



DATE: May 24, 2012

TO: SUD Providers

FROM: Provider Network Management

RE: Definition of Psycho-Educational Groups

Dear SUD Providers,

We would like to take this opportunity to offer a summary on the definition of Psycho-educational groups provided in the *TIP 41 Substance Abuse Treatment: Group Therapy manual*.

Psycho-educational groups are designed to educate clients about substance abuse, and related behaviors and consequences. This type of group presents structured, group-specific content, often taught using videos, audiocassette, or lectures. Psycho-educational groups are highly structured and often follow a manual or a preplanned curriculum. The format differs from that of process groups as the Facilitator usually takes a very active role when leading the discussion.

The major purpose of psycho-educational groups is expansion of awareness about the behavioral, medical, and psychological consequences of substance abuse. Another prime goal is to motivate the client to enter the recovery-ready stage.

Some of the contexts in which psycho-educational groups may be most useful are:

- Helping clients in the pre-contemplative or contemplative level of change to reframe the impact of drug use on their lives, develop an internal need to seek help, and discover avenues for change.
- Helping clients in early recovery learn more about their disorders, recognize roadblocks to recovery, and deepen understanding of the path they will follow toward recovery.
- Helping families understand the behavior of a person with substance use disorder in a way that allows them to support the individual in recovery and learn about their own needs for change.
- Helping clients learn about other resources that can be helpful in recovery, such as meditation, relaxation training, anger management, spiritual development, and nutrition.

We hope this definition will enhance your current program and provide additional opportunities to expand your treatment services. All treatment services including psycho-education groups must be provided by an approved SUDQP or SUDQP trainee.

If you have any other questions, please contact your Regional Clinical Coordinator:

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