breakthrough moment Skill demonstration Peer support Insight Behavior change Group bonding Other: _____

Highlight of session:

NEXT SESSION PLANNING

Next Session Topic:

Materials Needed: Handouts Worksheets Art supplies Technology Props Other: _____

Special Considerations: New member orientation Member termination Holiday/break Guest speaker Field trip Assessment Other: _____

Individual Follow-ups Needed: Member: __ Reason: __ Member: __ Reason: __

CO-FACILITATOR FEEDBACK

Co-facilitator observations:

Process feedback:

Suggestions for improvement:

Facilitator dynamics: Excellent Good Fair Needs work

CLINICAL NOTES

Overall group progress: Excellent Good Fair Slow Concerning

Group development stage: Forming Storming Norming Performing Adjourning

Therapeutic milestones:

Areas for improvement:

Facilitator self-reflection:

Supervision needs: None Case consultation Co-facilitator issues Skill development Ethical concern Other: _____

ADMINISTRATIVE NOTES

Attendance tracking updated: Yes No

Individual treatment plans updated: Yes No N/A

Billing/insurance: Completed Pending

Documentation requirements: Met Pending

Quality assurance: Completed Scheduled

Facilitator Signature: _____ **Date:** ____

Co-Facilitator Signature: _____ **Date:** _____

License #: __ **Credentials:** __

Confidential group therapy record protected by HIPAA regulations. Individual member information maintained in separate files.