

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.