



Group Strategies for Tobacco Cessation

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Learning Objectives

- Define group counseling and goals of group therapy
- Discuss advantages of group counseling
- Identify the stages of group therapy and the role of the facilitator in each stage
- Understand group dynamics and discuss different types of groups
- Use facilitator skills to manage “challenging” behaviors

Group Counseling



Offers a setting for members to share concerns and develop self-awareness through self-disclosure and feedback.

The facilitator's role is to set the stage so that the setting can support sharing.

Advantages of Group Counseling for Members

- An opportunity to learn coping techniques from peers.
- Increased ability to see issues more clearly when expressed by others.
- Increased willingness to share concerns which may seem “shameful” or “crazy”.
- An opportunity to learn from the diversity of other group members.



Starting a Group: Practical Issues



Needs assessment

Accessibility

Resources / funding

**Synergy among agencies and
healthcare professionals**

Evaluation of quality and effectiveness

Manske S, Miller S, Moyer C, Phaneuf MR, Cameron R. Best practice in group-based smoking cessation:

Results of a literature review applying effectiveness, plausibility, and practicality criteria. *American Journal of Health Promotion, Inc.* 2004;18:409-423.

Stages of Group: Initial Stage

Orientation and Exploration

Facilitator Duties

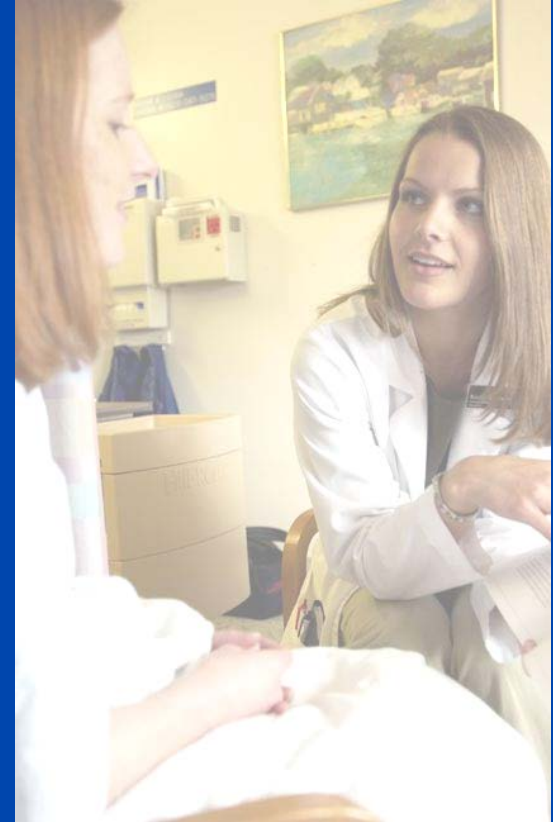
- ✓ Introductions
- ✓ Discuss confidentiality
- ✓ Identify goals
- ✓ Evaluate concerns, hopes and fears
- ✓ Set rules

- Group Characteristics
- Vulnerability
- Members keep “public image”
- Members assess their place in group

Stages of Group: Initial Stage

Facilitator Skills

- Set rules
 - One person speaks at a time
 - Respect for all members
 - No eating/drinking/gum chewing
 - Start on time/end on time
- Identify goals of group members
- Clarify goals of each session
- Create trust through modeling
- Instruct on group process



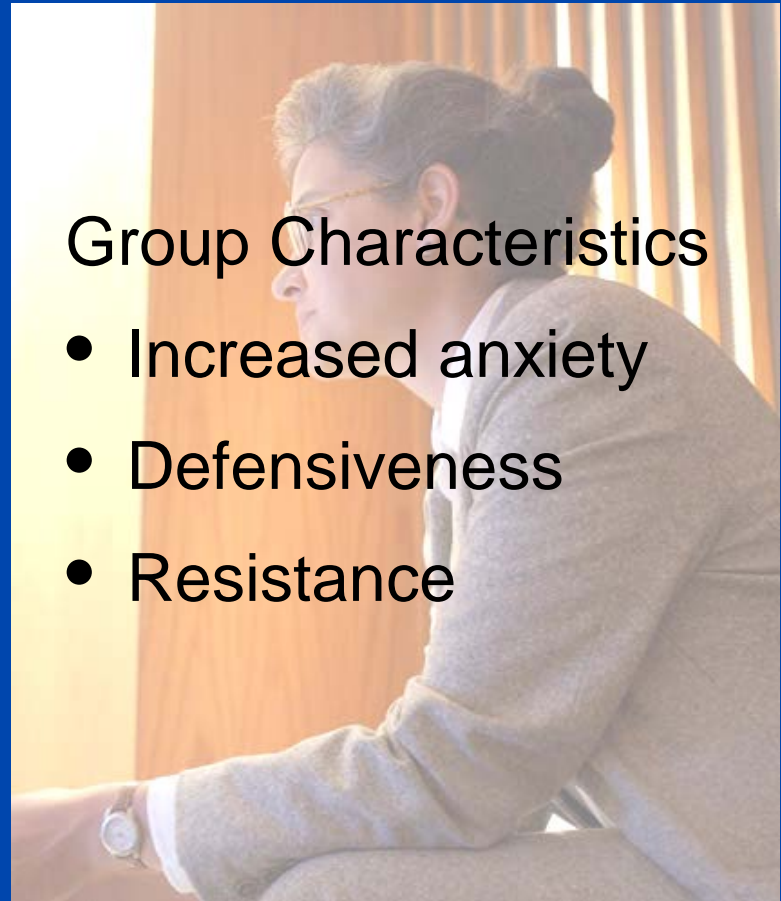
Stages of Group: Transition Stage

Dealing with Resistance

- Facilitator Duties
- Encourage members to explore issues related to tobacco use
- Provide balance between support and challenge
- Assess group dynamics

Group Characteristics

- Increased anxiety
- Defensiveness
- Resistance



Stages of Group: Transition Stage

Facilitator Skills

- Create and maintain trust
 - Trust is attained by investing oneself
 - Provide positive feedback for sharing
- Dealing with fears
 - Fear may give rise to ambivalence
 - Give members the opportunity to express their feelings of fear
- Rolling with resistance
 - Validate



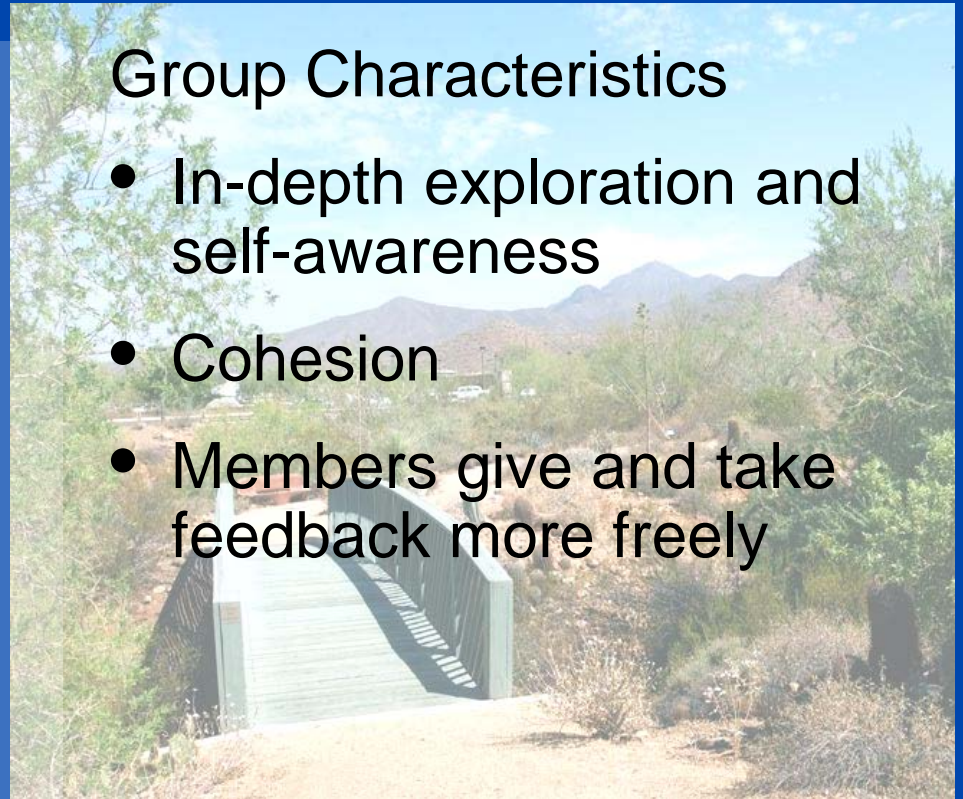
Stages of Group: Working Stage

Cohesion and Productivity

- Facilitator Duties
- Reinforce desired group behaviors which promote cohesion
- Identify common themes among members that provide unity

Group Characteristics

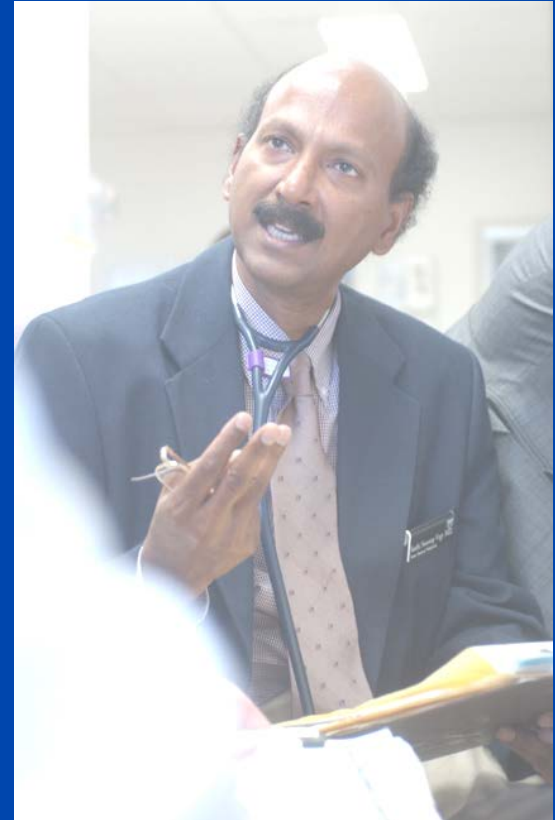
- In-depth exploration and self-awareness
- Cohesion
- Members give and take feedback more freely



Stages of Group: Working Stage

Facilitator Skills

- Facilitate interaction among group members and help them learn from one another.
- Check in periodically throughout the sessions to see if each individual feels he/she is moving forward.
- Ask a group member to summarize the session before dismissing the group.



Stages of Group: Ending Stage

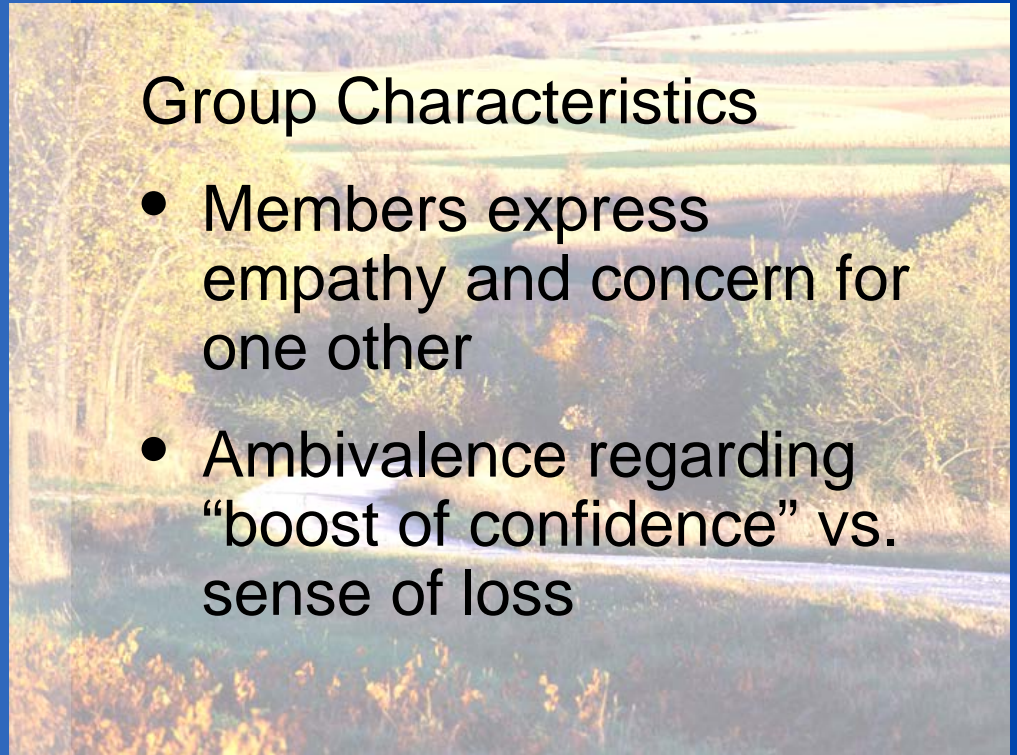
Consolidation and Termination

Facilitator Duties

- ✓ Identify concerns regarding leaving the group
- ✓ Apply lessons learned to daily life
- ✓ Integrate and interpret the group experience

Group Characteristics

- Members express empathy and concern for one other
- Ambivalence regarding “boost of confidence” vs. sense of loss



Stages of Group: Ending Stage

Facilitator Skills

- Ask each group member to identify internal and external resources which will help them stay tobacco-free.
- Reflect on concerns about leaving the group.
- Encourage members to apply lessons to their daily lives.
- Interpret the group experience.

Group Dynamics

Defined: The collection of interpersonal styles and interactions which take place throughout the life of a group.

These dynamics constantly influence and shape the group.

People in group want to be included and feel safe.

The facilitator looks to impact group dynamics in a way that promotes sharing.

Group Dynamics:

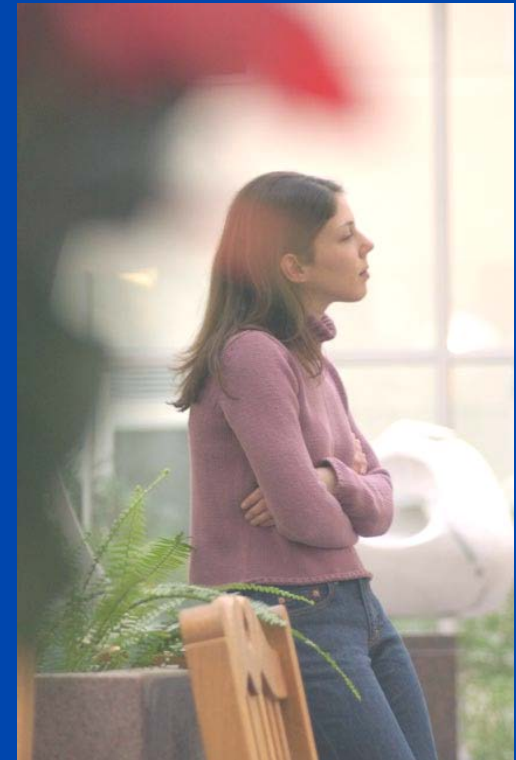
Group Member Characteristics

- Confident
 - Speaks appropriately
 - Listens well.
- Quiet, reserved
- Overly confident
 - Talkative; may give too much advice
- Struggling
 - May be lacking confidence to quit

Member Behaviors

Which Are “Challenging”

- Monopolizing the group
- Storytelling
- Asking too many questions
- Inappropriately giving advice
- Being overly intellectual or detached



Facilitator Skills for Dealing with “Challenging” Behaviors

Do:

- Address the behavior in a caring, responsive manner

Do not:

- Continually ignore the behavior
- Label the individual
- Respond to sarcasm with sarcasm

Benefits of Co-Facilitating Groups

- Before the session - model how to relate to each other and to the group
- During the session - talk to each other to benefit the group process
- After the session - Provide each other with valuable feedback
- Teamwork and support



Factors Which Affect Group Outcomes



- Intervention
- Facilitator skills
- Member's characteristics
- Setting
- Context
- Quality assurance

Best JA, Thomson SJ, Santi SM, et al. Preventing cigarette smoking among school children. *Ann Rev Public Health*. 1998;9:161-201.

Types of Tobacco Focused Groups

- Self-help (Nicotine Anonymous)
- Relapse Prevention
- Support
- Closed
- Work site



Example of a closed six week abstinence/withdrawal support group

- Six week structured group.
 - Specific agreed upon goals (quitting smoking)
 - Active leadership
- Schedule - Individual intake
 - Session 1: Preparation for Quitting
 - Session 2: Quit day'
 - Session 3: Discuss ups and downs, triggers, make group commitment
 - Session 4: You've done the hardest part.
 - Session 5. You're getting better.
 - Session 6. Celebration.

Discussion

Individual Consultation vs. Group Counseling



Six week treatment group

- Everyone quit on Week 2
- This is Week 3 of 6
- The group is cohesive and everyone knows each other pretty well
- The facilitator will cover the following:
 - Coping Skills – what is(n't) working
 - Stress Management
 - Relapse Prevention