APPENDIX- 1

GROUP THERAPY- RECORD SHEET

Name: 

P/No:

Medium of Intervention: Kannada/English/Tamil/others 

Duration:

D.O.A: 

D.O.D: 

<table>
<thead>
<tr>
<th>Sl No</th>
<th>Group sessions</th>
<th>Dates</th>
<th>Present/Absent</th>
<th>Remarks</th>
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<tbody>
<tr>
<td></td>
<td>Causes and consequences of substance abuse</td>
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<td></td>
<td>Assessment of High-Risk Situation</td>
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<td>Coping with cravings</td>
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<td>Thought management</td>
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<td>Problem solving skill Training</td>
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<td>Drink Refusal Skill Training</td>
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<td>Planning Emergencies and Coping with lapse</td>
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<td>Positive Addiction</td>
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<td>Sleep Hygiene Techniques</td>
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</tbody>
</table>

Signature of the Group Therapist:

APPENDIX 2

SOCIOGRAM AND GROUP THERAPY RECORD

Socio- gram: (diagrammatic representation of group interactions)
Issues brought up for the discussion by the members:

____________________________________________________________________________________________________
___________________________________________________________________________________________________
___________________________________________________________________________________________________
___________________________________________________________________________________________________

Suggestions given in the group:

____________________________________________________________________________________________________
___________________________________________________________________________________________________
___________________________________________________________________________________________________
___________________________________________________________________________________________________

Satisfaction in the group:


Group Processes Observed:

1. Group Ventilation  8. Acquisition of Skills
2. Group Acceptance  9. Reality testing
3. Group Identification  10. Instillation of Hope
4. Group Clarification  11. Altruism
5. Catharsis  12. Mutual Support
6. Therapeutic Corrective Relationships  13. Universalization
7. Acquisition of Knowledge  14. Cohesiveness

Outcome of the Group Session:

1. Appropriate Expectation  5. Enhancement of Family Relationships
2. Acquisition of Knowledge and Skills (communication, relationships, coping, etc)  6. Self Esteem Enhancement
3. Behaviour Change  7. Any Other
4. Attitudinal Change

Summary of the Group Process:

(The salient features, the phases and the direction in which the group progressed)

Signature of the Therapist