

THE LIFE OF THE CHEMICAL DEPENDENCY GROUP

A Developmental Model

A presentation by:

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SOME AXIOMS FOR SMALL GROUP THERAPY

- **The client for a group facilitator is the GROUP!**
- **TRUST the GROUP.**
- **The GROUP is a complete and necessary resource bank for problem solving.**
- **Structured and directive groups work best**

STAGES OF GROUP DEVELOPMENT

- Preforming (conception, gestation)
- Forming (birth and childhood)
- Storming (adolescence)
- Norming (young adulthood)
- Performing (productive adulthood)
- Termination (decline and death)

Preforming Tasks

- Identification of need
- Recruitment of members
- Primary worker interview
- Prospective member interview
- Physical preparation

FORMING

Member behaviors

- No direct member to member communication
- Communication with facilitator is deferential
- Seeking of guidelines

FORMING

Facilitator Responsibilities

- Teach the rules
- Reach a group contract
- Redirect communication

Storming

Member behaviors

- Judgmental and absolute statements
- Emotional attacks are more common
- Questioning the need for or usefulness of the group and/or the facilitator

STORMING

Facilitator responsibilities

- Be the rule keeper
- Control personal attacks
- Regulate feelings generated
- Interpret the behavior
- Don't take the behavior personally

NORMING

Member cohesiveness forms

- Enhanced communication
- Heightened levels of trust
- Assumption of group norms
- Development of ownership
- Stabilization of members' roles

NORMING

Facilitator responsibility

- Promote open and honest communication
- Continue trust building exercises
- Interpret behaviors
- Don't be seduced by the good feelings

PERFORMING

Facilitator responsibility

- Watch for regressions to earlier stages and help the group move back to the performing stage.
- Facilitate the problem solving process through norm monitoring, option suggestion, role modeling and group techniques.

TERMINATION

- Call attention to pending termination
- Monitor pain avoidance absences
- Help members share unshared feelings
- Promote a review of the history of the group and progress of each member
- Develop plans for continuation of change