



# HOPE

REHAB *Thailand*

## Groupwork Program

The Hope Groupwork Experience is powerful, uplifting, revealing, exciting, challenging and adventurous.

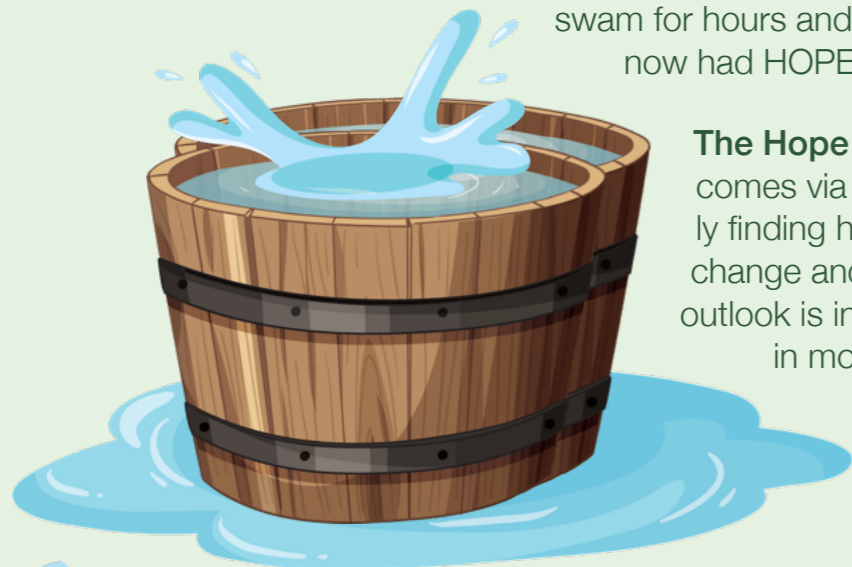
Its priority is to treat substance misuse and improve mental health. We utilize a combination of eclectic evidence-based and holistic approaches.\*

*\*This booklet is about Hope groupwork activities. Individual and one-to-one sessions are described in other Hope material and literature.*



# The Hope Experiment

**The concept of Hope:** The drowning rat experiments that proved the 'lifesaving' impact of HOPE. Rats were put in a bucket of water and after 15 minutes they gave up trying to swim and started to drown. This is because they had no evidence that they would be saved. However, they were saved before drowning. Then the experiment was repeated and this time the rats swam for hours and hours. This is because they now had HOPE they would be rescued again.



**The Hope Effect:** The instillation of hope comes via the Group Program – initially finding help. Then, witnessing others change and share their new positive outlook is infectious. **Hope** is a key factor in motivation, inspiration, and willingness to change.



# Welcome

to Hope's Groupwork—Recovery Training Program

## Introduction

*Group therapy and community activities are where the magic really happens. Nothing compares to the camaraderie you feel, the support you get, and the learning that is gained from the many different types of group activities and therapies you experience at Hope.*

*Some people find the idea of participating in group therapy a daunting prospect. Our priority is to ensure all our clients are comfortable while moving at their own pace. We give our clients the time and space to settle into the group gradually. Addiction isolates us and wants us all alone so recovery activities and groupwork are the obvious antidote.*

## What is group therapy?

At Hope, there are many different types of group therapy, both formal and informal. Traditional psychotherapy is at the heart of our group program. However, all group activities offer essential benefits.

## Where is group therapy?

Hope has six group rooms specifically designed and built for this purpose. We also use some very special outside spaces. Mealtimes also provide a valuable social group, so are very important to be part of.

## When is group therapy?

The day generally starts with some form of fitness exercise, then breakfast followed by morning meditation, coffee, and a gratitude circle. Main therapy groups meet from 10:30 until lunchtime. After lunch, clients have individual counselling, massage and other activities.

## The therapeutic groupwork rolling program

The Hope rolling group program can be accessed at any point – it is on a 12-week rotation and then begins again. There are approximately 25 different groups per week – in one way or another – some are relaxed and practical and some are deeply therapeutic and psychologically intimate.

## The group program benefits and goals

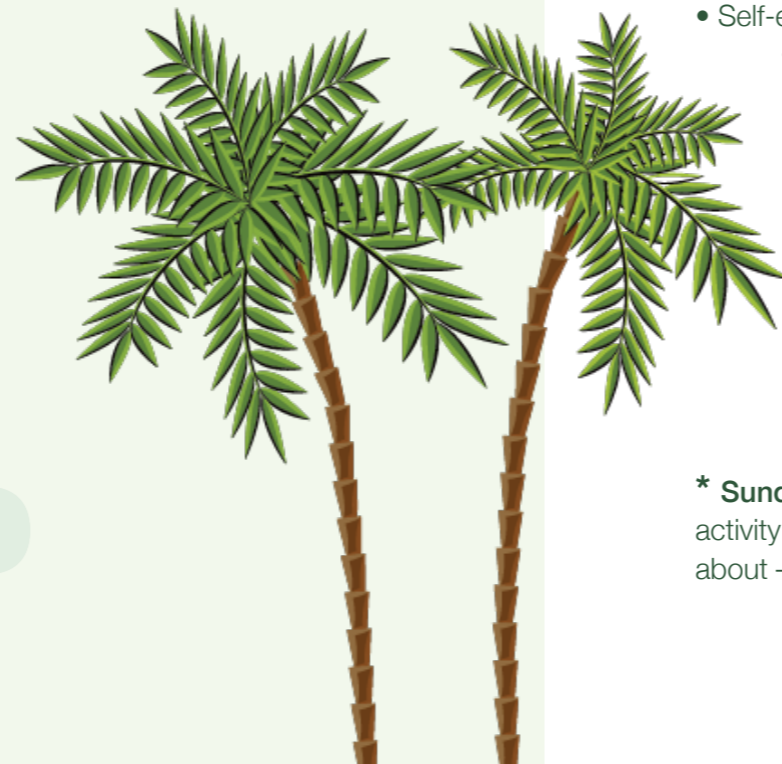
Community interaction and groupwork are one of the most important therapeutic components of treatment. We often help each other without even realizing it. Usually through identification, feedback, observation, and sharing.



## Types of Group Therapy at Hope Rehab

Below is a list of some of the group approaches included in the Hope program.

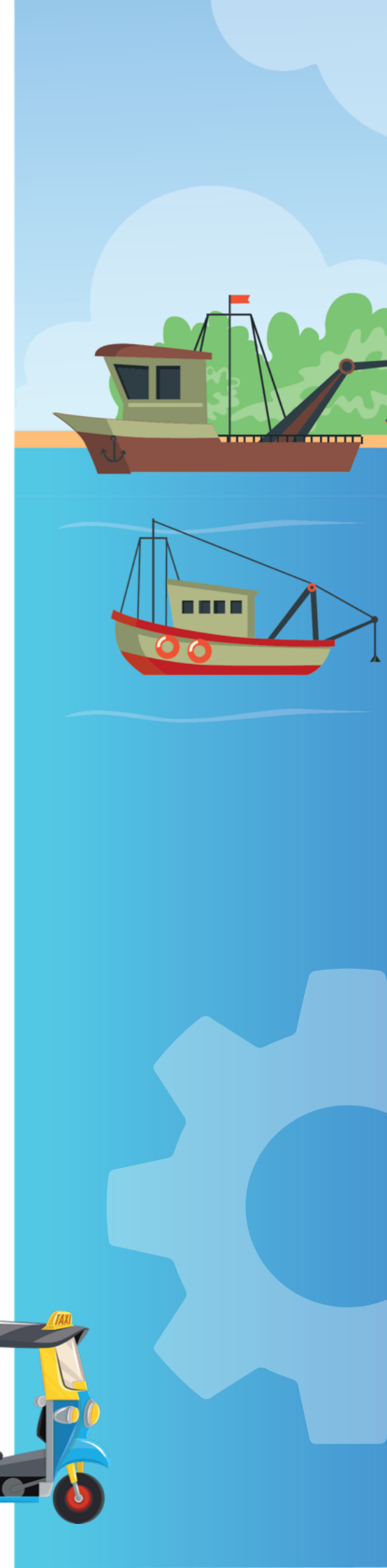
1. Psychoeducational presentations (various topics)
2. Recovery tools and skills development
3. Relapse prevention group (triggers & cravings)
4. Encounter groups – feedback and identification
5. Process groups - exploring personal issues & experiences
6. Family therapy – sharing family feedback
7. Mindfulness practice and coaching
8. Integration group - summarizing recent learning and progress
9. CBT - Cognitive Behavioral Therapy – focuses on rational thought: ABCs. ABC stands for **A**ctivating event, **B**elief about the event & **C**onsequences
10. Guest speaker talks
11. Graduations & Celebrations
12. Client-led daily recovery readings groups
13. Peer-led self-help & mutual aid groups – SMART / AA & NA / Dharma / Refuge
14. Positive psychology groups (affirmations & gratitude circle)
15. Daily Meditation groups
16. TRE – Tension Release Exercise Groups (Trauma Therapy)
17. Creative groups (art & music therapy)
18. Sober coaching in the community (exposure therapy groups)
19. Assignment work group
20. Goal-setting groups
21. Advanced program goals group



## The Importance of Groupwork

Listed below are important benefits of group therapy. Participants will also experience natural rewards from dopamine & positive feelings from serotonin release.

- Identification with other members - share similar experiences
- Meeting people from around the world
- Social engagement - Breaking out of depressing Isolation
- Support - Being of service to others by taking part in their healing process
- Instillation of hope by witnessing others changing
- Teaching others by sharing own knowledge and experience
- Making sense of past events and improved mental health
- Practicing healthy behaviors and accountability
- Being part of a recovery community - Sense of belonging
- Self-discovery - Discovering the existential meaning of life
- Receiving and giving encouragement to one another
- Identifying goals and committing to a constructive purpose
- Catharsis and relief felt from honest expression
- Learning from other's contributions – New perspectives on life
- Self-esteem improves by being valued and listened too
  - Maturing process - Self-development involving leadership skills
  - Participation and being a team player – Building confidence
  - Denial – Working with human defense mechanisms
  - Transference – Improving relationships
- \* **Saturday Structure** – morning topic speaker group, offsite lunch & recovery meeting, afternoon mindfulness group coaching. levels 1 – 3
- \* **Sunday Structure** – group excursion and activity day and sober coaching out and about – Island trips and shopping trips.



## Mindfulness Meditation Groups & Classes

Twice-weekly mindfulness training classes and one-on-one sessions with your mindfulness coach. And 6 x mindfulness morning meditation groups to start the day.

The Mindfulness Program offered at our treatment center covers a comprehensive range of topics including: dealing with cravings, escaping autopilot mode, objectivity around thinking, mindful eating, developing self-compassion, and dealing with relapse triggers.

Mindfulness class is where clients learn about the theory and practical aspects of using this approach. There are two classes per week. Some of the topics we cover include:

- Mindfulness for cravings
- Escaping auto-pilot mode
- Mindfulness relapse prevention
- Mindfulness for anxiety and stress
- Developing self-compassion
- Mindful eating
- Mindfulness for depression
- Mindful living
- Mindfulness for anger (and other negative emotions)
- Developing mindful relationships
- Finding meaning (life purpose) in recovery using mindfulness
- Obstacles to mindfulness
- Mindfulness journaling

One of the unique aspects of our rehab mindfulness program is that we provide one-on-one coaching. This gives you the opportunity to discuss your development with an experienced mindfulness coach, and you will be given advice on how to apply this approach to your daily life.

Our mindfulness program has a distinctly local flavor to it, and this is what makes it so unique

and effective. One of the benefits of having our rehabilitation treatment center located in Thailand is that we are immersed in a culture that has been practicing mindfulness for thousands of years.

Some of the most respected mindfulness teachers in the world come from here, and many of the most respected mindfulness teachers in the west also trained here.



## HOPE's 12-Week Structured Group Program

These group sessions take place Monday to Friday at 10.30 am to Lunchtime

### Week 1 – CBT Week

**Smashing Denial** — Breaking through mental blocks to change and recovery. Also develop an understanding of the importance of outside help.

**Weekly CBT Group** — Use the CBT problem-solving tool to change and manage difficult and negative situations.

**Reservations of Recovery** — We look at reservations that sabotage long-term recovery from substances/addiction and how to bring them into conscious awareness.

**Positive Affirmations** — Learn to identify and use positive reinforcing statements to generate belief in oneself.

**Weekly Process & Integration Group** — In small groups, discuss and process anything that has come up for peers in the last week and week, reflect on challenges and positive aspects, and create new goals.

### Week 2 – Relapse Prevention week

**Relapse Prevention** — Relapse prevention is vital for lasting recovery. We focus on potential pitfalls and explore coping mechanisms.

**CBT & DBT - Dialectical Behavior Therapy** focuses on emotional management. In this session clients are introduced to practicing grounding techniques. Using a Pros & Cons tools and stress management techniques.

**Trust Exchange** — A group focusing on building trust with one another.

**Healthy Boundaries** — We introduce the need for healthy boundaries. Clients reflect on past boundaries they have neglected and boundaries they need to maintain for a healthy life.

**Process & Integration** — In small groups discuss and process anything that has come up for peers in the last week and reflect on challenges and positive aspects and new goals.

### Week 3 - Addiction Recovery Week

**Diary of an Addict** — Learn to identify with other peers' similarities not the differences to get the most from group therapy.

**Rock Bottom** — This group delves into clients' rock bottom's and why they came to Hope Rehab.

**My Rock Bottom Letter** — Clients can read their 'rock bottom' letters in group if they wish.

**Art Therapy** — Kintsugi is the Japanese art of repairing broken pottery, symbolizing healing and resilience by embracing the beauty of imperfection.

**Weekly Process & Integration Group** — In small groups discuss and process anything that has come up for peers in the last week and reflect on challenges, positive aspects, and new goals.



## Week 4 – Spiritual Journey Week

**Consequences** — This group looks at the negative consequences such as self, family, friends, partners, work etc. These consequences will then be mapped out in a visual representation to explore the positive consequences of recovery.

**Art Therapy** — Drawing and painting are therapeutic approaches that connect to feelings and issues.

**Spiritual Journey** — Introducing spirituality as a valuable recovery tool to manage challenges in life. Hope and faith.

**Spirituality** — Creating one's own spiritual concept.

**Buddhist Monks' Visit** — Local monks visit Hope to lead meditation & chanting and to offer blessings.

## Week 5— Peer Evaluation Week

**Honesty** — Explore dishonesty in addiction and the progression of honesty in recovery.

**Maslow Basic Needs** — Using the psychological concept of Maslow's Hierarchy of Needs to identify how substances have taken over healthy pursuits.

**Self-Reflection** — Understanding where our so-called "King/Queen baby behavior" came from originally and sharing our unhelpful beliefs, characteristics and personality traits that we have acted out on.

**Personas** — Peer feedback & evaluation. Each peer can take turns to giving and receiving constructive feedback.

**Healthy Assets** — A peer evaluation group, giving and receiving positive feedback to each other.

## Week 6 – Peer Leadership Week

**Push and Pull** — This group goes deeper into behaviour, exploring the behaviours we can use to push people away and the behaviours we need in recovery to pull support towards us.

**Weekly CBT Group** — Use the CBT problem-solving tool to change and manage difficult and negative situations.

**Devise A Group – Teamwork Group.** The group is divided into 5 smaller groups, given a topic, and invited to work as a team for 24 hours to put together a 20-minute presentation on their given subject.

**Devise A Group – Presentation Day** - On this day, each group presents the work they have produced over the last 24 hours.

**Weekly Process & Integration** — In small groups discuss and process anything that has come up for peers in the last week and reflect on challenges and positive aspects and new goals.



## Week 7 – Positive Psychology Week

**Identifying Triggers** — Mapping out internal and external relapse triggers.

**Cognitive Distortions** — A look at cognitive distortions that keep people stuck in destructive lifestyles, such as all-or-nothing thinking, catastrophizing, and personalization. Learn how to identify and reframe these thought patterns.

**Life Purpose and Meaning** — An inspiring self-exploration group where clients are guided to envision the future of their dreams. This helps build motivation, direction, and a deeper sense of purpose.

**Self-Esteem** — An introduction to self-awareness and self-belief.

**Weekly Process & Integration Group** — In small groups discuss and process anything that has come up for peers in the last week and reflect on challenges and positive aspects and new goals.

## Week 8 – Managing Emotions Week

**Obsession & Compulsion** — Exploring how obsession and compulsion can manifest in clients lives.

**Weekly CBT Group** — Use the CBT problem-solving tool to change and manage difficult and negative situations.

**Breaking Down Anger** — In this group we discuss anger and the things behind anger that can trigger us.

**Emotional Rollercoaster** — Understanding our feelings and learning how to develop emotional resilience.

**Weekly Pocess & Integration Group** — In small groups discuss and process anything that has come up for peers in the last week and reflect on challenges and positive aspects and new goals.

## Week 9 – Anxiety & Depression Management

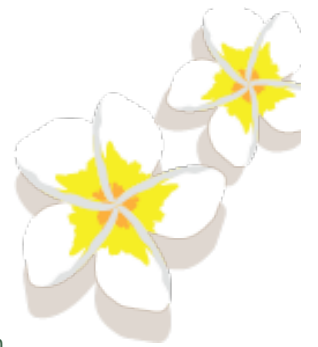
**Fear & anxiety** — In this group we delve into fears that drive self-medication and discuss ways to overcome them.

**NVC** — Non-violent communication is a communication format that looks at de-escalation of conflict. This group introduces a constructive approach for clients to communicate and receive positive results.

**Self-Harm** — This group goes into the harm we have caused ourselves and focuses on its physical, emotional, and mental damage. We invite clients to write two letters; 1. Goodbye to the old life. 2. Hello to new life.

**Self-Love** — A client can share their letters.

**Weekly Process & Integration Group** — In small groups discuss and process anything that has come up for peers in the last week and reflect on challenges and positive aspects and new goals.



## Week 10 – Holistic Week

**Mind, Body & Soul** — Is a holistic approach to recovery that provides clients an awareness of healing the whole person with an open and balanced mind through exercise and nutrition.

**Weekly CBT Group** — Use the CBT problem-solving tool to change and manage difficult and negative situations.

**Myth Busting – Fatal Errors** - This is a relapse prevention group focusing on the 10 fatal errors people can make when leaving treatment.

**Peer Evaluation** — ‘Relapse train’ group looking at where clients are in their treatment and what areas their peers see they need to work on to give them a better chance at recovery.

**Weekly Process & Integration Group** — In small groups discuss and process anything that has come up for peers in the last week and reflect on challenges and positive aspects and new goals.

## Week 11 – Fun in Recovery Week

**Timeline life story** — This is a group where a client can present their life story to the community.

**Weekly CBT Group** — Unpack negative and unhealthy thinking.

**Sports Day** — A team-building competition of fun sports such as egg and spoon, 50m dash, relay, and tug of war.

**Fun In Recovery** — Using mind maps to look at health rewarding activities. Show and talk about something you find fun and explaining how this can be part of your new life.

## Week 12 – Healing Relationships Week

**Unmanageability** — Explore how substance misuse has made life unmanageable, with work, relationships, finances, etc.

**Weekly CBT Group** — Use the CBT problem-solving tool to change and manage difficult and negative situations.

**Healthy Relationships** — Explore behavior and communication styles with partners and family dynamics.

**Co-dependency** — Healing relationships and making amends.

**Music Therapy** — Use topical music to generate emotions and practice sharing openly with others.



## Group rules

*Hope Rehab's group rules, expectations, and boundaries are to keep groups operating safely and constructively. To help us create a safe, respectful, and supportive space for everyone, we invite all clients to practice the following rules. Facilitators can explain these rules further if necessary.*

**All clients are required to respect these basic ground rules:**

1. We respect one another's privacy and confidentiality
2. We work together by following the guidance of staff, leadership, and facilitators
3. We support recovery by maintaining a substance-free environment (except where medically supported during detox)
4. We contribute to a calm, safe, and welcoming atmosphere
5. We treat one another with dignity, kindness, and respect
6. We honor the group by arriving on time and attending as scheduled
7. We help groups stay focused and supportive
8. We stay present by keeping phones and devices out of group time
9. We take care of personal needs before sessions or during breaks
10. We encourage healthy, inclusive connections within the community
11. We help maintain a comfortable space by bringing only water into sessions
12. We support personal responsibility and healthy boundaries



## Tips for getting the most out of your group therapy

- Follow the ground rules above
- Focus on the here and now feelings and thoughts
- Be involved and be honest
- Name your feelings
- Use 'I' statements
- Always give specific examples not generalities
- Learn to give appropriate feedback in a caring way
- Learn to receive feedback by acknowledging it
- Avoid giving advice
- Focus on your relationship with the group

*\* The Hope Groupwork Program is subject to changes should management feel it necessary*