

Group Therapy Questions for Discussion – Group Leader

1. What theoretical/intervention techniques did you use? (i.e. strengths perspective, systems theory, Interpersonal Process, etc.). Explain your rationale for using the technique(s).
2. What group dynamics did you observe? Were people supportive of each other (norming)? Was there conflict (storming)? Were there group members who dominated conversation or who did not talk at all? What other group dynamics can you see now, but that you may not have identified during your facilitation of the group?
3. Discuss your comfort level regarding directing and/or redirecting group conversations.
4. Discuss your thoughts and feelings related to being the group leader; be specific. Identify what you felt you did well, and what you felt could use improvement, what you learned.

Group Therapy Questions for Discussion – Group member

1. What was your experience speaking up in front of a group? (comfortable, anxious, guarded, open, etc.)
 - a. How do you think clients feel in a group?
 - b. What thoughts do you think clients might experience during a group?
 - c. How do you think these thoughts or feelings influences a client's participation in a group?
2. Did you ever find yourself getting frustrated/annoyed with other group members or leaders? (This is common in groups and your clients will feel this too!). How did you deal with these feelings? How did that affect your participation in the group?
3. What automatic thoughts did you experience when another group member was talking/sharing? How might this impact a group member's behavior or participation in the group?
4. Group work takes a lot of vulnerability. Discuss your experience with vulnerability during the group. How might the issue of vulnerability affect a client's participation or experience in a group?