

Chapter Key People

CHAPTER 14

Groups in Rehabilitation Settings

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Chapter Key Terms

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Booster sessions
Chemical dependency
Chronic/repetitive behaviors
Cognitive restructuring
Criminogenic
Conformity
Detoxifying dying
Drug Court
Helper clients
Incarcerated
Institutional adjustment
Involuntary
Job clubs
Learning disabilities
Mandated population groups
Maximum-security
Mental retardation
Minimum-security
Nonincarcerated
Offender groups
Personal control
Psychoeducational groups
Prosocial behavior
Prosocial integration
Recidivism
Rehearsal
Religious converts
Reordering life priorities
Role-play
Social support groups
Superior client
Symptom management

Chapter Summaries

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Groups in Rehabilitation Settings

Group counseling is increasingly gaining acceptance as a critical component of rehabilitation counseling. Rehabilitation counselors today are more likely than ever before to be engaged in conducting groups, regardless of their professional practice setting. Group work in rehabilitation settings takes many forms (e.g., psychoeducational, counseling, psychotherapy, self-help, support, etc.), occurs across numerous settings (e.g., vocational, correctional, medical, etc.), and involves working with persons with different disabilities across age, gender, and cultures. This chapter highlighted three distinct groups. Developmental stages were provided for each of the group modalities.

Rehabilitation counselors in a variety of settings are frequently involved in assisting individuals with disabilities in navigating the employment seeking process. The chapter provided an overview of the job club approach. The job club approach represents an effective, economical, and efficient approach to job seeking skill development.

Group work and counseling services have also been an important component of rehabilitation for offender populations in correctional settings, resulting in positive treatment gains across a range of outcome variables. This chapter identified several strategies that should be considered and implemented in creating and evaluating groups for offender populations. Of the primary types of groups, three are highly applicable to work with offender and mandated clients: psychoeducational, counseling, and psychotherapy groups

The use of groups in inpatient hospital/medical settings is frequently practiced today. Group counseling in hospital/medical settings may involve working with individuals with recent-onset disabilities; chronic illnesses such as diabetes, mental illness, and psychiatric disorders; terminal diagnoses; and life-threatening disorders including cancer, AIDS, and others. Specific group formats used in medical and health care settings include social support, educational, psychoeducational, counseling, and task groups. Groups with patients in medical and health care settings may serve a number of separate or conjoint purposes. Generally, such groups are designed to (a) assist patients with coping and psychosocial adjustment to illness, (b) provide education and information about effective medical and functional management of the chronic illness, condition, or disability with which the members are living, and (c) develop an atmosphere of support and communication among persons who share the experience of living with a disability or illness and its psychosocial effects. The educational group is the most commonly used modality of group counseling in the medical/hospital setting. The purpose of an educational group in the medical/hospital setting is to disseminate specific information to participants; typically a leader will provide specific information to group members.

Chapter URLs

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American Rehabilitation Counseling Association

www.arcaweb.org

Careers in Vocational Rehabilitation

www.ncrtm.org/course/view.php?id=7

Department of Justice

<http://www.usdoj.gov>

Federal Bureau of Prisons

<http://www.bop.gov/>

Commission on Rehabilitation Counselor Certification

<http://www.crc certification.com/>

Council on Rehabilitation Education

<http://www.core-rehab.org/>

National Council on Disabilities

<http://www.ncd.gov>

National Council on Rehabilitation Education

<http://www.rehabe educators.org/>

National Institute of Health

<http://www.nih.gov>

National Institute on Mental Health

<http://www.nimh.nih.gov/>

National Rehabilitation Association

<http://www.nationalrehab.org/website/index.html>

National Rehabilitation Counseling Association

<http://nrca-net.org/>

Test Your Knowledge

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Group in Rehabilitation Settings

1. T F The ultimate goal of rehabilitation counseling is improving the quality of life of persons with disabilities.
2. T F Livneh, Wilson, and Pullo (2002) suggested that among the many group formats utilized in rehabilitation counseling, three types dominate the field: (1) psychoeducational or educational groups, (2) task/work groups, (3) coping and skill training groups.
3. T F Psychoeducational groups, sometimes referred to as educational or guidance groups, emphasize using educational and developmental methods to impart information and facilitate growth and change.
4. T F Frequently identified barriers to employment for people with congenital disabilities rarely include low expectations among parents and educators during the individual's childhood and adolescence.
5. T F Early research with this model suggested that job club participants were more likely to find employment more quickly and at a higher rate of pay than those involved in traditional individual placement approaches.
6. T F The focus of psychoeducational groups in rehabilitation settings is on imparting factual information about disability or illness to participants.
7. T F The job club style of group is process- rather than outcome-oriented.
8. T F Following up with previous members represents a less critical component of the job club as compared to psychotherapeutic groups.
9. T F A job club is an intensive, highly structured, short-term behavioral group approach to vocational counseling.
10. T F Given the open nature of the typical job club, closure is generally an individual rather than a group phenomenon.
11. T F At the end of 2006 nearly 8.4% of U.S. adult residents, 16.5 million people, were on probation, in jail or prison, or on parole.
12. T F Approximately 5% of incarcerated offenders participate in group treatment programs.

13. T F It is estimated that 28% of incarcerated juveniles and 10% of adults in state facilities have disabilities.
14. T F The educational group is the most commonly used modality of group counseling in the medical/hospital setting.
15. T F The focus of group psychotherapy with offenders and mandated clients is on the remediation of problematic behaviors and personality restructuring.
16. T F Pre-group screening interviews with offenders are recommended to counter the manipulation and resistance associated with offender and mandated clients and to facilitate the development of therapeutic goals by the client.
17. T F According to this chapter a superior client is a client who avoids the therapeutic process by assuming a helper role for those “less fortunate” rather than seeking help for themselves.
18. T F Evaluating the success of offender groups represents a less complex endeavor, partly because members, leaders, and facilities are easier to contact for follow-up evaluation because of incarceration.
19. T F Because of confidentiality, probation and parole officers should not play an important role in the follow-up process when group participation is a condition of the offenders’ probation or parole requirements.
20. T F Patients with chronic or terminal illness find that group counseling is beneficial in the adjustment to psychosocial problems that can exacerbate their medical condition.

Chapter 14 Answers

1 T, 2 F, 3 T, 4 F, 5 T, 6 T, 7 F, 8 F, 9 T, 10 T, 11 F, 12 F, 13 T, 14 T, 15 T, 16 T, 17 F, 18 F, 19 F, 20 F