

GROUP THERAPY IDEAL DIALOGUE

Ten examples of dialogue that you may hear in a group therapy session are presented below. These examples demonstrate poor or ineffective skills by the therapist. For each example, construct a corrected dialogue that demonstrates a therapist's effective use of the skills. See rubric for points distribution.

1. Getting Started (helping members get acquainted, setting a positive tone, making the group's beginning interesting):

Leader: Hey Guys! Who wants to introduce themselves?

Corrected Dialogue: *Hello everyone, my name is Ms. Kirsten and I will be the facilitator for this group. Thank you for being here today. Let's begin by going around and stating your name and one interesting fact about yourself.*

2. Purpose (clarifying and communicating the purpose of the group, explaining your role as group facilitator, explaining the basics of how the group will be conducted):

Leader: So I think we will just get together once a week and talk about whatever you want to. Sound good? My role as the facilitator is to watch the time and make sure we get out on time.

Corrected Dialogue: *The purpose of this group is to develop and strengthen your self-worth and values. As the group's facilitator, my role is to guide and lead the sessions. The group will be meeting once a week on Thursdays at 4:30pm for seven weeks at the high school.*

3. Purpose (getting the group members to verbalize their expectations of the group, explaining and clarifying group rules):

Leader: I expect you to get a lot out of this group, do you all agree with that? My only group rule is that we start and end on time.

Corrected Dialogue: *In order to create a safe and welcoming environment, let us all go around and each mention one expectation for the group and then one rule to implement. Is everybody in agreement with the rules? If so, please say yes.*

4. Exercise (introduce and effectively demonstrate an exercise):

Leader: Here, take this paper and crayons and draw a picture of whatever you are thinking about right now.

Bob: What are we going to do with this?

Leader: You can just take it home with you, we won't have time to talk about it today.

Corrected Dialogue: *Next, we will be doing an activity. As I play different songs for one minute and thirty seconds, write on your papers words, phrases or draw the first memory that come to mind. For example, for the ABC song, I wrote down on my paper "pre-school".*

5. Rounds and Dyads (demonstrate the effective use of a round or a dyad):

Leader: I'd like everybody to pair up for this next exercise, it's probably easiest if you just pair up with somebody you already know.

Corrected Dialogue: *For the following activity, everyone will have to have one partner. Your partner will be the person sitting on your left side. Starting here. Speak for 3 minutes about two things you have learned today.*

6. Yalom's Curative Factors (demonstrate use of a curative factor from Yalom):

Jane: I just feel so hopeless, there can't be anything that could help me feel better.

Leader: I'm not sure if I'll be able to help you or not, I hope so though.

Corrected Dialogue: *I'm sorry you are feeling hopeless. I can see that by you being here today you are seeking to find a solution and to have hope.*

7. Drawing out members:

Sally talking.....

Jane talking.....

Bob talking.....

Leader: Lisa, why are you so quiet?

Corrected Dialogue: *Lisa, could you share with us a time that you wish you could relive again? It could be when you were younger or recently.*

8. Focus (establishing/maintaining the group's focus, bringing the group back to focus on the group's purpose):

Jane: I just feel so sad all of the time.

Sally: I saw that new movie Caddy Shack the other day. It was so good! I laughed through the whole thing and it made me feel better. Did you guys see it?

Bob: I know right, it was awesome, so funny!

Leader: Yeah, I was going to go see that, I heard it was good. Who plays in it?

Corrected Dialogue: *I heard that it was good. If we have time at the end of the session, we can discuss it more. Is that okay?*

9. Deepening the group's focus

Leader: I'm hearing a common theme from each of you. I'm hearing you talk about fear. Do you all find that interesting?

Corrected Dialogue: *Raise your hand all who have felt fear before. Let's go around and everyone mention what were your immediate thoughts once you felt fearful in a situation.*

10. Cutting Off (cutting off members)

Jane: And then she said she thought she was going crazy and I was like, Oh man, I don't know what to say and I started getting all anxious and then later that night she....

Leader: We don't have time to hear about that right now Jane. Sally, how would you respond to the question?

Corrected Dialogue: *That is a very interesting story Jane. If we have time at the end of the session, we can continue the story. Is that alright?*

Rubric for Ideal Dialogue Group Therapy

Facilitation dialogue/phrase	Points	Score
Helping the members get acquainted	2	
Setting a positive tone	2	
Making the group's beginning interesting	2	
Clarifying and communicating the purpose of the group	2	
Explaining your role as the group facilitator	2	
Explaining the basics of how the group will be conducted	2	
Getting the group members to verbalize their expectations of the group	2	
Explaining and clarifying group rules	2	
Introducing and effectively demonstrating an exercise	2	
Demonstrating the effective use of a round or dyad	2	
Using a curative factor from Yalom	2	
Drawing out members	2	
Establishing/maintaining the group's focus	2	
Bringing the group back to focus on the group's purpose	2	
Deepening the group's focus	2	
Cutting off members	2	
	Total Points Possible	Score:
<p>Comments:</p>		

