

Group Therapy Intervention Project Script

Group Imitative Behavior: Hannah Borstad, Annette Metz, Tomorrow Arnold

School of Social Work, Southern Adventist University

SOCW 617-A - Advanced Clinical Practice: Group Psychotherapy

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Helped members get reacquainted
Set a positive tone. The group's beginning was interesting
and set the proper tone.
Demonstrated the use of a rounds

Hannah Borstad

Hello everyone. Welcome to our second session. Today, we are going to do introductions, do a breathing exercise, do a few exercises to learn about handling our emotions in a healthy way and close with a grounding exercise. Let's open up by reintroducing ourselves. I'm gonna ask each of you to describe your week with the flavor of ice cream. So be thinking about a flavor of ice cream also.

Dealing With Problem Situations... effectively dealt with two of the following problems: The member who tries to get the leader

James

Are you going to give us ice cream?

Hannah Borstad

I don't know. It depends on how this goes, I guess. Umm, so do you wanna go first then?

James

Yes.

Hannah Borstad

OK.

James

Umm James. I'm here like the rest of you because I got caught dealing and people were happy about it.

Hannah Borstad

And what ice cream flavor would describe your week so far?

James

Umm. Yeah, I guess mint chocolate chip or something.

Hannah Borstad

OK, why is that?

James

This week has been kinda chill and plain except for like being here.

Hannah Borstad

Understandable. OK. Ralphie, do you wanna go next?

Dealing With Problem Situations... effectively dealt with two of the following problems: The negative member

Ralphie

Sure, whatever. Umm. Let's see. I think my flavor would be dirt or mud. Umm, I'm really kind of angry about coming to this group. I got other things that I wanna do. I don't really understand why I was ordered here. It's really my mommy's boyfriend that's got the problem, not me. So.

Hannah Borstad

Well, thank you for sharing. That was very honest. I appreciate that. Malik, do you wanna go next?

Malik

OK, I'll go. So I would just describe my favorite ice cream as vanilla.

Hannah Borstad

OK, why is that?

Malik

Because it's plain and you know, I just. I was expelled for selling shrooms, which aren't even addictive. And people wanted them. And I I mean, you don't see Walmart coming to group. So.

Hannah Borstad

OK, so does that make you feel like a little plain like vanilla? You said vanilla, a little plain.

Malik

Plain and kind of whatever nobody wants vanilla.

Hannah Borstad

Ohh OK well, that was a very honest answer.

Malik

Unless it's got like some toppings on it and mine doesn't. So I mean, just the the injustice of the situation is is really upsetting.

Drew out members
Was able to deepen the focus when necessary
Demonstrated active listening
Demonstrated clarification and questioning

Hannah Borstad

So, I am hearing that maybe you didn't feel very valued this week. Would that be correct?

Malik

Yeah, I guess so.

Hannah Borstad

Why have you felt that way this week?

Malik

Um. I don't know. I guess cause I gotta go to this therapy thing.

Hannah Borstad

So, being in this group makes you feel like you don't have much value?

Malik

Yeah, because we are here because we have problems.

Hannah Borstad

Does struggling with something make you less valuable?

Malik

Um. I guess. Well, maybe not. I don't know.

Hannah Borstad

What do the rest of you think?

Ronaldo

I mean.. Everybody's got some stuff. It is what it is.

Demonstrated summarizing

Hannah Borstad

Thank you, Ronaldo. So, Malik said he feels like he has less value because he is here. But, the rest of you disagree and say that he is no less valuable because everyone is going through something difficult. I agree. Everyone has something that they are working through. That does not make us less valuable.

Ronaldo

Right.

Hannah Borstad

Alright. Umm Ronaldo. Would you like to go next.

Ronaldo

I feel like this week was. Like that rocky road, one with nuts in it. You hate nuts. And was like some parts were good, but then I got a nut. Yeah, just gross. Terrible. So it's just kind of like. Just not the best, but it's, you know, I'm not. I'm not happy about being here, but it is what it is, I guess.

Hannah Borstad

Thank you. Last week we talked about the purpose of the group and we're all here for different reasons, right?

Malik

Umhm.

Purpose

Hannah Borstad

So let's talk about the purpose of this group. We all have different goals. Do you remember last week we talked a little bit about goal setting.

James

Yeah.

Ronaldo

Yes. Maybe.

Malik

Yeah, I remember that.

The Leader understood the purpose of the group session and communicated this to the members when necessary.

Explained his/her role for the day.

Addressed confidentiality (received either verbal or behavioral recognition)

Clarified the purpose/objective of the group session for the day and connected it to the purpose of the group (goal).

Hannah Borstad

So the purpose of this group is to learn different ways to meet your goals, to work through some feelings of anger and just to to develop some new skills. And then my purpose within the group is to help facilitate, but I'm not here to dominate the group, to be like a teacher or anything. I'm just here to help you guys talk to each other so you can learn from each other. And in doing that, I'm not gonna talk the whole time, but I will guide us through some exercises. So last week we talked about confidentiality. Anybody remember what that means?

Ralphie

You're not gonna tell on us.

Hannah Borstad

Right up to a point, right. Remember, we covered that. So, we don't talk about each other outside the group, right?

Ralphie

Umm.

Hannah Borstad

Yeah. And I'm not gonna share your stuff outside the group unless you or someone else is in danger. Right.

Promoted an inclusive and safe environment to improve the cohesion of a multicultural/diverse group setting.

Explaining and clarifying group rules

Hannah Borstad

Do y'all remember the group rules we made last week?

Ralphie

Uhhh, don't be a jerk.

Hannah Borstad

Right. What else?

Ralphie

No phones and cameras on.

Hannah Borstad

Good, what else?

Ronaldo

No snitching.

Hannah Borstad

I guess so, that kind of relates to confidentiality. Thank you, Ronaldo.

Malik

We gotta come to all these meetings.

Hannah Borstad

Right, and do you remember how many meetings there will be and how long they last?

Malik

Too many. Last forever.

Explained how the group will be conducted
Encouraged members to look at other members

Hannah Borstad

Well, uh, maybe it feels like forever right now, but [we have 8 session and they last one hour](#). Here are some other rules that we haven't touched on yet. Everyone needs to be on time. [Look into the camera](#). And be respectful. Everyone remember that?

Ralphie

Umhm

Hannah Borstad

So we're gonna start off the group with a little bit of relaxation. We're gonna do some deep breathing. Which may seem silly because we all know how to breathe, right.

Ralphie

I know how to breathe.

Hannah Borstad

I believe you, but how are some ways we can breathe deeply? Have you ever done belly breathing?

Ronaldo

Maybe.

James

I deep breathe. I get in trouble. Umm. That's why they sent me here.

Hannah Borstad

Well, I think we're gonna go with a different kind of breathing here. So let's take your hands. Let me see your hands. OK. And then put them on your tummy. And I want you to breathe then and feel your stomach it bigger and smaller. OK, ready. Breathe in. Breathe out. And breathe in. Breathe out. Good job. Now we're gonna try that with breathing in for 5 seconds. Hold for 3 seconds and out for 8 seconds. Do you think you can do that with me?

Malik

OK.

Hannah Borstad

OK, I'm. I'm gonna count. So breathe in. Ready. Set breathe in 1 2 3 4 5 hold your breath 1 2 3 out 1 2 3 4 5 6 7 8. Great job.

Demonstrated mini-lecturing and information-giving

Hannah Borstad

When you breath in it kind of excites your brain and when you breathe out, it relaxes you. Your brain releases chemicals that make you feel safe. So breathing out is just a great way to kind of calm down sometimes.

Ralphie

Hmm.

Checked out the comfort levels of members when necessary

Hannah Borstad

So let's do a quick check in how is everyone feeling?

James

Bored.

Hannah Borstad

Ok I'm loving the honesty from all of you.

Malik

I'm thinking I need to go smoke if we're gonna be breathing like this.

Hannah Borstad

Well, you might breathe a little bit better if you didn't.

Malik

Umm.

Hannah Borstad

All right. Ronaldo?

Ronaldo

Whatever this feels like stupid like, I don't need to be doing this. But you know, whatever.

Helped members verbalize expectations for the session

Used dyads

Demonstrated modeling and self-disclosure when appropriate

Hannah Borstad

I felt that way the first time I participated in a breathing exercise. I felt like everyone would think I am weird. But, I felt really relaxed afterwards. Hopefully, this can help you guys too. Well, since we are all feeling pretty honest so far. **Let's break into group of two and discuss our goals for the group.** Ronaldo, you and Malik can go together. James and Ralphie, you two can go together. **Tell the other person your expectations for the group. When we come back together, you will tell the group what the other person said. Okay? I want you to say one thing you really want to take away from this experience.**

Ralphie

Okay.

James

Umph.

Dyad 1

Ralphie

Why you here man?

James

Got in trouble, they made me come here.

Ralphie

Same. I gotta tell the lady what you want outta this.

James

I don't know. To not be in trouble anymore.

Dyad 2

Ronaldo

I'm here cause I don't want to go back to juvie.

Malik

Makes sense. Me too. I don't want my grandma to be mad at me.

Hannah Borstad

Alright, let's come back together. Who wants to share first?

*Pause

Ralphie

Uh. We uh don't want to be in trouble.

Hannah Borstad

Okay, great. You want to learn to learn skills to keep you from getting in trouble as much. Is that right?

Ralphie

Yeah, I guess.

Hannah Borstad

Great, and what about your group, Malik?

*Pause

Malik

Uh, yeah. Same.

Hannah Borstad

Anything more to that?

Ronaldo

He doesn't want his grandma to be mad at him no more.

Hannah Borstad

That is a good goal. You want better relationship with your grandma. That is awesome. Anybody else want to improve their family or friend relationships?

Ronaldo

Yeah, I guess.

Ralphie

Yeah, like, yeah, my mom.

Hannah Borstad

Thank you for sharing. Let's keep those goals in mind as we spend this time together. Sound good?

Malik

Uh sure.

Demonstrated, as appropriate, two kinds of Exercises (#1)

Hannah Borstad

Alright. So let's start off by doing a quick activity. We're going to do an activity called stop. Has anybody ever done this before?

Malik

No.

Hannah Borstad

No. OK. Well, fun then we get to learn together. I'm gonna pull it up here and show the document to you guys on the screen. So do you see the activity in front of you?

Ronaldo

Yeah.

James

Yeah.

Appropriately introduced the exercises

Hannah Borstad

OK so. So, you can see that it looks like a stoplight. As you go down, it says Stop, Think, and Choose. The idea here is that when you are feeling frustrated or upset, you stop before you act, think about the possible outcomes of your actions or words, and make a choice. So, would one of you share maybe a time where you've gotten a little worked up?

Ralphie

When my mom's boyfriend comes in from work. And he's being mean to my mom, talking about when his supper is ready and just being rude to her like we were just chilling. We didn't really need him coming there and demanding food like we were talking about what we wanted to eat, and then he comes into the apartment and just changes the whole, the whole everything. And I just don't like how he talks to my mom. I mean, that's my Mama.

Cut off members when necessary

Hannah Borstad

Yeah, absolutely. That's a great example. What about anyone else? Do you have an example of when you feel a little bit worked up?

James

I don't really get worked up, I just kind of. I don't know. Ignore people when I can just go about my day.

Hannah Borstad

OK.

(Conflict)

Malik

I get mad when people ask me why I had to change schools. That makes me mad.

James

But you have to change schools.

Malik

Because of shrooms in my locker. So I don't literally like that you're making me mad when I just said that made me mad. I don't appreciate that. I see what you're doing.

Hannah Borstad

Thank you for sharing that. So what? What feelings are you having right now? You said mad. What else are you feeling?

Malik

Umm. Well, mad at this fellow over here.

Hannah Borstad

OK, So what made you the most mad?

Malik

Angry. A little froggy.

Hannah Borstad

Okay, angry, mad, froggy, why do you feel that way?

Misty Haggard

Because the whole thing is just really messed up and I don't like this loser school that I have to go to with a bunch of other losers.

Ronaldo

Why don't you go to that school then? If you feel like it's a bunch of losers.

Malik

Because I was court ordered, I wouldn't go there because I want to.

Ronaldo

You feel like you're better than those people then?

Malik

Well, at least I know how to spell and how to read, and a little bit of math. These other people, I don't even know what they're doing. I guess they've just been high the whole time, or I don't know, but they don't know anything. They just sit there and stare at the teacher, I already know everything. I could just go ahead and graduate.

Hannah Borstad

OK, So what I'm hearing is you feel a little bit like you are held back in that school like you're not living up to your potential there.

Malik

I'm not stupid, I just got in trouble.

The Leader brought the group's focus back to the agenda/purpose when necessary

Hannah Borstad

OK, that's good. I'm glad that you recognize that in yourself. So in this moment, when you were feeling angry about this conversation, [how could we use this exercise here?](#)

Hannah Borstad

The stop, think and choose. So, maybe, what's the the worst reaction you could have had there?

Malik

Give someone what they deserve. Give them what they are asking for.

Conflict

James

You wish you could.

Dealing With Problem Situations... effectively dealt with two of the following problems: Hostile member

Malik

You're lucky we're on telehealth or whatever this is called.

Hannah Borstad

Well, So what about you, James? What are you feeling in this moment?

James

That it's kind of funny to be poking at him because he's getting so upset.

Hannah Borstad

OK. So maybe you're enjoying that he is upset.

James

A little bit.

Hannah Borstad

Why do you enjoy that?

James

Yeah, I'll guess cause I get a reaction.

Hannah Borstad

OK. So for you in the stop think choose. If you were to stop and think about your communication, what do you think the best choice would be? What are the consequences of poking him?

James

Well, now you probably don't wanna talk to me.

Hannah Borstad

OK, so maybe a loss of like a potential friend.

James

Yeah.

Hannah Borstad

And what's the consequence if you didn't poke fun? And maybe we're more encouraging.

James

I don't know.

Hannah Borstad

You don't know? No ideas?

*Pause

Hannah Borstad

What about anybody else? Do you have any ideas of what might happen if he was a little more encouraging? What about you, Ralphie? If he was a little bit nicer, how do you think Malik would respond?

Ralphie

Well, when people are nice to you, you're nice to them. When my step dad or my mom's boyfriend or whatever, he is. Well, he better not ever be my stepdad. When he comes in angry of course I get angry. But, if he was a nice guy, of course I wouldn't get mad at him. I would just be glad.

Hannah Borstad

OK, so there's the potential for a good relationship there, right?

Ralphie

I mean, it could if he was a nice person, you know, if he was cool.

Hannah Borstad

So if you were to stop and think about the consequences, and then you chose to be more kind and encouraging, then there's the potential to have a new friend. Maybe someone who relates to your situation.

James

That makes sense.

Ralphie

Yeah.

Hannah Borstad

Yeah.

Malik

Yeah, I can kind of see that.

Appropriately processed the exercises

Hannah Borstad

So what do you what do you think about that, that exercise? Stop, think, choose. What did you learn from that?

James

Uh. Thinking about consequences sometimes.

Hannah Borstad

Yeah, maybe thinking about what might happen if you chose a different path, OK.

James

Yeah.

Malik

How people are is how I am but I can't control how people are.

Hannah Borstad

Great, Malik, that was a really great perspective. That's true. You can control your response, but you can't control theirs.

Malik

Yeah.

Demonstrated, as appropriate, two kinds of Exercises (#2)

Appropriately introduced the exercises

Was able to appropriately shift the focus from a person to a topic and back when necessary

Was able to deepen the focus when necessary

Hannah Borstad

Great. Well, that is a great segue into another activity. We're gonna call this check the facts, and it's sort of related to the stop thing. But what we're gonna talk about is many emotions and actions are set off by thoughts and interpretations of that. So you may act a certain way because you think something and then that thought results in a change in your perspective. So for example. You go to a school where you feel like maybe the

other kids are not as smart as you. So in that circumstance you start to get a thought. Oh man, these kids aren't as smart as me. And then, what's the emotion? Frustration, anger, maybe boredom.

Malik

Umhmm.

James

Umhm.

Demonstrated reflection

Hannah Borstad

So if you change that thought, all these kids are very smart. **How might that change your emotion?** Like what if you started thinking, well, these kids may not be very smart, but they're kind of funny.

Malik

Yeah.

Hannah Borstad

Or, you know, something like that. How would that change your emotion towards those kids?

Malik

Yeah, I can kind of see that. I mean, I guess they can't help how they are. I just don't appreciate the whole situation, but yeah, I mean I guess they can't help if they're smart or not. Or, you know, if they had a good teacher, they can't help that.

Explained any special terms when necessary

Hannah Borstad

Yeah, absolutely. So maybe instead of being angry, you would just feel a little bit more like empathetic. Do you know what empathetic means?

Malik

No.

Hannah Borstad

No, okay. It means like you feel what they feel.

Misty Haggard

Hmm.

Hannah Borstad

So maybe if someone feels sad you feel sad with them, or they feel happy, you feel happy with them. So you can kind of relate to them on a deeper level. Does that make sense?

Malik

All right.

Hannah Borstad

OK, what are some other events that may lead to certain thoughts and emotions. Can you think of any of examples?

James

Well uhh

Ronaldo

I uhh.

Ronaldo

Uh. Ohh sorry, you go ahead.

James

Uh, when I got taken for my mom was kind of been everywhere bouncing around.

Ronaldo

Yeah.

Malik

Umm yeah, I feel that.

Hannah Borstad

What are some thoughts that you have had about yourself because of that happening?

Use of two Yalom's 11 Curative Factors: Catharsis

James

Some things wrong with me.

Hannah Borstad

Thank you for sharing that. And what emotion do you get from having those thoughts?

James

I don't know, I just... I get angry sometimes.

Hannah Borstad Yeah.

James

I don't know.

Hannah Borstad

OK, so here's a question. The thought that there's something wrong with you is that a real thought or a fake thought?

Addressed questions as necessary

James

How are those different?

Hannah Borstad

Well, sometimes we think things about ourselves that aren't actually true. So for example, maybe you fail a test and you think I am so stupid, but in reality you aced all the other tests. You're not actually stupid. You just feel that way in the moment, so for you, is there actually something wrong with you, or do you just feel that way sometimes? Is that a true thought or a fake thought?

James

Feels true.

Hannah Borstad

What about anybody else? Do you think that that's true or do you think that that's fake?

Ronaldo

Umm.

Ralphie

That's definitely fake.

Drew out members

Hannah Borstad

Thank you. Umm. Malik, Ronaldo, what do you think?

Use of two Yalom's 11 Curative Factors: Interpersonal Learning

Ronaldo

I mean, I mean, I don't know you that well, dude, but I think that for sure, like there's not something wrong. Like, if you weren't with your mom, that's not your fault, man. Like that's that's. Uh. I don't know your mom either, but like, that's, that's not all you, man.

Malik

True.

Use of two Yalom's 11 Curative Factors: Corrective Recapitulation

Ronaldo

And so, uh, that, uh that's not something with you. That's something with the system.

Malik

Umhm. Yeah.

Hannah Borstad

Thank you for sharing Ronaldo. Ralphie, what about you? Do you have any thoughts?

Use of two Yalom's 11 Curative Factors: Universality

Ralphie

Umm. Yeah. Like, that what your family is doing, man. That's not you. That's your family. Like my mom with her boyfriend. Like that's, that's not me. I try to talk to her. I even tried to get, you know, one of my friends dads to talk to her, but I can't. You know, you can't do anything about that.

Hannah Borstad

So if you're changing that thought, you're changing the thought from, you know, there's something wrong with me to these are my circumstances, there's nothing wrong with me. How would that change your emotion?

James

I would feel less angry about it, about everything.

Hannah

Yeah, exactly. And Ralphie, you know, if you've got in your mind, this isn't your fault. What's going on with with your mom's boyfriend? How does that change your emotion?

Ralphie

That when I get angry, I guess it really doesn't do anything. You know, sometimes I think my mom feels like she has to defend him or something. So. Maybe I should just do my own thing and not get so mad.

Hannah Borstad

Great. Thank you for sharing all of you. That was great. I think that you've all been encouraging to one another and I hope that you're learning and thinking about these things throughout the week. We've talked about some heavy things today.

Ralphie

Mm-hmm.

Hannah Borstad

So before we close, I wanna do one more activity if y'all will let me and we're just gonna do a little grounding activity where we're just gonna close our eyes. I know closing them feels funny, but we're gonna close our eyes.

Malik

Like right now?

Appropriately processed exercises**Hannah Borstad**

Yes, close them now and I want you to really think about where you're sitting right now. And I want you to really think about what do I smell. Don't say it out loud, but just think in your mind. What do I smell? OK, what do I taste? What do I feel? What do I hear besides my voice? What do I hear? OK, you can open your eyes. **So talking about the last exercise and this grounding exercise, what are some things you're feeling and thinking as we are closing out this session?**

Ronaldo

Umm, I think I realized that I gotta work on my thoughts a little bit. I think maybe I also realized I need to brush my teeth.

Ralphie, Malik, James

Hahaha

Established and maintained the group's focus

Hannah Borstad

Thank you, haha. That was insightful. Malik, what about you?

Use of two Yalom's 11 Curative Factors: Instillation of hope

Malik

I realized I was hungry. I think my grandma's cooking, but I do feel a little better about the whole thing. So you know, who knows? Maybe the situation will change and maybe I can graduate early, or maybe I'll just hang out with these people at this new school and it won't be that bad. I miss my old friends, but I mean the kids seem nice. So maybe it'll be OK.

Hannah Borstad

Great. That's awesome. Thank you for sharing. James, what about you?

James

That maybe I we need to thinking about my thoughts a bit more like where they're coming from and, huh, yeah, this exercise also helped me feel less you know, like throwing something.

Hannah Borstad

Well, that's great. I'm glad to hear that. And Ralphie, we haven't heard from you. What are you thinking or feeling?

Demonstrated an understanding of diversity when necessary

Ralphie

Well, man, I'm going to alternative school too. I've not seen you there, but umm, you know, Italian people, we're very passionate, but that seems to keep getting me in trouble. So maybe that's something that I can change because I sure don't want to live here no more. So maybe I can go to college or something.

Hannah Borstad

Thank you, Ralphie. Maybe you can use that passion for good.

Ralphie

True.

Planned for and conducted an effective close for the session
Summarized and highlighted the main points of the group
Reinforced commitments made by the members
Allowed time for closing
Demonstrated encouragement and support

Hannah Borstad

That's great. Thank you for sharing. We have had a great session today. You have each shared earlier in the session that you often feel like you don't have worth, that your situation is all your fault, and that your situation may not get better. As we went through the session. Um. You all were able to identify that these are fake thoughts that are impacting your feelings. You guys did a great job of identifying healthy thoughts and the impact of healthier choices. I encourage you to keep practicing the STOP exercise Check the Facts. To finish, let's think about the things we have discussed today and uh everyone say one way they are going to apply what they learned today this week. James?

James

Cool. Uh. I uh, I don't know.

Hannah Borstad

Um. What about some of the things we talked about with Ralphie and the other guys earlier?

James

Oh. Uh. Yeah. I uh am going to think uh what Ralphie said about it's not my fault.

Hannah Borstad

That's great. Thank you for sharing. Who wants to go next? Ralphie?

Ralphie

Uh when I am gettin mad. I uh will think before talkin.

Demonstrated Linking

Hannah Borstad

That's great, stop. Think. Choose. That's awesome. Malik or Ronaldo?

Malik

I uh guess I'm gonna uh What's that word? Like, feeling other people's stuff.

Hannah Borstad

Empathy?

Malik

Yeah. Empathy, Empathy. I wanna have more of that for the other kids at my school. Maybe get to know somebody like me.

Hannah Borstad

That is awesome. I look forward to hearing next week how that goes.

Malik

Uh. Yep.

Hannah Borstad

Ronaldo?

*Pause

Ronaldo

Uh. I am gonna check myself.

Hannah Borstad

Check yourself? What does that mean?

Ronaldo

Uh. like. My thoughts

Hannah Borstad

Oh, like checking your thoughts. Whether they are real or fake?

Ronaldo

Uh. Yeah.

Hannah Borstad

That is great, Ronaldo. I had a wonderful time with all of you and I look forward to seeing you next week. Umm. Let's come back together next week and we'll talk a little bit about how we use these skills throughout our week. Thank you everyone.

Malik

Bye.

Ronaldo

Bye.

Ralphie

Okay. Bye.

James

Yup

Hannah Borstad

Bye, everyone.