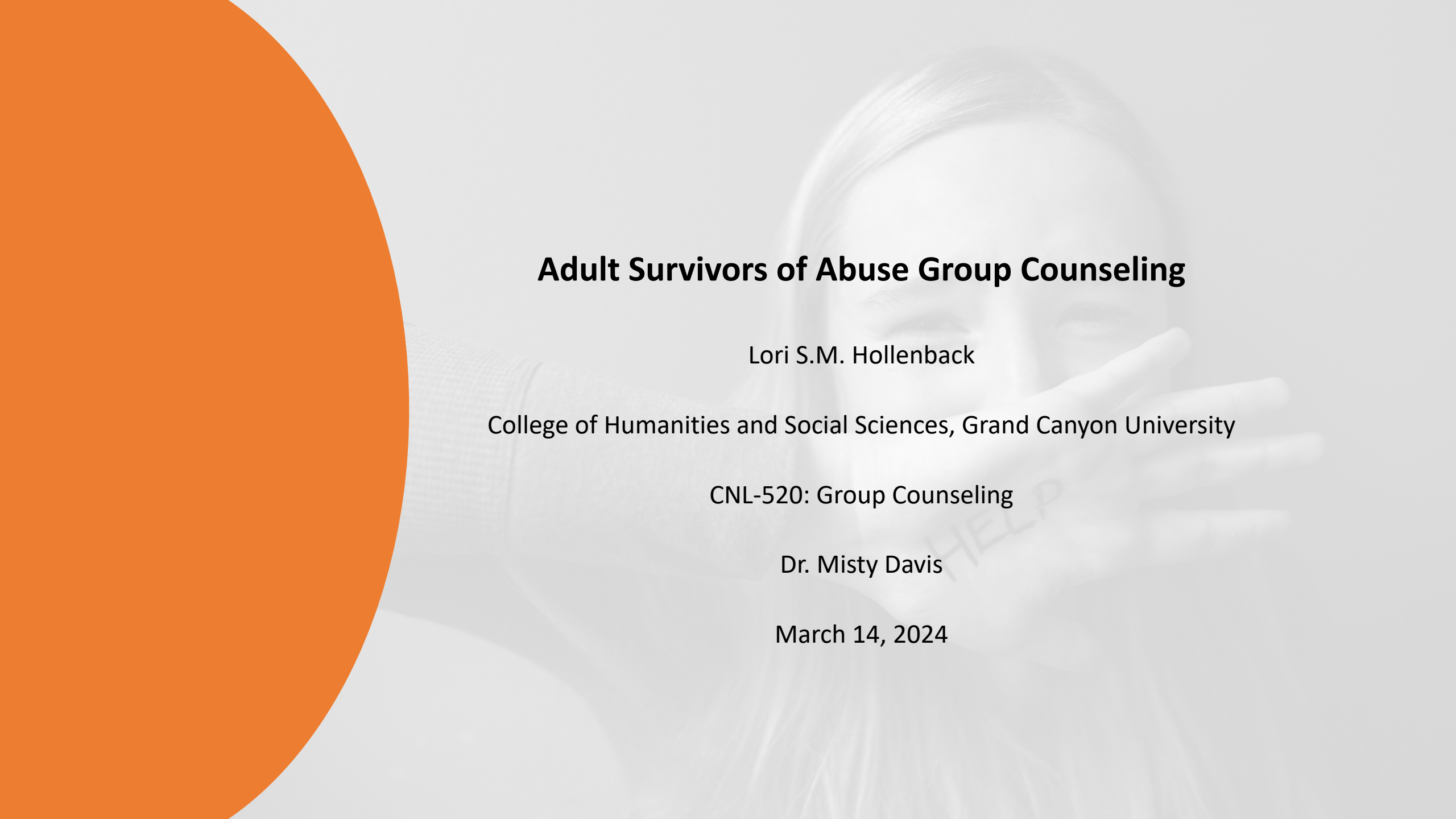




Adult Survivors of Abuse Group Counseling

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CNL-520: Group Counseling

Dr. Misty Davis

March 14, 2024

Group Type

- Psychotherapy Group
- Trauma Group Therapy
- Physical or emotional abuse
- Closed Group

Why this group?



MY CAREER GOAL IS TO
WORK IN TRAUMA



HELP MEMBERS WITH
TRAUMA-RELATED PTSD

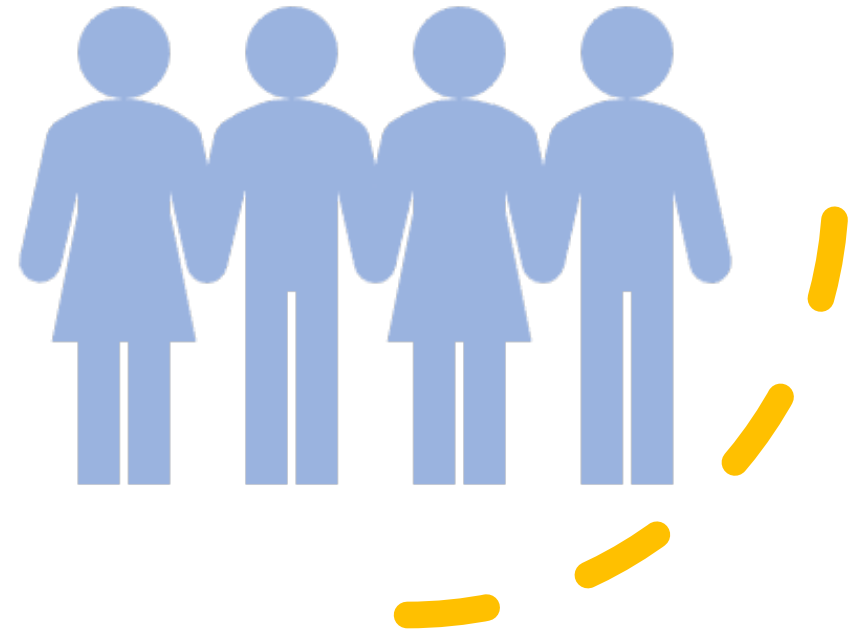


Population

- Women
- 18 – 35 years of age
- Survivors of abuse/trauma (non-sexual)
- Non-shared trauma
- Post-traumatic stress disorder (PTSD)
- All ethnicities

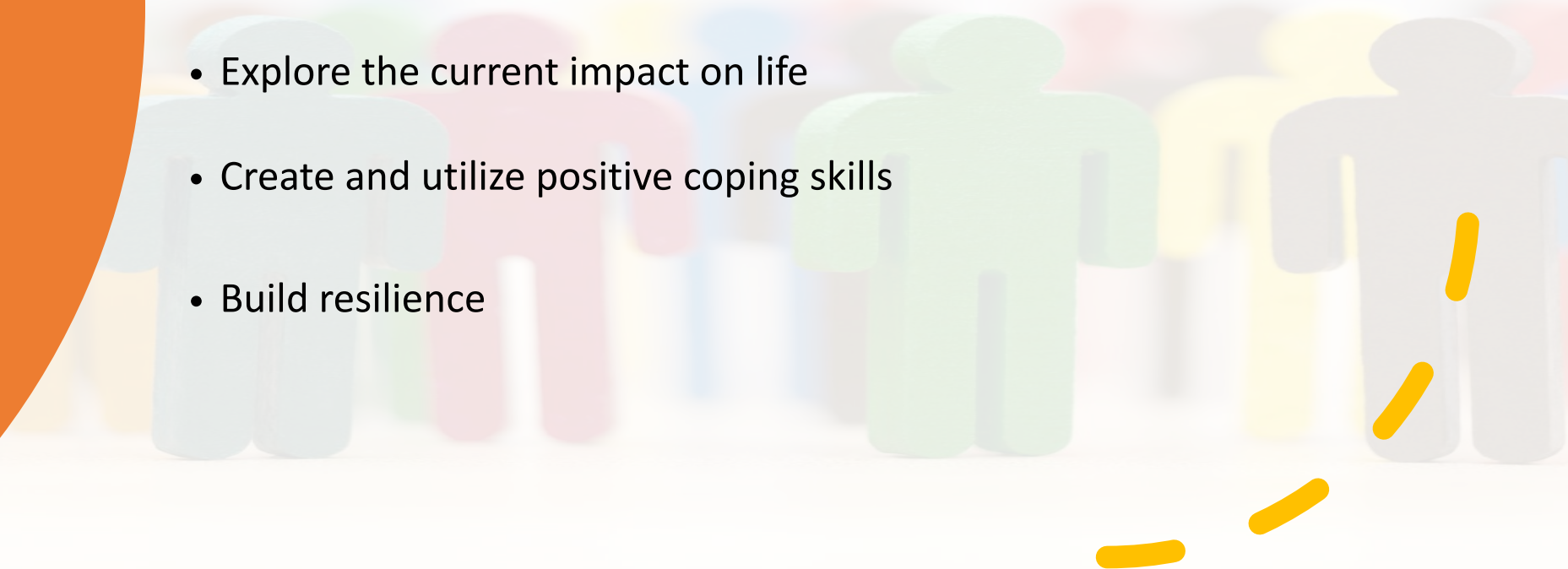
Number of Sessions and Participants

- Total of eight participants
- Total of 12 weeks
- Total of 12 sessions



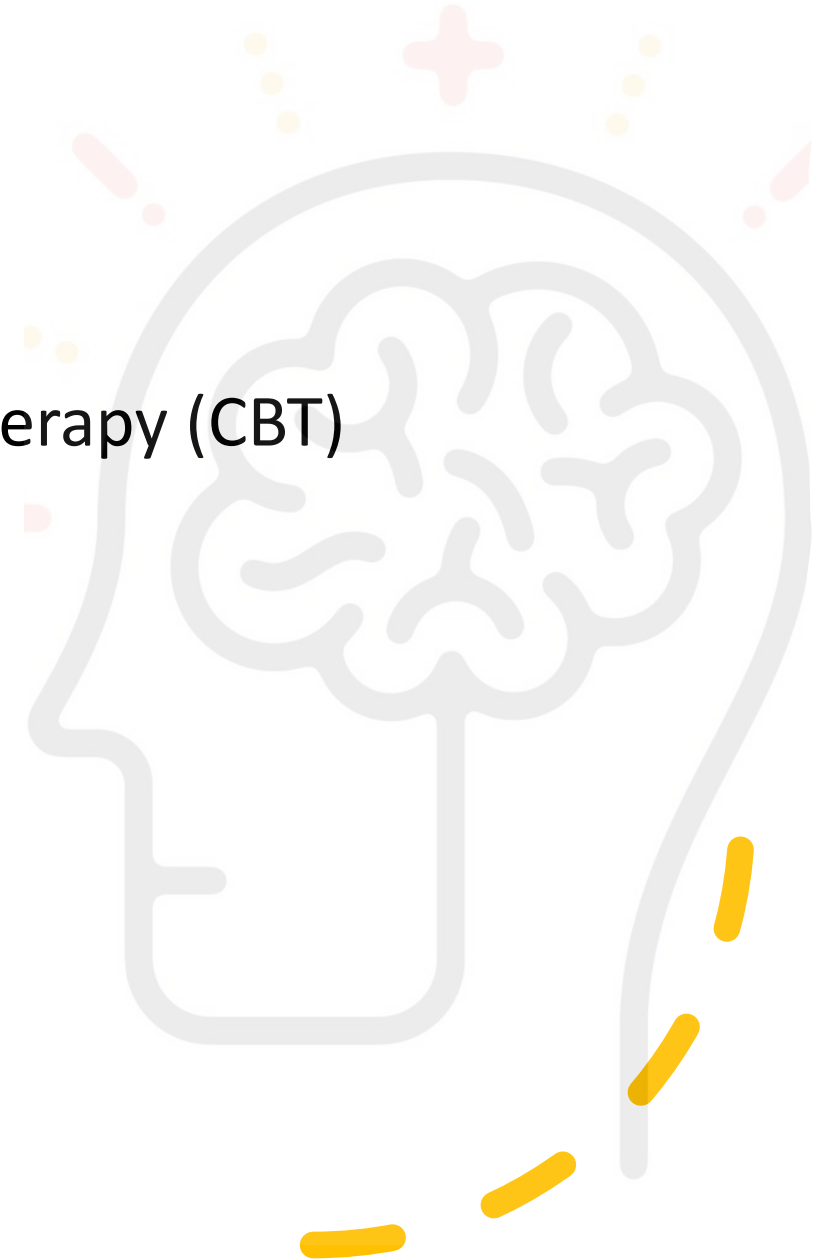
Goals of the Counseling Group

- Create a network of trauma-induced members
- Normalize trauma symptoms
- Explore the current impact on life
- Create and utilize positive coping skills
- Build resilience



Theoretical Approaches

- Cognitive Behavioral Therapy (CBT)
- Trauma Focused



Ethical Approaches

- Screening
- Protecting clients



Screening Process

1. Have you ever been verbally or physically abused?
2. How has the past abuse/trauma affected your life?
3. Has the abuse/trauma affected any relationships for you?
4. Have you ever been to therapy? If so, what kind?
5. Did you find the past therapy beneficial?
6. What goals or expectations do you have for this group?



Screening Process

7. On a scale of 1 to 10, how ready are you to work through the abuse/trauma and make changes? (1 being not ready at all and 10 being I'm ready to share and make changes today)
8. How do you see your future?
9. Do you have any concerns about the group process?
10. Do you have any questions for me about the group rules, structure, or goals?



Screening Process

11. Is there anything else you'd like to share?
12. On a scale of 1 to 10 how is your anxiety?
13. On a scale of 1 to 10 how is your depression?
14. Are you currently have thoughts of suicide?



Demographic Questions

1. Name
2. Date of birth
3. Address
4. Phone number
5. Email address
6. Gender
7. Ethnicity



Demographic Questions

8. Are you married?
9. What is your living situation?
10. Have you ever had any suicide attempts?
11. Have you ever been diagnosed with a disorder?
12. Have you ever been court-ordered or in a state hospital?

References

American Counseling Association. (2014). *2014 ACA code of ethics*. <https://www.counseling.org/docs/default-source/default-document-library/2014-code-of-ethics-finaladdress.pdf>

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American Psychological Association. (2019, October 31). *Psychotherapy: Understanding group therapy*. <https://www.apa.org/topics/psychotherapy/group-therapy>

Corey, M. S., Corey, G., & Corey, C. (2018). *Groups: process and practice* (10th ed.). Cengage Learning.