# Group Progress Note

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| **Date:** | | **6/5/2017** | **Time:** | **5:30-7:30** | | **Minutes Duration:** | **120** |
| **Patient Name:** | | ***April Smith*** | | | | **Group Name:** | **PPW-IOP** |
| **Counselor:** | | **Donna Wells** | | | | **Billing Code:** | **96153** |
| **Additional Staff/ Others Attending:** | | **CDP-t Intern** | | | | | |
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| **Group Topic/**  **ASAM #:** | | **Loss and Grief** | | | | | |
| **Group Summary:** | | | | | | | |
| Group discussion around loss and grief. Discussion centered around how we can delay processing our grief with substance use. April was quiet and did not share. She usually doesn’t despite being in group for 3 weeks now. One of the group members asked April if she had ever experienced any loss. She said yes but didn’t elaborate. The group asked what kind of loss? She said I lost someone. The group member who asked her initially confronted her saying, what do we have to pry information out of you? We all share and you just sit there like you are better than all of us. April said I am not like you all, I don’t have a problem and I am here because my kid lied. This writer asked the group to not make assumptions about why April was not sharing instead to let her know how they felt as a result of her not sharing when they all were and how her statement that “I am not like you all” made them feel. The group member who had asked her to share initially stated I feel like I am mad at her. I am mad at her because I feel she judges me, well, all of us. Another group member said, yeah, I feel ashamed when she said that, it brings up being less than because I’m an alcoholic. This writer asked April if she wanted to respond on how she felt about the groups’ feedback. April said I feel like that is how they feel. I can’t change how they feel. I didn’t mean it that way. I don’t know them well enough to share my guts with them and I don’t mean to make anyone feel bad. This writer said okay, good, good progress April and perhaps as you get to know the group better you would be willing to share? April said I might, I don’t know. This writer invited anyone else that had anything to share to do so. The initial group member said, I am sorry if it felt like I was attacking you. It took me weeks to share too. We are here for you when you are ready. | | | | | | | |
| **Individuals Plan:** | | | | | | | |
| Set up 1x1  Explore ambivalence toward change  Increase awareness of addiction and its affects  Review recent cravings/relapse behavior | | | | | Staff case with supervisor/clinical team  Identify and develop relapse awareness skills  Continue focus/education on early recovery skills  Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |
| **Expand on the plan if needed:**  **Client is in pre-contemplation stage, shows resistance, group seemed to make some connections to her and a small opening from her. Discuss this in individual session. Encourage group members to continue to provide supportive feedback and for April to focus on how she feels and expressing that in positives ways.** | | | | | | | |
| **URINALYSIS Provided Today** | | | | | | | |
| Reason: | ETG U/A performed, client has not accepted any problems with her use or established other means of support instead of using substances to cope. | | | | | | |
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Donna Wells MA, CDP

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|  |  |  | 6/5/2017 |
|  | Clinician Signature / Credentials |  | Date |