

## Group Support Guide

This document is a guide for Therapists and Group Facilitators who have expressed interest in leading Group Therapy with Christian Therapist on Demand.

Thank you for your willingness to use your experience to aid others through their walk of life. We are very thankful for you!

Here is some further instruction about your group:

How the group operates is completely under your discretion, based on the particular topic you are assigned. To help orient your new group, I have created a document for you to fill out. The purpose of this document is to encourage you to start laying the foundation for your group. Take your time working through this worksheet, it is attached at the bottom of this PDF. Give it a sincere effort. When you feel comfortable with your worksheet, keep it as a reference for your practice on our platform.

In this worksheet, you will find these various sections:

- **Group Title** or Group Name
  - it is highly recommended that the title of your Group include the issue (anxiety, depression etc.) you are targeting so when users search available groups they can easily find the support group they are seeking. Can you think of a creative name for your group that encompasses your mission? Your group may be oriented for discussion on Depression, but what is a title that properly depicts your vision for the group? Here are some examples to inspire you:
    - SOS (Success Over Stress)
    - Be Not Afraid: Dealing with Grief
    - Healthy Minds: Living with Anxiety
- **Time Zone**
  - Make sure to select the proper time zone that your group will be scheduled. The system will automatically convert it to the local time of the user.
- **Group Start and End Dates/Times**
  - Select the dates that your group will run, this is important, as your groups will be archived at the expiration of your last group and neither the user or the therapist will be able to return to the group to retrieve any information shared in the group.
- **Group Frequency**
  - Select the frequency of your group. This is important as future appointments for your group will be set according to your selection.

- **Group Objective and Goals**

- What is your goal for the group? Can you think of micro and macro goals? What is your vision for an ideal group discussion?
- Choose strategies or implementation steps to attain the identified goals for the group. They should be specific, measurable with a defined completion date. e.g. Participants will learn to identify thought patterns that increase anxiety. Participants will learn to identify triggers to episodes of depression. Participants will learn to identify and modify negative cognitive schema that prolong depression.
- NOTE: The goals and objectives of the group are visible to group participants and perspective group members.

- **Group Facilitator Introduction Video**

- Upload a brief video introduction to share about who you are professionally, the purpose of your group and what participants can expect if they join your group. Your introduction video will be available for users to view and decide if they are interested in joining your group.

- **Open or Closed Group**

- o It is your choice if you want your group to be Open or Closed. An Open group will be open to newcomers at every session. On the other hand, a Closed group will be closed to new members. You will establish your participants early on, and work together for the remainder of your session. A Closed group may be a good idea if you have a set curriculum you want to follow that requires a steady membership base. This is under your discretion.

- **Meeting Times**

- o What days and times would you like to commit to? Considering your personal schedule and the group's unique goals - what schedule is appropriate? Some examples include, but are not limited to:
  - Wednesdays @ 6pm - 7pm
  - Tuesday and Thursdays @ 5pm - 6pm

- **Group Etiquette**

- o You will be responsible for moderating group discussion with about 7 -10 people. Can you think of any rules to help every participant feel heard and valued?

- **Additional Ideas**

- o You are welcome to use any outside resources! There are plenty of online resources to help facilitate your group. Do you have any creative ideas you'd like to incorporate in your group? Here are some useful tools, but you are welcome to use anything that makes sense to you:

- **Forms - Create a questionnaire on our platform-** You could create a "Welcome" form for each participant to fill out before the first meeting. This may be a good idea to gauge where each participant is at. This would be an extremely efficient way to collect responses from multiple people.
- **Quiz - Create quizzes on our platform** to obtain information from the

participants or to use as a tool to determine if the group is picking up on the information shared in the group.

- **Certificates** - Create certificates of completion on our platform. Certificates are available. You can offer certificates to participants who meet criteria that you have set, whether its attendance, completion of homework assignments, passing quizzes. It's up to you.
- **Screenshare is available through our platform** . You can offer a presentation on various topics using your computer screen.
- **Watch2Gether** - *Watch2Gether* lets you watch videos with multiple people, synchronized at the same time. Do you have a video for the group to watch? This may be a great resource for the group to watch at the same time!
  - **SurveyMonkey** - At the end of each session, do you want feedback from the group? SurveyMonkey is at your disposal. This is a great way for you to adapt the group curriculum as needed.
  - **Voice / Video Memos** - Keep in mind, our platform has the ability to send voice and video memos. Is there any way you would like to use this? Maybe each participant can send an introduction voice /video memo to the group.

For a full explanation about how to use the features discussed go to [CTOD Provider Academy – Your guide to online therapy. \(ctodacademy.com\)](https://ctodacademy.com)