

Group Therapy Worksheet for Substance Abuse: Version 2

Groups can be formed on a basis of severity or the frequency of the consumption of the drug. It can also be based on the type of consumption of the drug.

- **Psychoeducational groups:**

The first thing towards recovery is acceptance and understanding that you have a problem, there are various groups that are based to let you know that you have a problem and you are suffering for which you need help. The group will impart education and understanding on themes like substance misuse, mental health, related behaviours, and their effects.

- **Cognitive-behavioral therapy groups:**

Cognitive behavioural therapy groups will help you identify and then challenge the negative beliefs that you hold, it will try to restructure your belief system all together, making you aware about your own self

- **Support groups:**

It promotes sharing and being there for each other. People also share how far they have achieved and how to fight off the triggers and cravings of substance. The therapist also aids the participants in improving their interpersonal skills as they participate in group discussions, exchange experiences, and help one another solve problems. The fundamental purpose of a support group is to offer empathy and support to all of its members.

- **Skills Development Groups:**

People who have been sober for a long time and want to live their lives in a better way, naturally need to develop some of the skills or the healthy coping ways of living their life. These skills might be directly related to substance abuse or applied to broader areas that are critical to a client's long-term recovery.

- **Expressive groups:**

Expressive groups, as the name suggests are all about expressing yourself honestly and how difficult it is to get sober. It encourages social connection among group members while they participate in a creative activity jointly or individually. As a result, these organisations can help with socialisation and the development of creative interests.

- **Individually focused groups:**

Individually focused groups concentrate on the individual members of the group and their own internal cognitive and emotional processes. Interactions between the client and the rest of the world are not on the table. Instead, the group aspires to alter the behaviour of its clients.