



## *Questions to Ask Yourself in Reviewing Your Group*

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### **THEORY**

Along with having a checklist for beginnings and endings, below are reminders for **important questions to ask yourself** in reviewing the week's group. Sessions that have most elements of this checklist will be solution-oriented, giving your group members countless tools to learn life skills.

### **IMPLEMENTATION**

In devising strategies for your psycho-educational sessions, reviewing these questions will help ensure you are structuring the group effectively.

#### **After the end of the session, ask yourself:**

- How did the group go?
- Did I provide enough opportunity at the end for feedback and closure?
- Did I incorporate some psycho-educational tools in the learning?
- Did the participants stay engaged and involved?
- Did they have time to practice learned skills?
- Did I create a safe and supportive environment?
- Was my assignment for self-help practice between sessions relevant to the group learning?

#### **In preparing for the next session, these are some things to think about:**

- How will I structure the homework review based on the assignment of the week?
- What kind of mood check activity can I use?
- Based on what I learned and what came up in this session, what will be the next session's goals?
- What props and metaphors can help me bring home my points for the next session?
- What interactive exercises can I use to help reinforce the concepts we're discussing?
- How can I use role play and other experiential techniques that everyone can do next session?
- What self-help assignments would be a good follow-up from this session's assignment?

### **PROCESSING**

Using the accompanying checklist, you can give yourself your own homework assignment to make sure your group is staying on track, in either reviewing the past session or preparing for the next.



## *The Clinician's Psycho-Educational Group Checklist*

\_\_\_\_\_ 1. **Use psycho-educational activities in almost every session.**

*Strategy Note* \_\_\_\_\_

\_\_\_\_\_ 2. **Start each session with a mood check.**

*Strategy Note* \_\_\_\_\_

\_\_\_\_\_ 3. **Clarify goals at the start of each session.**

*Strategy Note* \_\_\_\_\_

\_\_\_\_\_ 4. **Use props, metaphors, and creative visualizations and demonstrations to make the learning memorable and tangible.**

*Strategy Note* \_\_\_\_\_

\_\_\_\_\_ 5. **Use self-help assignments between sessions for encouraging practice.**

*Strategy Note* \_\_\_\_\_

\_\_\_\_\_ 6. **End each session with a feedback check.**

*Strategy Note* \_\_\_\_\_

\_\_\_\_\_ 7. **Use role-play variations often for skill building to improve communication and thinking skills.**

*Strategy Note* \_\_\_\_\_

\_\_\_\_\_ 8. **Use quizzes and handouts in and between sessions to practice skills learned.**

*Strategy Note* \_\_\_\_\_

\_\_\_\_\_ 9. **Above all, ensure a supportive, safe atmosphere for self-disclosure and team building.**

*Strategy Note* \_\_\_\_\_

\_\_\_\_\_ 10. **Have a mixture of individual, small group and large group activities to make the learning dynamic and experiential in a variety of ways.**

*Strategy Note* \_\_\_\_\_