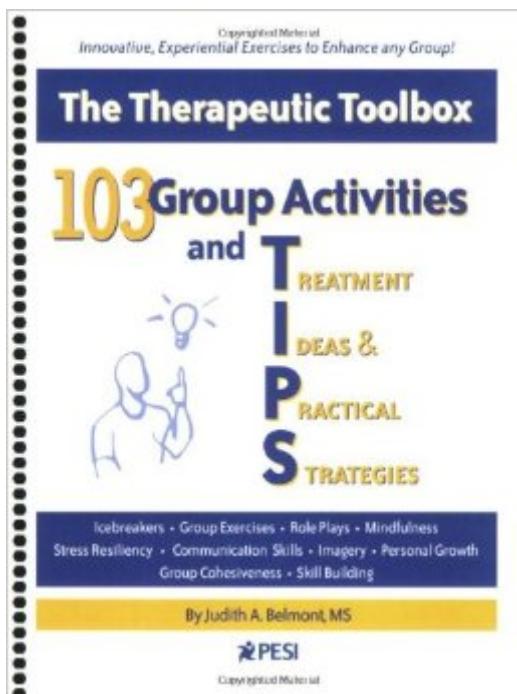


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# 103 Group Activities And TIPS (Treatment Ideas & Practical Strategies)



## **Synopsis**

Fill your therapeutic toolbox with innovative, experiential exercises to enhance any group with 103 Group Activities and TIPS and Belmont's newest group book (2016) 150 Group Therapy Activities and TIPS! 103 Group Activities and T.I.P.S. (Treatment Ideas and Practical Strategies), as well as her more recently released 150 Group Therapy Activities and TIPS, are gleaned from 40 years of clinical experience coupled with her passion for "hands-on" mental wellness education. These straightforward and universally relevant "how to" exercises are smartly spiral bound so you can easily make copies for your clients. All the TIPS are geared to helping participants take a proactive approach and experience change, not just talk about it. Within the T.I.P.S. approach, each of the 103 activities, handouts or strategies is broken down even further into T.I.P.s (Theory, Implementation and Processing). This unique approach makes every TIP easy to understand and put to practice. You will find blueprints for group success in icebreakers, role plays, mindfulness, stress resiliency, communication skills, imagery, personal growth, group cohesiveness and skill building.

## **Book Information**

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## **Customer Reviews**

I purchased this book to help assist in designing a support group in my local area. There are several easy group ideas to help get the group started, build rapport with and between the group members, as well as ideas for ending the group. What a great resource! I wish I had had this when I was taking my group counseling class in my master's program!

GREAT RESOURCE BOOK, HAS WONDERFUL AND ENRICHING IDEAS THAT WOULD SUIT EVERYTHING FROM FAMILY THERAPY, EDUCATIONAL SETTINGS TO ADDICTION GROUP SESSIONS.

I have purchased quite a few group activity books for use for the groups that I run on a mental ward in Pa. This book is absolutely the best of the lot. Activities from other sources are helpful in supplimenting the material in this manual, but that is seldom necessary. I'll be looking for the author's next volume.

I am a Substance Abuse Counselor and some of these activities work great with my groups. I work mostly with adults but it really work well with the adolescent groups as well.

This is an excellent book to use with groups. The ideas are fresh and easy to work with for small, medium or large groups.

Great activities to use with groups and individuals to facilitate understanding of the process of addiction. Makes for good reading. Easily understood and easy to apply. User friendly.

I really like this book. It is exactly what it says it is. These group activities are easy to do and implement in a group. They provide outlets to let you see a client's insight and to help them gain insight. It has been so useful that other counselors have borrowed my book to do activities with their groups. Very easy to use and usually doesn't require much in the way of props.

Had this book some time ago and ended up losing it to a coworker, such a good book I came back to get another. Has a lot of different activities/worksheets that work well for groups, especially with an older population less able to follow through on more active group activities such as those found in ones geared towards kids/teens.

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