

Evidence-Based Group Interventions for Children and Adolescents

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Group Therapy

- Benefits
 - Cost-effective
 - Serve greater number of clients
 - Peer support
 - Greater empowerment
 - Enhanced self-efficacy
 - Improved social networks
 - Effectiveness

Group Interventions

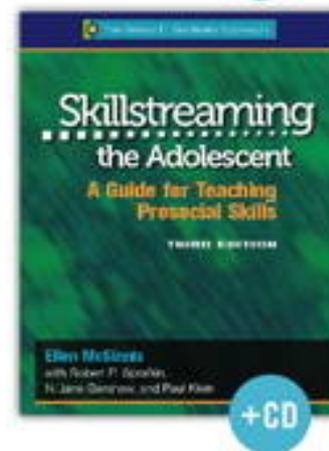
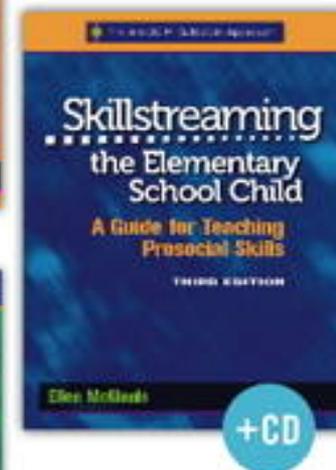
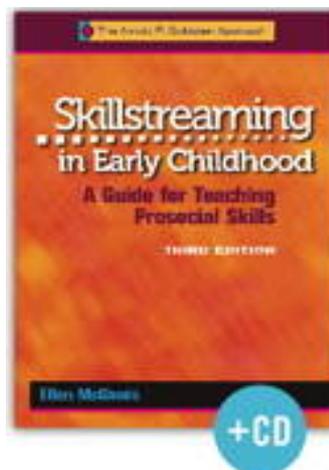
- Social Skills
- Depression
- Anxiety
- Obsessive-Compulsive Disorder
- Trauma
- Disruptive Behavior
- Divorce

Social Skills

- Skillstreaming
- UCLA PEERS
- Social Skills Group Intervention (S.S. Grin)

Social Skills: Skillstreaming

- Uses modeling, role-playing, performance feedback, and generalization
- Each book includes:
 - ▣ Program content and implementation
 - ▣ Skill outlines and homework reports
 - ▣ CD with reproducible forms and handouts
- Tips for implementation in schools



Social Skills: Skillstreaming

- Skill Areas
 - Friendship-Making Skills
 - Dealing with Feelings
 - Alternatives to Aggression
 - Dealing with Stress
- Early Childhood
 - Beginning Social Skills & School Related Skills
- Elementary School Child & Adolescent
 - Classroom Survival Skills

Social Skills: Skillstreaming

Ages/Grades	Preschool-High School
Format	Adaptable
Materials	Required: Program Book (\$45)
Optional:	Student Manual (\$13), Lessons Plans & Activities (\$65), other materials
Trainings:	Optional: Skillstreaming DVD - Educator Training (Includes Elementary and Adolescent Program Books; \$125)
Language	English
More information	www.skillstreaming.com

Social Skills: UCLA PEERS

- The UCLA Program for the Education and Enrichment of Relational Skills (PEERS)
- Evidence for use with teens with autism spectrum disorders
- Also treats ADHD, anxiety, depression
- Practice skills in session during real play activities
- Socialization homework assignments

Social Skills: UCLA PEERS

□ Topics of Instruction

- ▣ How to use appropriate conversational skills
- ▣ How to find common interests by trading information
- ▣ How to appropriately use humor
- ▣ How to enter and exit conversations between peers
- ▣ How to handle rejection, teasing, and bullying
- ▣ How to handle rumors and gossip
- ▣ How to be a good host during get-togethers
- ▣ How to handle arguments and disagreements
- ▣ How to make phone calls to friends
- ▣ How to choose appropriate friends
- ▣ How to be a good sport
- ▣ How to change a bad reputation

SEMEL
Institute

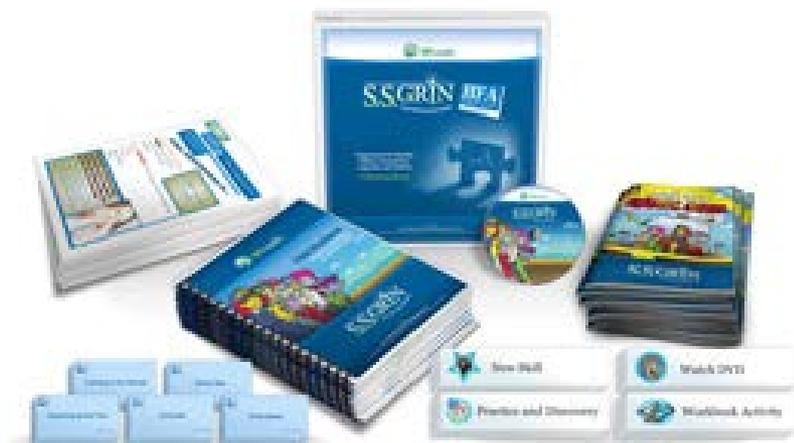
UCLA



Social Skills: UCLA PEERS

Ages/Grades: Middle School-High School
Format: 14 90-minute sessions
Small groups: Materials Required: Manual (\$52)
Trainings: Required to be PEERS Certified
4-day training (\$2200)
Language: English
More information: <http://www.semel.ucla.edu/peers>

Social Skills: S.S. Grin



- Social Skills Group Intervention (S.S. Grin)
 - EC
 - K-2
 - 3-5
 - High Functioning Autism (S.S. Grin – HFA)
 - Adolescent (S.S. Grin-A)

Social Skills: S.S. Grin

- Proven to reduce school violence and increase social-emotional competence
- Skills taught through dynamic instruction and practice (games & activities)
- Scripted lesson plans
 - Modeling
 - Positive reinforcement
 - Cognitive reframing

Social Skills: S.S. Grin

Ages/Grades	Preschool-16 years old
Format	10-12 sessions
Materials Required:	Online Kit(\$195-\$265) or Physical Kit (\$595-\$795)
Trainings:	Online training included in kit cost
Language:	English
More information	http://www.selmediainc.com/ssgrin/overview

Depression

- Penn Resiliency Program
- ACTION
- Adolescents Coping with Depression (CWD-A) & Group for Parents of Depressed Youth
- Coping with Stress Course (CWS)/POD-TEAMS Depression Prevention Program

Depression: Penn Resiliency Program

- Teaches cognitive-behavioral and social problem-solving skills
- Students learn to
 - detect inaccurate thoughts
 - evaluate the accuracy of those thoughts
 - challenge negative beliefs by considering alternative interpretations



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Depression: Penn Resiliency Program

- Students learn techniques for
 - Assertiveness
 - Negotiation
 - Decision-making
 - Social problem-solving
 - Relaxation
- Skills introduced through
 - Skits
 - Role plays
 - Short stories
 - Cartoons
- Skills are practiced using hypothetical situations

Depression: Penn Resiliency Program

- Ages/Grades: 10-13 years old
- Format: 12 90-minute sessions or 18-24 60-minute sessions
(some projects have used shorter versions)
Small group
- Materials: Available for research purposes
- Trainings: 3-10 days
Group supervision every 1-2 weeks
- Language: English
- More information: <http://www.ppc.sas.upenn.edu/prpsum.htm>

Depression: ACTION

- Skills
 - taught using didactic presentations and experiential activities
 - rehearsed during in-session activities
 - applied through therapeutic homework

Depression: ACTION

Components

- Psycho-education
- Goal setting
- Behavioral activation
- Coping skills and emotion regulation skills training
- Problem solving skills
- Cognitive restructuring
- Improvement in self-schema
- Self-monitoring
- Self-evaluation
- Self-reinforcement
- Social reinforcement
- Interpersonal skills

Depression: ACTION

Ages/Grades	9-14 years old Females
Format	20 60-minute group sessions + 2 60-minute individual sessions Groups of 4-6
Materials	Child Workbook (\$27) Therapist Manual (\$24)
Trainings	Not required Contact developer
Language	English, Spanish, Dutch
More information	www.workbookpublishing.com

Depression: Adolescents Coping with Depression (CWD-A)

- CBT treatment for actively depressed adolescents
- Accompanying parent group:
 - “Group for Parents of Depressed Youth”
- Skills
 - Relaxation
 - Pleasant activities
 - Constructive thinking
 - Social skills
 - Communication
 - Negotiation
 - Problem Solving



Depression: Adolescents Coping with Depression (CWD-A)

Ages/Grades	Adolescents
Format	16 2-hour sessions
Materials	Teen Workbook (free)
Therapist	Manual (free)
Trainings	Not required
Language	English
More information	http://www.kpchr.org/research/public/acwd/acwd.html

Depression: Group for Parents of Depressed Youth

Ages/Grades	Parents of adolescents receiving CWD-A
Format	8 2-hour sessions
Materials	Parent Manual (free) Parent Workbook (free)
Trainings	Not required
Language	English
More information	http://www.kpchr.org/research/public/acwd/acwd.html

Depression: Coping with Stress Course (CWS)/POD-TEAMS Depression Prevention Program

- CBT treatment for adolescents at risk of becoming depressed
 - past episode of depression
 - persistent subdiagnostic dysphoria and/or other depressive symptoms
 - depressed parents
 - being a pregnant, single teen mother
 - having some other known risk factor for depression.

Depression: Coping with Stress Course (CWS)/POD-TEAMS Depression Prevention Program

- Topics

- Psychoeducation
- Cognitive-restructuring skills
 - Techniques for modifying irrational and negative self-statements and thoughts

- Instruction

- Lectures
- Discussion
- Activities
 - Demonstration
 - Group
 - Team
- Role-playing
- Homework

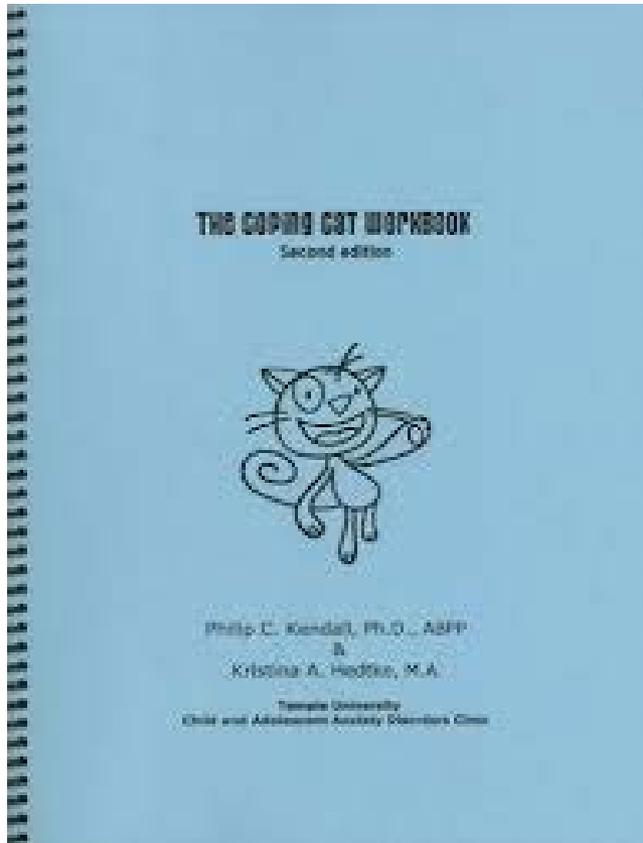
Depression: Coping with Stress Course (CWS)/POD-TEAMS Depression Prevention Program

Ages/Grades	Adolescents
Format	CWS: 15 1-hour sessions 2-4 times per week
POE-TEAMS:	8 90-minute sessions once a week
	Small group
Materials	Teen Workbook (free) Therapist Manual (free)
Trainings	Not required
Language	English
More information	http://www.kpchr.org/research/public/acwd/acwd.html

Anxiety

- Coping Cat
- Cool Kids
- Social Effectiveness Therapy for Children & Adolescents
- Parent groups
 - *Keys to Parenting your Anxious Child*
 - *Helping Your Anxious Child: A Step-by-Step Guide for Parents*

Anxiety: Coping Cat



- Components:
 - Psychoeducation
 - Exposure tasks
 - Somatic management (including relaxation)
 - Cognitive restructuring
 - Problem solving

Anxiety: Coping Cat

- Cognitive restructuring addresses FEAR:
 - Feeling frightened
 - Expecting bad things
 - Attitudes and actions that will help
 - Results and rewards

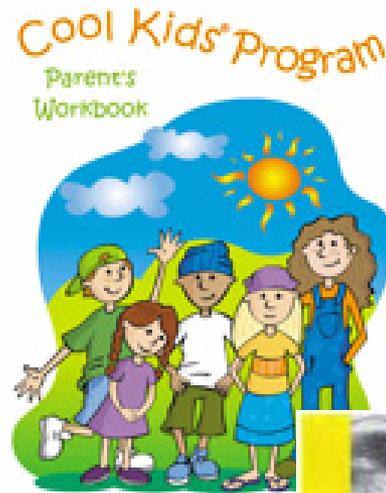


Anxiety: Coping Cat

Ages/Grades	7-13 years old
Format	16 50-minute weekly sessions Groups of 4-5
Materials	Child Workbook (\$27) Therapist Manual (\$24)
Trainings	Not required
Language	English, Spanish, Chinese, Japanese, Hungarian, Norwegian
More information	www.workbookpublishing.com

Anxiety: Cool Kids

- Components:
 - Psychoeducation
 - Cognitive restructuring
 - Parent skills
 - In-vivo exposure
 - Social skills
 - Coping strategies
- Specific adaptation for schools



Hindl Lenehan, Marie Abbott, Ann Wignu
Macquarie University Anxiety System



Anxiety Prevention Program
Parent's Manual



RONALD M RAPEE, ELIZABETH X LAU, SUSAN J KENNEDY

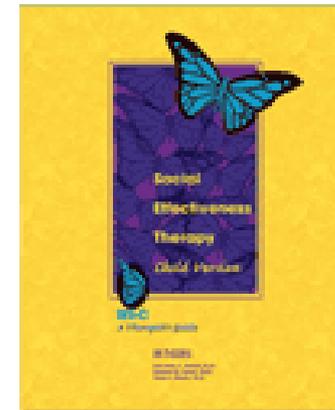


Anxiety: Cook Kids

Ages/Grades	7-17 years old Prevention program for 3-6-year-olds also available
Format	12 60-minute weekly sessions Groups of 6-8
Materials	Cool Kids Program Kit (Therapist Manual + 1 Parent Workbook + 1 Child Workbook; \$60 AUS) Workbooks (Parent & Child; \$32 AUS)
Trainings	Not required
Language	English, Spanish, Chinese, Danish, Icelandic, Korean, Swedish, Turkish
More information	http://centreforemotionalehealth.com.au/pages/resources-products.aspx

Anxiety: Social Effectiveness Therapy for Children & Adolescents (SET-C)

- Behavioral treatment for social phobia
- Components:
 - Social skills training
 - Peer generalization sessions
 - Individual exposure therapy sessions
 - Brief parent-education

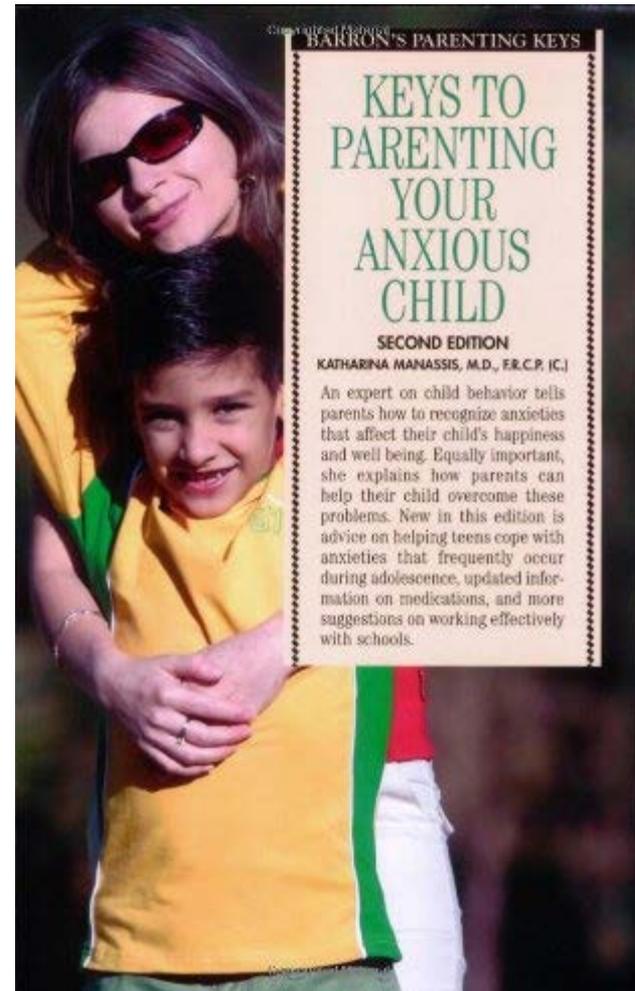


Anxiety: Social Effectiveness Therapy for Children & Adolescents (SET-C)

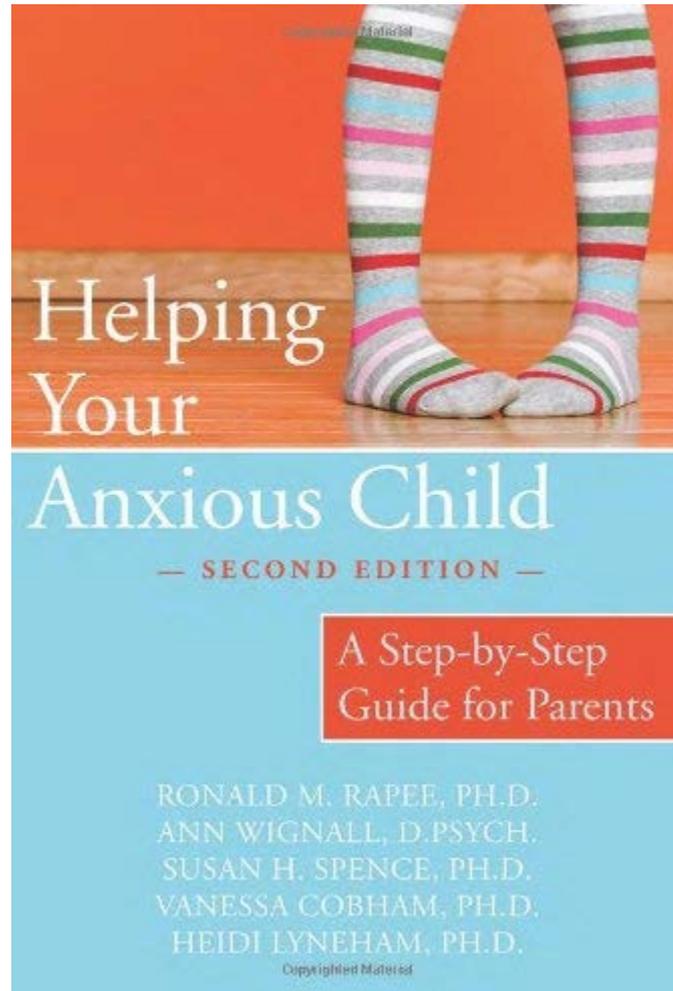
Ages/Grades	7-17 years old
	Child and adolescents with social phobia
Format	12 weekly 60-minute social skills training + 90-minute peer generalization sessions + 60-minute individual exposure sessions
	Groups of 6 with 2 therapists
Materials	SET-C Complete Kit (Therapist Guide+ 6 Parent Guides + other materials; \$193)
	Therapist Guide(\$60)
	Trainings Not required
Language	English
More information	https://ecom.mhs.com/(S(40zc2k33ha4jl1nwujhrgrjg))/product.aspx?gr=edu&prod=setc&id=overview

Anxiety: Parent Groups

- *Keys to Parenting your Anxious Child*
 - Katharina Manassis, M.D.
 - Second Edition, 2008
 - Barron's Educational Series
 - 192 pages



Anxiety: Parent Groups



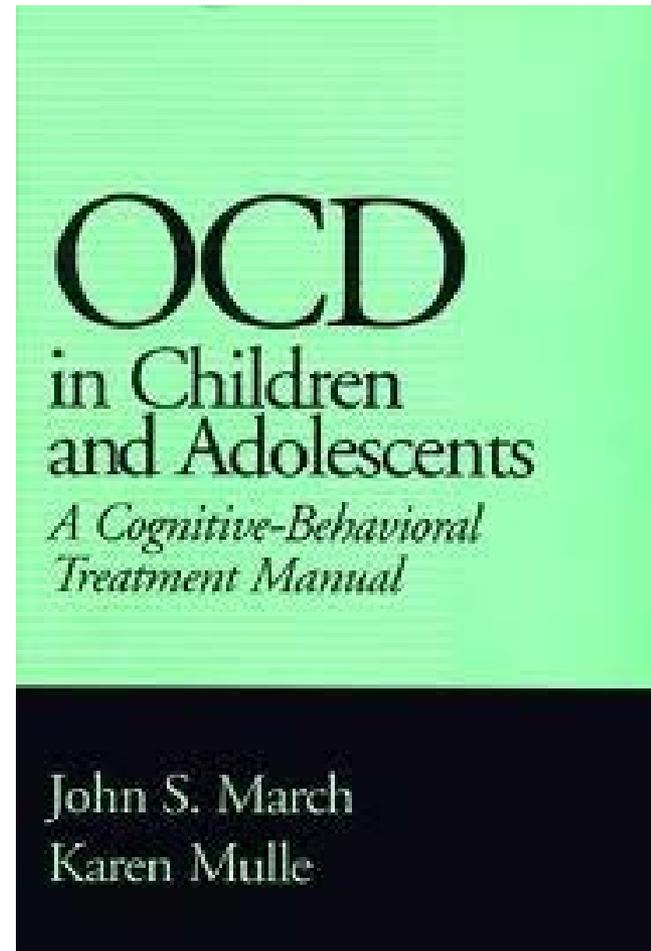
- *Helping Your Anxious Child: A Step-by-Step Guide for Parents*
 - Ronald Rapee, PhD; Ann Wignall, PsyD; Susan Spence, PhD, Heidi Lyneham, PhD; Vanessa Cobham, PhD
 - Second Edition, 2008
 - New Harbinger Publications
 - 296 pages

Obsessive-Compulsive Disorder

- *OCD In Children and Adolescents: A Cognitive-Behavioral Treatment Manual*

Obsessive-Compulsive Disorder

- *OCD In Children and Adolescents: A Cognitive-Behavioral Treatment Manual*
 - March & Mulle, 1998



Obsessive-Compulsive Disorder

- CBT Treatment Protocol
 - Session 1: Psychoeducation
 - Session 2: Cognitive Training
 - Session 3: Cognitive Training/Mapping OCD
 - Session 4: Further Mapping
 - Weeks 3-18: Exposure and response prevention (E/RP)
 - Weeks 18-19: Relapse Prevention
 - Sessions 1, 7, and 12: Parent Sessions

Obsessive-Compulsive Disorder

Ages/Grades	Children and Adolescents
Format	12-20 sessions Adaptable
Materials	Book/Manual (\$50)
Trainings	Not required
Language	English
More information	Book/manual available through Guilford Press and on Amazon.com

Trauma

- Cognitive-Behavioral Intervention for Trauma in Schools
- “Let’s Talk” books

Trauma: Cognitive-Behavioral Intervention for Trauma in Schools

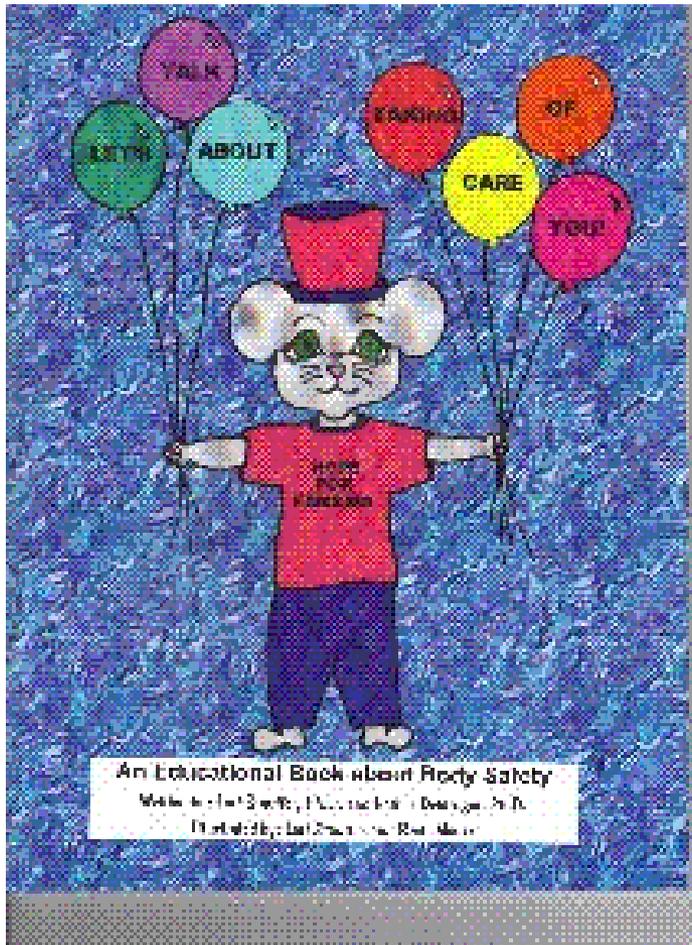
- School-based, group, and individual intervention
- Reduces
 - PTSD
 - Depression
 - Behavioral problems
- Improves
 - Functioning
 - Grades and attendance
 - Peer and parent support
 - Coping skills
- Utilizes CBT
 - Psychoeducation
 - Relaxation
 - Social problem solving
 - Cognitive restructuring
 - Exposure



Trauma: Cognitive-Behavioral Intervention for Trauma in Schools

Ages/Grades	Grades 5-12
Format	10 group sessions, 1-3 individual sessions, 2 parent psychoeducational sessions, 1 teacher educational session Adaptable
Materials	Manual (“minimal cost”) Free online resources
Trainings	Free online training In-person training available
Language	English, Spanish
More information	http://cbitsprogram.org/

Trauma: “Let’s Talk” books



- *Let’s Talk About Taking Care of You: An Educational Book about Body Safety*
 - For elementary age children
- *Let’s Talk About Taking Care of You: An Educational Book about Body Safety for Young Children*
 - For children at 2-6

Trauma: “Let’s Talk” books

- Lori Stauffer, PhD & Esther Deblinger, PhD
- Also available:
 - *Let’s Talk about Coping and Safety Skills: A Workbook About Taking Care of Me!*
 - *Let’s Talk about Safety Skills for Kids: A Personal Safety Activity Book for Parents and Children*
- 5 books for \$10 or 100 books for \$150
- [http://hffbooks.com/Lets Talk Book Information.html](http://hffbooks.com/Lets_Talk_Book_Information.html)

Disruptive Behavior

- Triple P Positive Parenting Program
- Defiant Children
- Incredible Years
- Coping Power
- Anger Coping Program
- EQUIP Program
- PREPARE Curriculum
- Aggression Replacement Training

Disruptive Behavior: Triple-P Positive Parenting Program



- Parenting and family support system
- Prevention and treatment of behavioral and emotional problems
- Draws on social learning, cognitive behavioral, and developmental theory

Disruptive Behavior: Triple-P Positive Parenting Program

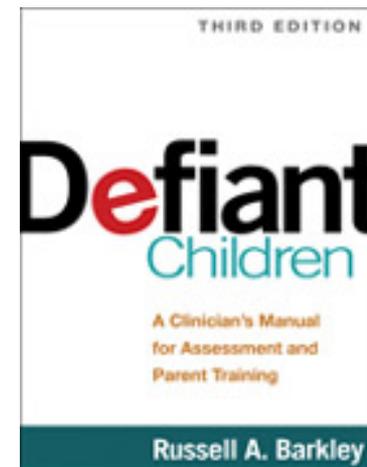
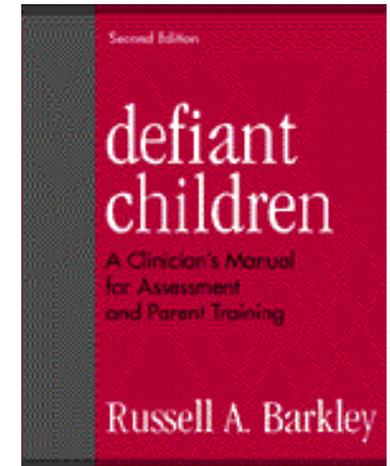
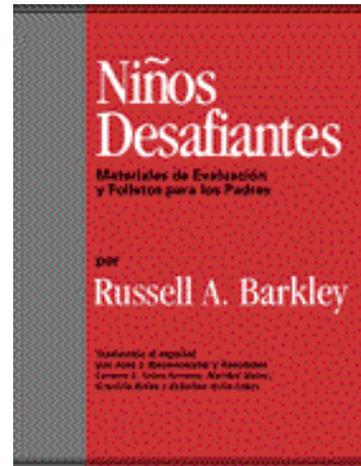
- Triple P: parents of children up to 12 years
- Teen Triple P: parents of 12 to 16 year olds
- Specialist programs
 - Stepping Stones: parents of children with a disability
 - Family Transitions: parents going through separation or divorce
 - Lifestyle: parents of children who are overweight

Disruptive Behavior: Triple-P Positive Parenting Program

Ages/Grades	Parents of children birth-16 years old
Format	Varies
Materials	Available once certified
Trainings	Required (\$1000-2000)
Language	English, Spanish
More information	http://www.triplep.net/glo-en/home http://www.triplep-america.com/

Disruptive Behavior: Defiant Children

- Parent training program
- Can be adapted for groups
- Components:
 - Curriculum
 - Assessment materials
 - Parent handouts



Disruptive Behavior: Defiant Children

- Guidelines For Therapists in Conducting the Program
 - Step 1. Why Children Misbehave
 - Step 2. Pay Attention!
 - Step 3. Increasing Compliance and Independent Play
 - Step 4. When Praise Is Not Enough: Poker Chips and Points
 - Step 5. Time Out and Other Disciplinary Methods
 - Step 6. Extending Time Out to Other Misbehavior
 - Step 7. Anticipating Problems: Managing Children in Public Places
 - Step 8. Improving School Behavior from Home: The Daily School Behavior Report Card
 - Step 9. Handling Future Behavior Problems
 - Step 10. Booster Session and Follow-Up Meetings

Disruptive Behavior: Defiant Children

Ages/Grades	Parents of children 2-12 years old
Format	Varies
Materials	Therapist Manual (includes handouts; \$34)
Trainings	None required
Language	English, Spanish
More information	http://russellbarkley.org

Disruptive Behavior: Incredible Years

- Parent Training Programs
 - Babies & Toddlers (0-3 years)
 - BASIC Early Childhood (3-6 years)
 - BASIC School-Age (6-12 years)
 - ADVANCED (6-12 years)
- Strengthen parenting competencies
 - Monitoring, positive discipline, confidence
- Foster parents' involvement in children's school experiences



Disruptive Behavior: Incredible Years

- Child Training Programs
 - Dinosaur Social Skills and Problem Solving curriculum
 - Dina Dinosaur Child Training Programs (small group therapy)
 - Dina Dinosaur Classroom Curriculum (prevention)
- Skills
 - Understanding and communicating feelings
 - Using effective problem solving strategies
 - Managing anger
 - Practicing friendship and conversational skills
 - Appropriate classroom behaviors

Disruptive Behavior: Incredible Years

Ages/Grades	Parents of children birth-12 years old Children 4-8 years old
Format	Parent training: Varies
Child training:	18-20 weekly 2-hour sessions Groups of 6
Materials	Parent Programs (\$1000-2000) Child Programs (\$1150-1250)
Trainings	Highly recommended 3-Day Group Leader Training Workshops (\$400) Certification available
Language	English, Spanish, French, Norwegian, Swedish, Portuguese, Russian, Danish, Finnish, Chinese
More information	http://www.incredibleyears.com/

Disruptive Behavior: Coping Power

- Preventive intervention for youth at risk for substance use and delinquency
- Developed as a school-based program
- Child and parent component
- Addresses:
 - Social competence
 - Self-regulation
 - Positive parental involvement



Coping Power

Disruptive Behavior: Coping Power

Child Component

- Ability to set short and long term goals
- Organization and study skills
- Anger management skills
- Social skills
- Problem-solving skills
- Ability to resist to peer pressure
- Entry into positive peer groups

Parent Component

- Praise and positive attention
- Clear rules and expectations
- Promotion of child study skills
- Appropriate discipline practices
- Parental stress management
- Family communication and problem-solving
- Reinforcement of problem-solving skills the children the learn in Coping Power

Disruptive Behavior: Coping Power

Ages/Grades	Children grades 4-6 + parents
Format	Child component: 34 weekly group sessions + periodic individual sessions Parent component: 16 weekly group sessions + periodic individual sessions and home visits 15-18 months (abbreviated version available)
Materials	Group Facilitator Manuals (\$60) Child Workbook(\$67 set of 8) Parent Workbook (\$100 set of 8) Trainings Recommended 2-3-Day Workshops
Language	English
More information	www.copingpower.com

Disruptive Behavior: Anger Coping Program

- Social relations intervention for aggressive/rejected youth
- Designed to inhibit responses of violence and aggravation

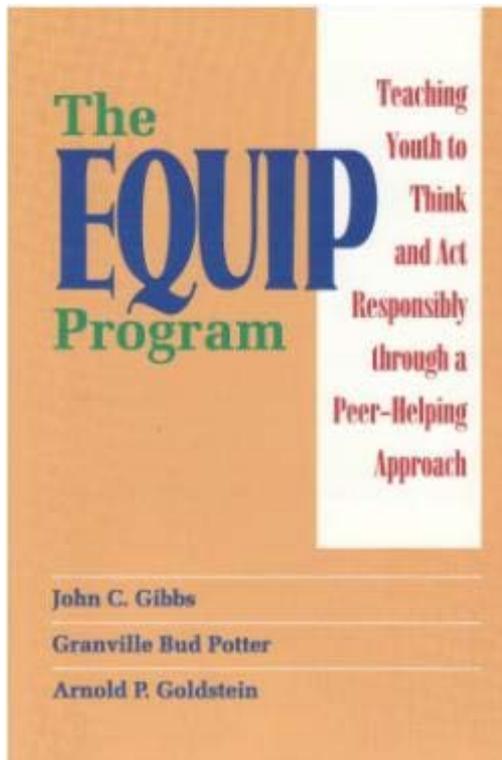
Disruptive Behavior: Anger Coping Program

- Social skills training + CBT = deliberate, non-impulsive problem solving skills
- Components
 - Social problem solving
 - Positive play training
 - Group-entry skill training
 - Dealing effectively with strong negative feelings

Disruptive Behavior: Anger Coping Program

Ages/Grades	Grades 3-6
Format	Varies
Materials	Therapist Manual (\$26)
Trainings	Available (Coping Power training)
Language	English, Spanish
More information	http://www.copingpower.com/Manuals.aspx

Disruptive Behavior: EQUIP Program



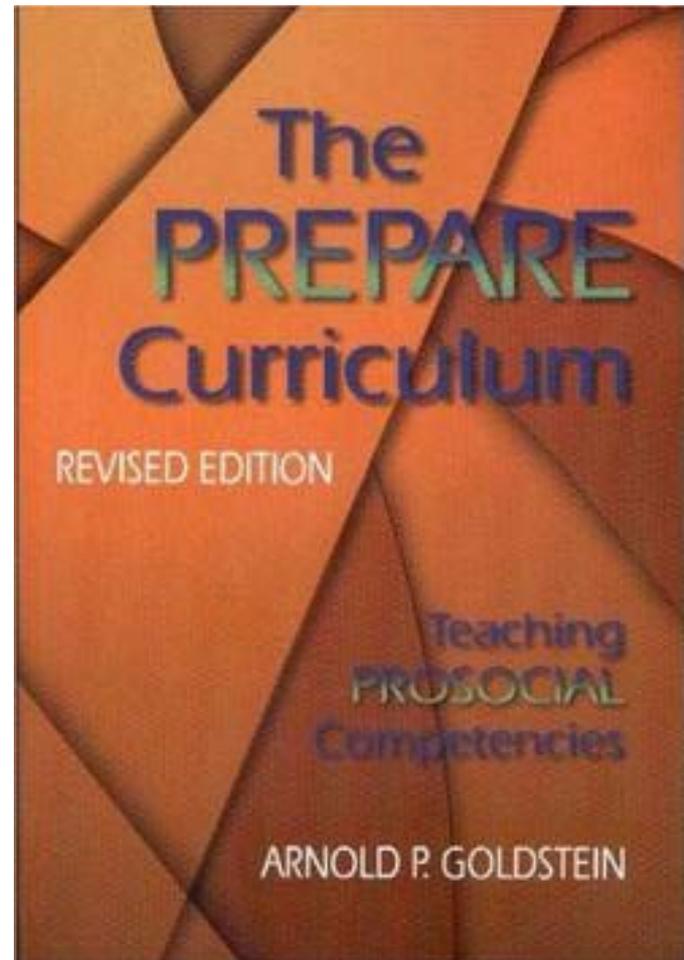
- A three-part intervention
 - Moral judgment
 - Anger management/correction of thinking errors
 - Pro-social skills
- Two types of group sessions
 - *Equipment Meetings*
 - Leader taught
 - *Mutual Help Meetings*
 - Leader coaches students as they use the skills they've learned to help each other

Disruptive Behavior: EQUIP Program

Ages/Grades	Middle School – High School
Format	Varies
Materials	EQUIP Book(\$30) EQUIP Implementation Guide (\$33) Book + Implementation Guide (\$57)
Trainings	Not required
Language	English
More information	https://www.researchpress.com/books/528/equip-program

Disruptive Behavior: The PREPARE Curriculum

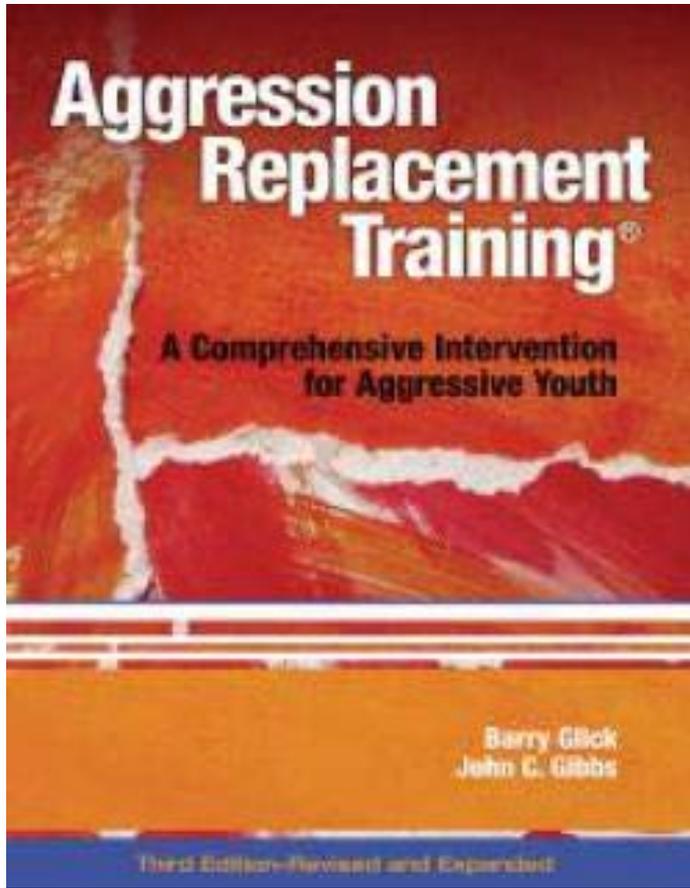
- Three target areas:
 - ▣ Reducing aggression
 - ▣ Reducing stress
 - ▣ Reducing prejudice
- 93 exercises:
 - ▣ Games
 - ▣ Role plays
 - ▣ Reading and writing
 - ▣ Drawing
 - ▣ Brainstorming
 - ▣ Group discussion
 - ▣ Relaxation
 - ▣ Tape recordings
 - ▣ Photography



Disruptive Behavior: The PREPARE Curriculum

Ages/Grades	Middle School – High School Can be adapted for younger children
Format	10 sessions
Materials	Manual (\$40)
Trainings	In-service trainings and workshops available
Language	English
More information	https://www.researchpress.com/books/818/prepare-curriculum

Disruptive Behavior: Aggression Replacement Training



- Three components:
 - Social Skills Training
 - Anger Control Training
 - How to respond in a nonaggressive manner and rethink anger-provoking situations
 - Moral Reasoning
 - Raise level of fairness, justice, and concern for the needs and rights of others

Disruptive Behavior: Aggression Replacement Training

- Social Skills Training
 - Behavioral component
 - Utilizes Skillstreaming curriculum
- Anger Control Training
 - Affective component
 - Utilizes CBT
- Moral Reasoning
 - Cognitive component
 - Utilizes hypothetical “problem situations”

Disruptive Behavior: Aggression Replacement Training

Ages/Grades	Middle School – High School
Format	10 sessions for each component
Materials	Manual (\$40)
Trainings	In-service trainings and workshops available
Language	English
More information	www.aggressionreplacementtraining.com

Divorce

- Children of Divorce Intervention Program

Divorce: Children of Divorce Intervention Program

- Goals:

- Minimize emotional and behavioral problems
- Increase ability to identify and appropriately express feelings
- Increase understanding and acceptance of divorce-related concepts
- Reduce anxiety and worry
- Build confidence

- Benefits:

- Children share their experiences and learn from one another
- Reduced desire to blame self or someone else for the divorce
- Increased coping and problems solving skills
- Enhanced positive perceptions of self and family

Divorce: Children of Divorce Intervention Program

Ages/Grades	Grades K-8
Format	12-15 sessions
Materials	Manuals (\$125)
Trainings	Available, but not program specific
Language	English
More information	www.childrensinstitute.net/programs/codip

Resources for EBT's

- SAMHSA's National Registry of Evidence-Based Programs and Practices
 - www.nrepp.samhsa.gov
- California Evidence-Based Clearinghouse for Child Welfare
 - www.cebc4cw.org