

## *Group Counseling With Children and Adolescents*

### *Why What How*

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## *Group Counseling: Why*

- *Research Base--As effective as individual counseling*
- *Provides natural medium for learning and support*
- *Provides role models for positive behaviors and attitudes*

## *Group Counseling: What*

### ■ *Types*

- *Developmental/Growth*
  - *Social skills (problem solving, friendship, conflict resolution)*
  - *Learning skills (attending, listening, study skills, test taking skills, goal setting)*
  - *Anger management*

## *Group Counseling: What*

### ■ *Types*

- *Special Concern/Problem*
  - *Divorce*
  - *Loss*
  - *Academic failure/underachievement*
  - *New student*

## *Group Counseling: What*

### ■ **Ethics**

- *Screening*
- *Training*
- *Confidentiality*

## *Group Counseling: What*

### ■ **Ethics**

- *Behavioral Expectations*
- *Freedom to not participate or quit*
- *Removal of group member*

## *Group Counseling: What*

### ■ **Ethics**

- *Explanation of special exercises/activities*
- *Develop and monitor goals for individuals*
- *Time parameters of group and session*

## *Group Counseling: How*

### ■ **Building Success Into Your Groups**

- ***Identify potential clients***
  - *Needs assesment*
  - *Referral sources*
  - *sociograms*

## Group Counseling: How

### ■ Building Success Into Your Groups

- **Plan sessions based on research and sound theory**
  - 2-3 objectives for each session
  - strategies/activities for each objective

## Group Counseling: How

### ■ Building Success Into Your Groups

- **Length of group --8 weekly sessions**
  - 30-50 minutes
  - 4 monthly follow-up sessions

## Group Counseling: How

### ■ Building Success Into Your Groups

- **Private setting**
  - up to six movable chairs
  - carpet
  - art supplies/play medium
- **Sell concept of group counseling -Build support**
  - Advertise as focused on skills
    - critical to school success and life coping skills
  - Obtain parent/guardian permission

## Group Counseling: How

### ■ Building Success Into Your Groups

- **Pre-group screening**
  - Select only those you feel reasonably certain can be helped in your group and who want to participate
  - Explain purpose, benefits, logistics, expectations, limits, and names of others being invited
  - Select models when appropriate
  - Do not load group with behavior problems

## ***Group Counseling: How***

### **■ Typical Session outline:**

- *Temperature check: rate mood and energy, share high and low points for week*
- *Review last session and report on goals*
- *Skill/awareness activity--Active & social*
- *Summary/Wrapup--Goal setting*

## ***Skill/Awareness Activities***

- *Draw/discuss*
- *Stories and story telling*
- *Cooperative Play /games*
- *Skill practice-Role play/Acting out typical scenes*

## ***Maintenance and Task***

### **• Maintenance Issues**

- *Inclusion--Do I fit, belong?*
- *Control--Do I have choice, control?*
- *Affection--Do I feel close to group, is the climate warm?*

## ***Maintenance and Task***

### **■ Tasks Issues**

- *Orientation--Who is here and what is going to happen?*
- *Norm development--What are the rules regarding behavior, participation and disagreement?*
- *Productivity--Getting things done and solving problems*
- *Closure--Ending group and applying what has been learned*

## *Group Counseling: How*

### ■ ***Building Success Into Your Groups***

- *Evaluate impact of group on stated objectives--Examples:*
  - *Pre-post : Student survey*
  - *Pre-post Teacher/Parent survey*
  - *Pre-post scores on observation and/or achievement instrument*

## *Summary*

- *Conduct Needs Assessment*
- *Develop Written plan*
- *Gain support/Advertise Group*
- *Obtain Parent/Guardian Permission*
- *Conduct Pre-Group Screening*
- *Implement Group Plan*
- *Evaluate Impact of Group and Report Findings*

## *Group Counseling Resources*

- *Group Counseling for School Counselors: A Practical Guide (2001). Brigman, G. & Goodman, B.*
- *J. Weston Walch Pub. [www.walch.com](http://www.walch.com)*
- *1-800-341-6094*
- *See additional list of resources on separate file labeled Group research and resources*