Outline: Group Essential Knowledge

1. How does group counseling give a client a “sense of safety”?

2. List two Advantages of group and give your thoughts about them.

3. List two Disadvantages of group and give your thoughts about them.

4. Name four stages of group and describe what happens in each stage.

5. What is the difference between an open group and a closed group?

6. What are three leadership styles?
7. List three therapeutic factors given by Yalom and explain how they affect the group? Note: Perkinson lists some of these factors along with more explanation. (page 73-74)

8. Leadership techniques include counteracting nonfunctional behaviors such as verbal abuse of another member, rambling, etc. List two that you feel confident to address and two that you feel less confident to address.

9. In the Group Process section you will find a list of seven HELPFUL leadership techniques. Write them below along with a brief phrase to help you remember them.