

	Time Limited Psycho-Educational Program	Demonstration Family Counseling	Psychiatric Chem Dep Inpt Ward	Outpatient Private Prac Group	Hospice Team Support	PTA Parenting Workshop
Population	Physician & self referred patients with a distinct med/psy problem	Self or other referred parents	Mixed psychiatric Dual diagnosis CD Voluntary admits& legal hold admits	Self motivated and invested pts who are working and self sufficient	RNs, LVNs, health care aids, MSWs, physical therapists.	Parents of a public school joining in an evening meeting
Intervention Parameters	Thurs @ 6 pm community clinic 8-12 person coed Various Topics Cost: \$20.00	Saturday 9 am to noon Walk-in members Ongoing donation	9am Daily 60 minutes Coed mixed age 6 days per week Cost: \$90.00	Tues @ 6 pm Private Office 8 person coed 2 yrs average Cost: \$45.00	Alt Tues 9am Rotating Home 7-9 members Ongoing No fee to staff	Annual event school cafeteria 25 members Lead discussion No fee: Volunteer
Intervention Intensity	Minimal	Moderate	High	High	Moderate	Minimal
Psychotherapy	Low	Low	Medium	High	Low	Low
Counseling	Medium	High	High	Medium	Low	Low
Education	High	High	Medium	Low	Medium	High
Structural Issues	Education Normalization Self Choice Attend Psy/Ed Model	Education Skill Building Self Choice Attend Demonstration Counseling Model	Diagnose/Stabilize Improve and refer Out Mandated Care Med/Psy Model	Reconstruction Improve lifestyle quality Self Choice Care Med/Psy Model	Team Building Stress Reduction Employer mandated Psy/Ed Model	Education Normalization Self Choice Attend Education Model
Group Member Issues	Motivation to improve condition Public discussion of private and personal problems	Interest in improving skills Public discussion of family issues	Dignity Motivation Self control	Investment in Rx Plan Motivation and Resistance	Mourning Connecting Team work and dissention	Interest in how to improve skills Public discussion of private and personal problems
Process Focus	Encouragement and support for self disclosure Information dissemination	Encouragement Goal disclosure	Encouragement Self assessment Information Skill acquisition Shared learning	Relationships within the group Parallels between history and group relationships	Relationships within the team Acknowledging similarities and differences	Encouragement and support for disclosure Information dissemination
Member Factors	Potential for resistance if sent by insurer Seeing self as similar to others	Self selected Guilt and regret about past mistakes Seeing self as similar to others	Mandatory vs. choice for care Less control of Rx Maintain dignity Confidentiality	Self choice for care Control over Rx Maintain dignity Confidentiality	Team based socialization Employer lead Maintain dignity Confidentiality	Self Selected Question of self disclosure Seeing self as similar to others

Table 1. Individual Psychology Approaches to Group Work