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**IMPACT THERAPY APPLIED TO GROUPS**

**Group Leading is About: *THE ART OF ENGAGEMENT***

***THE ART OF CONTROL***

### Four M’s of Impact Therapy: Multi-sensory, Motivational, Marketing, Maps

**1. PEOPLE DON’T MIND BEING LED WHEN THEY ARE LED WELL.**

**2. A GOOD GROUP LEADER IS CREATIVE, COURAGEOUS, AND MAKES SURE THE GROUP IS NOT BORING.**

**FACILITATOR------------------------------|----------------------X-----------LEADER**

**(emphasis on group process) (emphasis on personal issues) (interpersonal) (intrapersonal)**

**SEVEN GUIDING QUESTIONS FOR GROUP LEADING**

1. **What is the PURPOSE of the group?**

1. **What is the PHASE of the session?** Is it the warm-up, middle, or closing phase?

**3. Where is the FOCUS of the group?**

A leader is always aware that the focus is either on a **person**, **topic**, or **activity**.

A leader is always holding, **shifting**, or **deepening** (funneling) the focus.

**4. Do I need to teach the members theories?**

**5. What stage of change are the members at?**

## *PRECONTEMPLATION, CONTEMPLATION, PREPARATION, ACTION, MAINTENANCE, TERMINATION*

**6. How much do I focus on CONTENT and how much on PROCESS?**

**7. How DEEP is the group?**

**THE DEPTH CHART** (most sessions should go below 7)

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7\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6 impact

5

4

3

**GROUP LEADERSHIP SKILLS**

1. **Being clear as to the purpose**
2. **Being clear about your role as leader**
3. **Generating and building interest and energy**
4. **Tuning into the group’s energy**
5. **Varying the format**
6. **Using your eyes effectively**
7. **Setting the proper tone**
8. **Using your voice effectively**
9. **Being aware of the focus: a) on a topic b) on a person c) on an activity**
10. **Getting, holding, deepening and shifting the focus**
11. **Asking good questions**
12. **Knowing counseling theories**
13. **Knowing your allies in the group**
14. **Second guessing**
15. **Thinking of members as individuals**

**(It is appropriate to meet with members privately)**

1. **Dealing with multicultural issues**
2. **Drawing out**
3. **Cutting off**
4. **Using exercises effectively**