



**Oshkosh Marriage and Family Therapy Center LLC**  
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## **Group Therapy Agenda**

### **Week 1:**

1. Overview of the Program
2. Review of group rules and guidelines
3. Welcome and introductions
4. What is PTSD?
  - a. Some statistics and facts about PTSD
  - b. Common reactions to trauma
  - c. What causes PTSD and the physiology of PTSD?
  - d. Triggers, safety, and avoidance behaviors
5. Exercise
  - a. Breathing Retraining
6. Check in and provide homework

### **Week 2:**

1. Share results of breathing and behaviors homework
2. Exercise:
  - a. What Works and What Doesn't
3. Introduce Exposure Therapy
4. Exercise:
  - a. SUDs scale
  - b. Personal distress hierarchy
5. Check in and provide homework

### **Week 3:**

1. Share results of real-time exposure homework
2. Exercise:
  - a. "Drop Three" Relaxation
  - b. Progressive Muscle Relaxation
  - c. Self-Talk Skill Building
3. Check in and provide homework

**Week 4:**

1. Share results of real-time exposure homework
2. Share results of relaxation and self-talk exercises
3. Exercise:
  - a. Grounding Skills
  - b. Safe Place Exercise
4. Check in and provide homework

**Week 5:**

1. Share results of real-time exposure homework
2. Share results of grounding and safe place exercises
3. Exercise:
  - a. Share struggles you are facing in understanding your own PTSD
4. Check in and provide homework

**Week 6:**

5. Share results of real-time exposure homework
6. Share results of overall relaxation exercises
7. Exercise:
  - a. Emotional Numbing Worksheet
  - b. "Best Self" Statement
8. Check in and provide homework

**Week 7:**

1. Share results of real-time exposure homework
2. Share results of calming phrase and best self statement exercises
3. Share gains made thus far
4. Exercise:
  - a. Dealing with Anger Worksheet
  - b. Anger Analysis Worksheet
5. Check in and provide homework

**Week 8:**

1. Share results of real-time exposure homework
2. Share results of overall relaxation exercises
3. Exercise:
  - a. Share struggles you are currently having with people in your life understanding PTSD
4. Check in and provide homework

**Week 9:**

1. Share results of real-time exposure homework
2. Share results of overall exercises
3. Share gains perceived by others in your life that you have made thus far
4. Exercise:
  - a. Anger Toolbox
5. Check in and provide homework

**Week 10:**

1. Share results of real time exposure homework
2. Share results of breathing and self-calming exercises
3. Exercise:
  - a. PTSD Triangle
  - b. Common Thinking Errors
  - c. Recovery Thinking Worksheet
4. Check in and provide homework

**Week 11:**

1. Share results of real-time exposure homework
2. Share results of breathing and self-calming exercises
3. Exercise:
  - a. Discuss themes of PTSD relapse, recovery, and resiliency
4. Check in and provide homework

**Week 12:**

1. Share results of resiliency homework
2. Exercise:
  - a. Recomplete SUDs scale and personal distress hierarchy
  - b. Group self-evaluation
  - c. Discuss gains you have noticed in other group members
3. Check in and say goodbye