Characteristics That Influence a Group

- Size
- Defined purpose
- Degree of similarity among members
- Rules
- Boundaries
- Content (what is said in the group)
- Process (underlying dynamics among group members)

Advantages of Group Work

- Cost effective
- Patient feels less isolated
- Patients receive peer feedback
- Teach different problem-solving approaches

Disadvantages Of Group Work

- Privacy/Confidentiality issues
- Some may not be able to share in group setting
- Some may not feel they are getting enough attention because others are more active

Case Study

Psychiatric nurses Ben and Adrija want to start a support group for teens with HIV. Their goal is not only to offer health education but to provide a safe place for teens to share their fears, concerns, hopes, and encouragement.

They have determined that there is sufficient interest based on feedback from their city’s health care centers. They will most likely choose to meet in one of the area mental health clinics or church meeting rooms.

Concepts Common to All Groups

- Therapeutic factors
- Curative and crucial for therapeutic change
- Group content and process
- What happens on the surface, and what's going on underneath
Therapeutic Factors Common to All Groups (Yalom's Principles)

- Instillation of hope
- Universality
- Imparting of information
- Altruism
- Corrective recapitulation of primary family group

Therapeutic Factors Common to All Groups (Continued)

- Development of socializing techniques
- Imitative behavior
- Interpersonal learning
- Group cohesiveness
- Catharsis
- Existential resolution

Phases of Group Development

- Orientation phase
- Working phase
- Termination phase

Planning Phase

- The name of the group
- Objectives of the group
- Types of patients (e.g., diagnoses, age, gender) for inclusion
- Group schedule
- Physical setting
- Leader and member responsibilities
- Methods of evaluating outcomes

Group Membership

- Heterogenous group
- Range of differences exists among members
- Homogeneous
- Members share central traits
- Closed group
- Restricted membership
- Open group
- New members are added as others leave
- Subgroup
- Isolated within the larger group for specific needs

Case Study

Adrija says she’s concerned about whether a coed HIV support group will share as freely as one that’s all female or all male. Ben feels it could work because he suspects very few conversations will be about sexuality; he feels the group will be far more focused on living with and managing HIV itself.

After some discussion and polling, however, they decide they have enough interest to conduct two different groups: Ben will work with males, and Adrija, with females.
Audience Response Question
Ben and Adrija decide to create two completely independent and separate support groups. This means that Adrija’s group, consisting of adolescent girls with HIV is a(n)

A. subgroup.
B. open group.
C. homogeneous group.
D. heterogeneous group.

Group Participant Roles

- Task roles
  - Keep the group focused on its main purpose
- Maintenance roles
  - Keep the group together; help others feel included and create a sense of group cohesions
- Individual roles
  - Have nothing to do with helping the group but instead relate to specific personalities, personal agendas, and desires for having personal needs met

Informal Roles of Group Members

- Task Roles
  - Coordinator
  - Elaborator
  - Energizer
  - Evaluater
  - Information giver
  - Information seeker
  - Initiator
  - Orientation
  - Opinion giver
  - Procedural technician
  - Recorder
- Maintenance Roles
  - Compromiser
  - Encourager
  - Follower
  - Gatekeeper
  - Group observer
  - Harmonizer
  - Standard setter
- Individual Roles
  - Aggressor
  - Blocker
  - Dominator
  - Help seeker
  - Playboy
  - Recognition seeker
  - Self-confessor
  - Special interest pleader

Audience Response Question
Ben’s group is very involved, with lively discussions. Which of the following comments made by members of a group best demonstrates a task role?

A. “I want to talk about how I got HIV. I’m having more trouble than anyone else in this group.”
B. “Three people were late for this group. Everyone is supposed to arrive on time.”
C. “I can’t believe you’re talking about your girlfriend dumping you again.”
D. “We started out talking about guilt, but we have strayed from that subject.”

Group Leadership Responsibilities

• Initiating
• Maintaining
• Terminating

Styles of Leadership

• Autocratic leader
• Democratic leader
• Laissez-faire leader
Ethical Issues for Group Therapy

- Informed consent
- Confidentiality and exceptions to confidentiality
- Rules about leaving, socializing outside the group, etc.
- Member removal considerations
- Appropriate training or credentialing
- ANA’s defined scope of practice
- Evidence-based practice

Basic Level Registered Nurse

- Psychoeducational groups
- Medication education groups
- Health education groups
- Dual-diagnosis groups
- Symptom-management groups
- Stress-management groups
- Support and self-help groups

Supportive Self-Help Groups

- Support Groups
- Grief
- Rape
- Cancer
- Self-Help Groups
- Alcoholics/Narcotics Anonymous (AA/NA)
- Gamblers anonymous (GA)
- Overeaters anonymous (OA)
- Al-Anon
- Adult Children of Alcoholics (ACOA)

Advanced Practice Nurse

- Group psychotherapy
- Psychodrama groups
- Dialectical behavior treatment

Dealing with Challenging Member Behaviors

- Monopolizing member
- Complaining member who rejects help
- Demoralizing member
- Silent member

Expected Outcomes

- Therapy groups
  - Insights
  - Behavior changes
  - Reduction in symptoms
- Medication groups
  - Awareness of side effects
  - Awareness of interactions
  - Identification of time and dose for each drug
Audience Response Questions
Medication education and health education are types of
A. psychoeducational groups.
B. insight-oriented groups.
C. support groups.
D. psychodrama.

Audience Response Questions
A group participant frequently reminds others of the group’s main purpose. What type of role is this person fulfilling?
A. Maintenance
B. Individual
C. Task