

**Group Therapy Note, Individualized**

Date of Exam: 7/1/2015  
Time of Exam: 1:57:09 PM

Patient Name: Smith, Jenny  
Patient Number: 1000010660043

**Session Remarks:**  
**Group Therapy Note:**

**Group Type:** The focus of today's group was the subject of sobriety management. Group members were first encouraged to examine the ways substance abuse has adversely effected their lives. Group members were then directed to share and explore methods and strategies for remaining sober in the outpatient setting.

**Present at today's session were the following:**  
Eight members of the group were present today.

**Group Leader Interventions:**  
Group Leader facilitated discussion about **sobriety** management techniques.  
**Facilitated Group Process**  
Involved all Group  
Kept Group focused  
Helped group members set limits and boundaries  
Therapist provided psycho-education regarding clarifying areas of difficulty and identifying coping skills.  
Therapist provided support and structure  
Assigned worksheet/activity with topic of **finding a sober peer group.**

**Individual Behavior During This Session:**

**Appearance and Behavior:** In today's session Jenny appeared calm, friendly, communicative, and relaxed. Her participation today was normal, with responses to others and sharing of personal experiences and feelings. She was active and participated fully in discussions today. A normal amount of physical activity was exhibited by Jenny today. Jenny today spoke of self defeating behavior. Jenny today spoke of issues associated with substance abuse. Jenny describes substance cravings. She admits she was tempted to use. Jenny denies use.

Suicidal ideas or intentions are not in evidence and not expressed. No suicidal plans are present.

# Group Therapy Progress Note Example

**Léo Pomar**



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