



LEVEL IV: INTERPERSONAL GROUP

TARGET POPULATION

- Addiction Centre **Level IV** patients.

GOALS

To assist the patient to:

- Understand, express and tolerate affect (e.g. feelings).
- Understand the impact of their behaviour on others.
- Understand how they react to others.
- Become aware of what causes difficulties in their relationships.
- Understand both helpful and un-helpful unconscious processes and behaviours.
- Understand the link between their interpersonal difficulties and their substance related issues and/or behavioural addictions.
- Take the opportunity to practice ways of reacting and behaving.

ACTIVITIES

- Therapists will comment on what is observed within individuals and on the group process.
- Therapists will orient the group to a “here-and-now” focus, in terms of their reactions and interactions.
- Patients are encouraged to give and receive feedback about what they notice about each other and how they are impacted by each other.
- Therapists will facilitate patient’s awareness of their interactional patterns and how certain patterns can cause difficulties in their lives.
- Patients are encouraged to identify, articulate and begin to actualize their interpersonal goals.
- Therapists contain the group, so that it remains a safe place for patients.

OUTCOME

- Patients will develop improved insight into their styles of interaction and what contributes to difficulties in major life areas.
- Decreased risk for relapse based on an increased ability to understand and tolerate feelings, and to better manage interpersonal relationships.