

GERIATRIC GROUP THERAPY WORKSHEET



Feelings while in a group:

When you are in geriatric group you feel a sense of belongingness to others.

Activities in group?

While in geriatric group therapy you will perform many activities like reading, sharing stories, discussing topics etc.

What can you learn from geriatric group therapy:

Empathy
Coping skills
Positive outlook towards life

What feelings can be resolved after this therapy?

Feelings of isolation
Feelings of despair

References

[Tavares, L. R., & Barbosa, M. R. \(2018\). Efficacy of group psychotherapy for geriatric depression: A systematic review. Archives of gerontology and geriatrics, 78, 71–80. https://doi.org/10.1016/j.archger.2018.06.001](https://doi.org/10.1016/j.archger.2018.06.001)

[Agronin M. \(2009\). Group therapy in older adults. Current psychiatry reports, 11\(1\), 27–32. https://doi.org/10.1007/s11920-009-0005-1](https://doi.org/10.1007/s11920-009-0005-1)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.