

Reality therapy is not just used in one on one counseling but in group therapy as well.

Group therapy from a reality perspective places emphasis on connections and interpersonal relationships. The goal is to meet their basic needs through the relationships formed in the group. Remember there are five basic needs we all encode from birth which are survival, love and belonging, power (inner control), freedom and fun. In group therapy, clients (members) are expected to lean on each other to find ways to meet these needs.

In group therapy, there is a group leader. The responsibility of the group leader is to redirect conversations that focus on past feelings or issues and bring those thoughts feelings to the present while centering it around their current behavioral actions. Reason being, is that reality therapy doesn't place a huge emphasis on the past but focuses on the present. So when feelings are discussed the idea is to make sure that this conversation is centered around how these feelings influence current behavior.

In group counseling (*words therapy and counseling are interchangeable*), group members do self evaluations in group settings. They view where they are currently and if their current behaviors are beneficial to their wants. The goal of self evaluations is for one to question their present behaviors/ habits to see if they're leading to fulfilling their life's wants and needs. After taking this step and asking themselves these questions, as a group, they work together to find alternative actions that will help them cultivate a life that is fulfilling their needs/wants. Members evaluate their behaviors and plans together with the influence of the leader.

In all, group reality therapy consists of the therapist aiding them in realizing if the actions their making are worthwhile (bring them the life they want/fulfilling their needs). And reality

therapy formulates plans for group members to measure their forms of success. The feedback given from group members and therapist help keep each individual accountable.