Group Therapy ~
People with I/DD

1-9-2012
DDMI Telehealth User Group
Types of Groups

- Open
  - Can enter at various intervals; “rolling admission”

- Closed
  - Fixed number of individuals
  - Often limited duration

- Specific gender
  - Comfort around trauma issues

- Disorder specific
  - Personality disorder
  - Medical/psychiatric conditions
Purpose of Group Tx

- Support
  - Medical/non-medical models
  - Non-confrontation about avoidance
  - Skills training
- Interpersonal change
  - Assumption is that there is desire for psychological intra-personal and inter-personal change
  - Importance of noting interaction and experience within group setting
- Socialization
  - Often done without leaders
Group Pragmatics

- **Time**
  - As size increases, time expands; generally 1.5 hrs
  - Frequency: weekly to monthly; more intensity for greater psychological movement

- **Boundaries**
  - Respect – information is kept within group
  - Courtesy; language
  - No sexual contact within or outside of group

- **Safety**
  - Physical, emotional
Group Pragmatics

- Leadership
  - Solo
  - Co-leaders

- Notes/records
  - During/after
  - Auditory or video-taping
  - Billing procedures and documentation

- Outcome measures
  - Measures of distress, motivation
  - Adherence, skill utilization
Group Therapy - dynamics

- Sources of interpretation
  - Material within group
  - How much from outside sources
- Supervision
  - 1:1 (every session); monthly reviews; quarterly review
  - Peer supervision
  - Associations (professional support)
- Rate of change
  - Usually slow to start; impact often more dramatic
- Multiple learning styles/adaptive techniques
  - Can use multiple modes, if anticipated
What Comes Next?

- Experiences.....

- Planning process