

GUIDELINES FOR DESIGNING AND WRITING A PROPOSAL FOR A GROUP

The following guidelines provide you with some direction in designing a group. Think of a group you would eventually like to organize (parents who want to learn better parenting skills, adolescents with drug problems, children of alcoholics, divorced parents, counseling group with transition concerns, etc.). See syllabus for specific information needed. These are only questions to assist you with processing what/how to develop a group proposal.

Consider the following questions in preparing your design and/or proposal:

1. You are to create a psychoeducational group. Will it include aspects of a counseling group, or a personal-growth group? Will it be long-term, short-term? Will the focus of the group be remedial or developmental (enhancement)?
2. Who is the group for? What will be your population? Will it be elementary school children, parents, couples, individuals with substance abuse issues, or another group?
3. What are your goals for this group? That is, what will members gain from participating in this group? What are the short-term goals? Are the goals and objectives specific?
4. Why is there a need for this group? Would a group setting for this population have an advantage over individual counseling? If so, in what ways?
5. Do you have a clear rationale (reason) for this group? Are you able to answer questions that might be raised?
6. What are some ways in which you will announce your group and recruit members for it?
7. What kind of screening and selection processes will be used? Who will you include and who might you exclude?
8. How will your group address potential issues of diversity, inclusion, and social justice?
9. How many members will be in the group? Where will the group meet? How often will the group meet and how long will each meeting be? Will the group be open or closed?
10. What will be the structure? Will it be designed around special topics and issues?
11. Include a Table of Contents and for each of 8 sessions, describe the following:
 - a) objectives for the session;
 - b) specific activity, rationale for selection, and expected time for each activity;
 - c) process of how the activities are utilized;
 - d) expected observable, behavioral outcomes for the session.
 - e) Identify aspects of group development and how therapeutic factors contribute.
 - f) Time allowed for each part of the group. For example, a certain activity will take how long.
12. Include an evaluation component. How will you determine the extent to which your group has been effective for the participants?

Include the following headers in the paper for the Group Proposal:

- Introduction (overview of proposal)
- Rationale for Group
- Population
- Goals
- Recruitment (Include Flyer)
- Admission/Exclusion of the Group
- Multicultural Concerns and Social Justice Concerns
- Logistics
- Group Evaluation (overall evaluation of the proposal)
- Individual Group Proposal Lessons (8)