

## NURSING SERVICE GUIDELINES OUTPATIENT RECOVERY SERVICES

**Guideline:**   **Group Counseling**



**Policy Number Superseded:**

**Responsibility:**   Outpatient Recovery Services staff and providers.

**Effective Date:**  
November 2025

**Purpose of Guideline:** To describe/detail group counseling services for patients within the Recovery Services Program.

**Initial Effective Date:**  
November 2019

**Procedure:**

- (A)   Group counseling will be provided to three or more individuals by a counselor utilizing training and skills to assist patients in achieving treatment objectives.
  - (1)   Patients are informed of the following:
    - (a)   Expected to attend all sessions.
    - (b)   To be timely to appointments and group sessions.
    - (c)   Attend sober support activities each week.
    - (d)   Failure to meet expectations could result in discharge from programming.
  - (2)   The means of achieving treatment objectives through group counseling include:
    - (a)   A review of group agreements and expectations at the start of each group session.
    - (b)   Exploration of alcohol and other drug problems and/or addiction and co-occurring mental illness and their ramifications.
    - (c)   Examination of attitudes and feelings.
    - (d)   Consideration of alternative solutions and decision making.
    - (e)   Discussing didactic materials about alcohol and other drug and co-occurring disorder related problems.

- (3) The length and frequency of sessions will be determined individually by treatment needs and goals as outlined in the individual treatment plan.
- (4) The patient to counselor ratio shall not exceed 12:1 and shall not exceed 20.
- (5) Group counseling services include, but are not limited to exploration of the following topics:
  - (a) Relapse triggers, prevention, and crisis plan for the co-occurring disorders.
  - (b) Building coping and sober support systems.
  - (c) Family systems, boundaries, and co-dependency.
  - (d) Cognitive interventions.
  - (e) Coping with loss, grief, and guilt.
  - (f) Issues related to ongoing recovery from alcohol and other drug problems/addiction and mental illness.
  - (g) Gender and culturally specific issues related to ongoing recovery from alcohol and other drug problems/addiction and/or mental illness.
  - (h) Recovery issues related to school and/or employment.
  - (i) Relationships.
  - (j) Leisure time and activities.
  - (k) Feelings, needs, and communication.

(B) Resources: SAMHSA Treatment Improvement Protocol Series No. 41

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*Review/Revision Completed by:*  
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