

POST-SESSION REVIEW

1

Structure

- Was the setting conducive to treatment (i.e. private, comfortable temperature, adequate space, appropriate seating arrangements)?
- How effective was the therapy structure (beginning, middle, and end) and do any changes need to be made?

2

Content

- What were the major themes of the session?
- Were any comments/topics raised but not adequately addressed? If so, will this topic or topics be addressed next session or in another session and if so, how?
- What was the notable clinical content of each child participant?

3

Group Dynamics

- How would you describe the overall group dynamics?
- Are there cliques or subgroups being formed; if so, do these help the group process, or not?
- Is any member taking on a role (such as the “jokester or clown”) that is preventing him or her from reaching his or her own goals?
- Are group norms helping the group to remain focused on the goals?
- Is there a sense of group cohesion? Has the group developed enough for cohesion to be present? If cohesion is not being developed and the middle of the treatment (sessions 4-5) are approaching, how can more cohesion be encouraged?

4

Individual Progress

- Review each group member and ask, has he or she participated actively and meaningfully in the essential topics and activities?
- On a scale of 1 to 10 (with 1 being no progress on goal attainment and 10 being met goals) where is each child on this scale?

5

Co-Leading

- How did the co-leading process work?
- Did the co-leaders support each other or was there confusion about who was leading?
- What could be done differently to improve the co-leaders’ collaboration?
- What changes are suggested before the next session?

6

Facilitators Reactions

- What feelings came up for the facilitators during the group?
- Were there any upsetting thoughts that came up during the group?
- What are the overall reactions to the group session?

7

Next Session

- Will the next session follow the group format or does it need to be modified?