



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?
 - d. The physiology of PTSD
 - e. Triggers, safety, and avoidance behaviors
 - f. The brain and PTSD
5. Exercise
 - a. Breathing Retraining
 - b. Five Second Breathes
6. Check in and provide homework

Week 2:

1. Share results of breathing and behaviors homework
2. Why are triggers, avoidance, and safety behaviors important?
3. What Works and What Doesn't
4. Introduce Prolonged Exposure Therapy
5. Exercise:
 - a. SUDs scale
 - b. Personal distress hierarchy
6. 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. Emotion Expression
 - c. "Best Self" Statement
 - d. Put it all Together
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. Exercise:
 - a. Review gains made thus far
 - b. Dealing with Anger Worksheet
 - c. What are your Body's Warning Signs for Anger?
4. Ways of Interacting with other People
5. Exercise:
 - a. Anger Analysis Worksheet
6. 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. Skills for Managing Emotions
4. Exercise:
 - a. Emotions 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. PTSD Triangle
4. Exercise:
 - a. Common Thinking Errors
 - b. Recovery Thinking Worksheet
5. Check in and provide homework

Week 11:

1. Share results of real-time exposure homework
2. Share results of negative and realistic thoughts homework
3. Exercise:
 - a. Relapse, Recovery, and Resiliency
 - b. Relapse Signs
4. Resiliency
5. Check in and provide homework

Week 12:

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