Introduction

You have decided to start a new psychotherapeutic group and need a manual. Instead of finding one, you are going to write your own! Decide on a particular focus for your new group, considering age, type of group work, mental health issues addressed, and so on. You can choose any type of group you would like, process, self-help, psychoeducational, and so on.

Over the next nine weeks, you will develop a comprehensive manual detailing the development of this group. Written assignments starting in Week 3 will help you on the phases/stages of the group. **You must integrate feedback from your instructor on those papers into your final manual.**

This is an opportunity to be creative while grounding your proposed group in the established research and literature on group work and your target population. The manual should be functional and appropriate for eight 1-hour sessions. Information should be practical and written in an explicit manner so that others can implement the group.

The manual must be your original work. Any submitted work that draws heavily on previously developed and published material will receive a failing grade. However, you may draw from such material to enhance your original idea. All such material must be referenced.

Elements

You manual must include the following elements.

1. Introduction.
2. Type of group.
3. Topic or theme of the group.
4. Target population and age of participants.
5. How and why this group is relevant to your identified population.
6. Setting.
7. Dates and times of groups meetings (include at least eight sessions).
8. Qualifications for the group leader (educational level, licensure, certification, etc.).
9. How and where the group will be advertised. Indicate how you will identify, attract, and get members for your group.
10. How participants will be selected and interviewed. Identify criteria to screen participants, including developing a screening sheet used by the group leader.
11. An informed consent document for your group members. If for children, include forms for both children (age-appropriate) and their parents/guardians.
12. Ground rules that will be established for the group.
13. Structure for each of the eight sessions. This section should be detailed and explain how the process of each group should progress.
14. Which stages/phases takes place in each of the eight sessions, using the phases/stages of group formation and development. Explain how that session’s activity or process is relevant to the selected phase/stage. Your manual must include and identify all five stages/phases of group development.
15. Two tools for your group members to complete at the beginning and at the end of your group to evaluate the effectiveness of the group experience. (You must develop these tools yourself.)
16. At least five current scholarly articles that support the rationale and structure of the group.
17. The manual does not need to be in APA format (except for references) but you must include a cover sheet that includes your name, the name of your group, the title of the course, and the date. Spelling, grammar, sentence structure, references will all be evaluated. The project must reflect graduate-level work and a level of knowledge of group work and process appropriate to a graduate-level PMHNP student.

Timeline

1. Week 3: Decide on the focus. Develop the group information and work on the initial phase/stage.
2. Week 4: Work on the storming phase/stage.
3. Week 5: Work on the transition phase/stage.
4. Week 6: Work on the working phase/stage.
5. Week 7: Work on final phase/stage.
6. Week 8: Submit a draft, including references and tools (#15 in the Elements list). Do not simply submit your papers, but revise them into a cohesive manual including all of the required elements.
7. Week 9: Revise your manual.
8. Week 10: Submit the final manual

Manual Criteria:

1- Introduction

2-Type

3- theme

4-Target population and age

5-Relevance

6-setting

7- dates and times

8-Qualifications for group leader

9-Advertising

10-Selection criteria

11-informed consent

12-Ground rules

13-Structure for each session

14-Phases/stages

15-Two evaluation tools

16- Formatting, sentence structure, grammar, spelling, content of writing, APA-formatted references-5 scholarly articles