**Methods of Group Work**

**There are six methods of Group Work**

* **Task Facilitation Group**
* **Psycho-educational Group**
* **Counseling Group**
* **Psychotherapy Group**
* **Psychodrama**
* **Self-help/ Support Group**

**Task facilitation Group**

These groups include task force committees, planning groups, community organizations, and discussion groups, study circle, learning groups and other similar groups. The focus of these groups is on the application of group dynamic principles and processes to improve practice and to foster accomplishment of identified work goals. Task facilitation group leader help these groups enhance or correct their performance. This group specialist might also develop skills in organizational assessment, training, program development, consultation and program evaluation.

**Psychoeducational Group**

The Psychoeducational group members are relatively well functioning individuals but who may have information deficit in a certain area. The goal is to prevent the array of educational deficit and Psychoeducational problems. This group work deals with imparting, discussing and integrating factual information. New information is incorporated through the use of planned skill-building exercise. An example of Psychoeducational group is substance abuse prevention group.

Structure group focus on particular theme and are often Psychoeducational in nature. At the beginning of the structure group members are asked to complete a questionnaire on how well they are coping with the area of concern. The work of these groups often includes structured exercise, reading, homework assignments and contracts. When the group comes to an end, another questionnaire is completed to assess members’ progress.

Psychoeducational groups work on following problems:

* Managing stress
* Supporting women in transition
* Dealing with an alcoholic parents
* Managing relationships and ending relationships
* Overcoming perfectionism

**Counseling Group**

In group counseling the group worker helps the participants resolve the usual but difficult problems of living, career, educational, personal, social and developmental concerns are frequently addressed. Counseling group deals with conscious problem and generally oriented toward the resolution of short term issues, and is not concerned with treatment of more severe psychological and behavioral disorders.

One of the main principles behind group counseling is that meeting other people who are dealing with something similar and hearing their story lets people know that they’re not alone. Things like [depression](http://ie.reachout.com/real-stories/inform-yourself/depression/) or [bereavement](http://ie.reachout.com/inform-yourself/loss-and-grief/) can be really isolating and make you feel like you’re facing the world alone. Group counseling can be a good way of getting over those feelings of isolation, and realizing there are other people in the same boat. It can also be easier to talk to people who share the same issue. They can understand how you feel a bit more than family members or friends who haven’t had firsthand experience of the problem you’re dealing with.

**Objectives of Group Counseling**

* To assist the individual in the recognition of unique and common problems
* To provide information, useful in the solution of a personal adjustment
* To provide opportunity for group thinking in regards to various problems and purposes
* To provide opportunity for experience that promote self appraisal and self understanding

Group counseling focus on interpersonal process and problem solving strategies that stress conscious thoughts, feelings and behaviors. The focus of the group is determined by the members, who are basically well-functioning individuals and the group is characterized by growth orientation. With discovering on inner resources of personal strength and constructively dealing with barriers that are preventing optimal development. Members develop interpersonal skills that can equip them to better cope with both current difficulties and future problems.

These groups provide the support and challenges necessary for honest self-exploration. Participants can benefit from the feedback they receive from other by comparing the perception they have on themselves with the perception others have on them, but ultimately members must decide for themselves with what they will do with this information.

**Counseling group has these goals:**

* Helping people develop more positive attitudes and better interpersonal skills.
* Using the group process to facilitate behavior change
* Helping members transfer newly acquired skills and behavior learns in the group to everyday life.

**Psychotherapy**

Psychotherapy concerned with treatment of more severe psychological and behavioral disorders.

Psychotherapy aims to alleviate psychological distress through talking, rather than drugs.This method is commonly used for psychological problems that have had a number of years to accumulate. It only works if a trusting relationship can be built up between the *client* and the psychotherapist (in psychology "client" can mean "patient"). Treatment can continue for several months, and even years. Psychotherapy may be practiced on a one-to-one basis, or in pairs, and even in groups. Generally, sessions occur about once a week and last one hour.

The group worker helps individual group members remediate in-depth psychological problems. Group members have acute or chronic mental or emotional disorders, impairment in functioning, or both. Because the depth and extent of the psychological disturbance is significant, the goal is to aid each individual in reconstructing major personality dimensions, this kind of group explores antecedents to current behavior and connects historical material to the present using interpersonal assessment, diagnosis, and interpretation.

As sensitive and deeply personal topics are often discussed during psychotherapy, therapists are expected, and usually legally bound, to respect client or patient confidentiality. People generally participate in group therapy to try to alleviate specific symptoms or psychological problems such as depression, anxiety, or psychosomatic disorders. The therapist is typically interested in creating a climate that fosters understanding and exploration of a problem area.

**Psychodrama** is an action method, often used as a [psychotherapy](http://en.wikipedia.org/wiki/Psychotherapy), in which clients use spontaneous [dramatization](http://en.wikipedia.org/wiki/Dramatization), [role playing](http://en.wikipedia.org/wiki/Role_playing) and dramatic [self-presentation](http://en.wikipedia.org/wiki/Self-presentation) to investigate and gain insight into their lives. Developed by [Jacob L. Moreno](http://en.wikipedia.org/wiki/Jacob_L._Moreno), M.D. (1889-1974) psychodrama includes elements of [theater](http://en.wikipedia.org/wiki/Theater), often conducted on a [stage](http://en.wikipedia.org/wiki/Stage_%28theatre%29) where [props](http://en.wikipedia.org/wiki/Theatrical_property) can be used. By closely recreating real-life situations, and acting them out in the present, clients have the opportunity to evaluate their behavior and more deeply understand a particular situation in their lives. Psychodrama may be used in a variety of [clinical](http://en.wikipedia.org/wiki/Clinical_Psychology) and community-based settings, and is most often utilized in a group scenario, in which each person in the group can become therapeutic agents for one another's scenes. Psychodrama is not, however, a form of [group therapy](http://en.wikipedia.org/wiki/Group_therapy), and is instead an individual psychotherapy that is executed from within a group. A psychodrama is best conducted and produced by a person trained in the method, called a [psychodrama director](http://en.wikipedia.org/w/index.php?title=Psychodrama_director&action=edit&redlink=1).

In a session of psychodrama, one client of the group becomes the protagonist and focuses on a particular situation to enact on stage. A variety of scenes may be enacted, depicting, for example, memories of specific happenings in the client's past, unfinished situations, inner dramas, [fantasies](http://en.wikipedia.org/wiki/Fantasy_%28psychology%29), [dreams](http://en.wikipedia.org/wiki/Dream), preparations for future risk-taking situations, or unrehearsed expressions of [mental state](http://en.wiktionary.org/wiki/mental_state) in the here and now. These scenes either approximate real-life situations or are [externalizations](http://en.wikipedia.org/wiki/Externalization) of inner mental processes. Other members of the group may become auxiliaries, and support the protagonist by playing other significant [roles](http://en.wikipedia.org/wiki/Roles) in the scene.

A core tenet of psychodrama is Moreno's theory of "spontaneity-creativity". Moreno believed that the best way for an individual to respond creatively to a situation is through spontaneity, that is, through a readiness to improvise and respond in the moment by encouraging an individual to address a problem in a creative way, reacting spontaneously and based on impulse, they may begin to discover new solutions to problems in their lives and learn new roles they can inhabit within it. Moreno's focus on spontaneous action within the psychodrama was developed in his Theatre of Spontaneity disenchanted with the stagnancy he observed in scripted theatre, he found himself interested in the spontaneity required in improvisational work. He founded an improvisational troupe in the 1920s. This work in the theatre impacted the development of his psychodramatic theory.

**Self-Help/Support Group**

Self-help groups constitute one alternative to coping alone by assisting members to meet their specific needs through the understanding and help of others who have had similar experiences. Self-help groups consist of people who share common conditions, experiences, or problematic situations and mutually seek to assist each other to enhance their coping capacities related to their common factors. The group is based on the experiences of members rather than professional expertise, largely self-governing and self-regulating, self-help groups generally have effective communication networks among members that, in addition to regular group meetings, provide opportunities for both telephone and face-to-face contacts.