

## Unit 4: Groupwork - a Cognitive Behavioural Approach

### Materials on CD-ROM

- ◆ **Overview**
- ◆ **5 Handouts**
- ◆ **3 Activity Handouts**  
(colour versions to print and a Word version for editing, if required)
- ◆ **OHTs 1 – 9 in Powerpoint**  
(slide show version and a file for editing, if required)

### Using the unit

The unit has 9 overheads, 3 activities and several handouts. The handouts are:

- 1 Cognitive behavioural techniques
- 2 Working with young people
- 3 Suggested outline for 6 group sessions
- 4 Hassle log
- 5 Anger management feedback.

This unit could be covered in a PAT session lasting at least 1.5 hours. A suggested use of the materials is outlined below. Times suggested are minimum times and can be adjusted to suit the needs of the group. The activities are self-explanatory and it is stated whether they should be used individually or in groups. The relaxation activity simply demonstrates use of visualisation, and the script provided in the *Cognitive Behavioural Techniques* handout can be used.

- **Brief outline of cognitive behavioural techniques**  
**OHT 2** (15 mins)
- **Relaxation** **OHT3** (5 mins)
- **Activity 1** Relaxation (go through visualisation, allow 10 mins)
- **Self-instruction training** **OHT 4** (10 mins)
- **Assertiveness** **OHT 5** (5 mins)
- **Becoming self-aware** **OHT 6** (10 mins)
- **Activity 2** Anger spoilers (10 mins)

- **Anger spoilers** *OHT 7* (5 mins)
- **Setting up a group** *OHT 8 and 9* (5 mins)
- **Activity 3** Planning a first session (30 minutes including feedback)