

# 8-Week Group Counseling Plan

## 8-WEEK GROUP COUNSELING PLAN

### Group information

Name of participants:

Date: \_\_\_\_\_ dd / mm / yyyy

This comprehensive 8-Week Group Counseling Plan is designed to guide group therapy sessions, helping healthcare professionals and counselors structure their approach. You can customize the focus, objectives, and activities for each week.

### WEEK 1

Focus for the week: \_\_\_\_\_

Objectives:

Activities:

Discussion topics:

Notes:

### WEEK 2

Focus for the week: \_\_\_\_\_

Objectives:

Activities:

Discussion topics:

Notes:

**WEEK 3**

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Focus for the week: \_\_\_\_\_

Objectives:

Activities:

Discussion topics:

Notes:

**WEEK 4**

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Focus for the week: \_\_\_\_\_

Objectives:

Activities:

Discussion topics:

Notes:

## WEEK 5

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Focus for the week: \_\_\_\_\_

Objectives:

Activities:

Discussion topics:

Notes:

## WEEK 6

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Focus for the week: \_\_\_\_\_

Objectives:

Activities:

Discussion topics:

Notes:

## WEEK 7

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Focus for the week: \_\_\_\_\_

Objectives:

Activities:

Discussion topics:

Notes:

## WEEK 8

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Focus for the week: \_\_\_\_\_

Objectives:

Activities:

Discussion topics:

Notes:

## ADDITIONAL NOTES

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Specify below:

Therapist in-charge: \_\_\_\_\_

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Signature:

Date: \_\_\_\_\_ dd / mm / yyyy