

Group Therapy ~ People with I/DD

1-9-2012

DDMI Telehealth User Group

Types of Groups

- **Open**
 - Can enter at various intervals; “rolling admission”
- **Closed**
 - Fixed number of individuals
 - Often limited duration
- **Specific gender**
 - Comfort around trauma issues
- **Disorder specific**
 - Personality disorder
 - Medical/psychiatric conditions

Purpose of Group Tx

- **Support**
 - **Medical/non-medical models**
 - **Non-confrontation about avoidance**
 - **Skills training**
- **Interpersonal change**
 - **Assumption is that there is desire for psychological intra-personal and inter-personal change**
 - **Importance of noting interaction and experience within group setting**
- **Socialization**
 - **Often done without leaders**

Group Pragmatics

- **Time**
 - As size increases, time expands; generally 1.5 hrs
 - Frequency: weekly to monthly; more intensity for greater psychological movement
- **Boundaries**
 - Respect – information is kept within group
 - Courtesy; language
 - No sexual contact within or outside of group
- **Safety**
 - Physical, emotional

Group Pragmatics

- **Leadership**
 - Solo
 - Co-leaders
- **Notes/records**
 - During/after
 - Auditory or video-taping
 - Billing procedures and documentation
- **Outcome measures**
 - Measures of distress, motivation
 - Adherence, skill utilization

Group Therapy - dynamics

- Sources of interpretation
 - Material within group
 - ?How much from outside sources
- Supervision
 - 1:1 (every session); monthly reviews; quarterly review
 - Peer supervision
 - Associations (professional support)
- Rate of change
 - Usually slow to start; impact often more dramatic
- Multiple learning styles/adaptive techniques
 - Can use multiple modes, if anticipated

What Comes Next?

- **Experiences.....**
- **Planning process**