

Group Proposal Paper

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Abstract

Substance abuse is a social phenomenon that affects many individuals, worldwide. Dependence on narcotic or psychotropic substances is not recent. Throughout the years, people of all ages, economic status, and social background have been afflicted by chemical abuse. Many factors can be contributed to chemical dependency or substance abuse. From the plethora of illicit drugs people tend to abuse, marijuana, crack cocaine and heroin are notably the most commonly used. When drug use is persistent or becomes an addiction, it can nevertheless, have detrimental effects on the consumer's physical and mental well-being. Hence, the aim of this paper is to propose a therapy treatment group that is explicitly designed to help individuals with drug dependency and addiction find motivation and support to overcome their drug abuse or struggle with drug addiction. Besides, while depicting an ideal group for those influenced by the effect of psychoactive substances, the following topics will be discussed: target population, therapy session, and duration, legal and ethical consideration

Group Proposal

Group Goal and Target Population

The purpose of the drug addiction treatment group is to help individuals who are battling with drug dependency find a place where they can find hope, acceptance, and support to help them overcome their addiction. The group will be a closed heterogeneous group, comprised of individuals of different phases of the treatment process, of varying ages, education levels, and of diverse social and economic backgrounds. Witnessing a member of different age or social status confronting his or her struggle with drug dependency positively will encourage another member to imitate the other member's attitude toward his or her struggle. The members of the group will be part of a cohort; hence, they will start and terminate the group sessions at the same time interval. A closed group is chosen over other therapy groups to intensify the treatment and to help the clients focus on their improvement.

Both, males and females, who do not know each other previously will be part of the group. With the intent to design a group where the members will not feel single out or feel that they are battling their addiction alone, hence a coed therapy group is favored over a male-only or female-only group. In addition, the group will aid eradicate any beliefs that associate drug dependency or abuse with a specific race, gender, and social status. Plus, the integration of both genders will help those who are not keen to share with the same-sex feel at ease to share and learn from the opposite sex.

Moreover, the group will be led by one therapist, nonetheless, if a combined treatment is necessary to facilitate or maximize a client recovery process from substance abuse, thus, both, individual and group therapy with the same therapist will be considered.

Group Duration, Session and Location

A fixed time and location are important for the success of a treatment group. By considering external factors that may prevent the group members to attend the group faithfully, the group is premeditated to be short term, hence, it will consist of 20 sessions and will run for five months. After an in-depth screening for the formation of the group, eight to twelve members, who meet all the demanded criteria will be selected. The selected group members will meet every Monday at 4:00 PM. As the group is direct and goal-oriented, a time span of ninety minutes of therapy is ideal for the group to provide ample time to the group members to share and to learn from each other. In addition to that, as the 20 therapy sessions are designed to be extensive, psychotherapy interventions will be applied. During the 20 sessions, the clients will learn management tactics, relapse prevention and interventions that will motivate them to achieve their goals, which entail abstaining from and lessening psychoactive substances use.

As for the location, the group will meet in a commercial area, however, away from crowded marketable places such as malls, apparel stores, and restaurants. A noisy location will be detrimental to the success of the group; therefore, it will be avoided. It can take place in a building or location where there are for instance a hair salon or a library. An apartment located in the rear area of a building is preferred over an apartment that is situated in the front door or at the center of the building to prevent any unnecessary disturbances such as footsteps, excessive noises and other types of distractions.

In the selected location, the group will meet in a spacious room where all members can sit, talk or walk comfortably. The room will be decorated in a way that will attract all members. Couches and armchairs designed for comfortability will be placed in the room in a circle to facilitate the members to integrate with each other and to impart information related to their concerns.

Recruitment

As there is often a correlation between substance abuse and mental illness, hence, for the group recruitment, flyers and business cards will be distributed in inpatient and outpatient clinics to target individuals who are battling substance abuse. Prior to the distribution of flyers, business card and other materials related to the group, permission for recruitment will be sent to all agencies and organizations where the participants will be recruited. Letters inquiring for recruitment permission will be sent by mail, e-mail and in-person. After permissions are obtained from different facilities or establishments, to create a heterogenous group, flyers, business cards and other information pivotal to the group will be given in substance abuse shelters, Hospitals, state and city agencies and in public and private learning establishment. Besides, with the rise of business advertisements in various social networking, the group will be advertised on social media sites such as Facebook, Tweeter and Instagram.

Ethical and Legal Consideration

To ensure that the group met the American Psychological (APA) and the American Counseling Association (ACA) ethic principle and standard, both ethical and legal considerations will be included in the forms provided to the student during the intake interview. Therefore, prior to the beginning of the group, the members will be informed of the ACA code of ethics that is forbidden to breach during group therapy. Informed consent forms will be provided to the group

participants if they desire information or their progress in the group to be shared with their health care provider, for instance, for monetary disbursement. Additionally, the informed consent forms will contain information pertaining to the group's structure, goal, and expected outcome. As confidentiality is of paramount importance for the group, the group members will be encouraged to maintain everything that is discussed in the group confidential, hence, should be refrained from disclosing information that is disclosed in the group to individuals who do not belong in the group and in social media sites.

Further, the group will be informed that as the treatment outcome is imperative, dual-relationship or relationship outside of the therapy sessions is not recommended. Before the group initiates, the members will be notified that besides maintaining all the information shared within the group confidential, it will be a free-judgment arena in which the group participants can deliberately share information concerning their addiction or struggle with illicit drugs without the feeling of being judged.

Evaluation Process

To ensure that the treatment is effective, monthly individual interviews with each group member will be considered to inquire about their progress in the program. Moreover, the clients' attendance in the program will be traced to verify their participation in the group. Questions pertaining to the group improvement and group realization will be considered to apply any necessary changes for the success of the group and of any upcoming groups.

Conclusion

To conclude, substance abuse is a social issue that has tremendous issues in people's lives. Drug cessation is not far-fetched, it can be obtained through motivation, transparency, and

wiliness to change. While there are different avenues that an individual with drug dependency can venture into, a treatment group that targets drug addiction, nonetheless, is ideal as there established evidence of its effectiveness in the treatment of substance abuse.

References

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