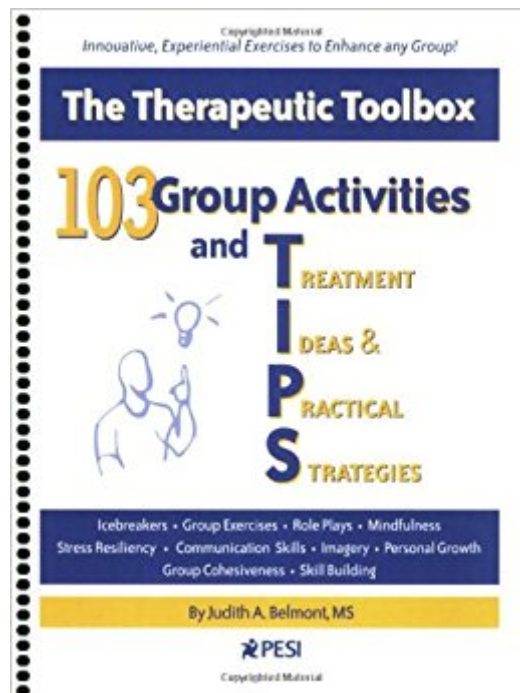




The book was found

# 103 Group Activities And TIPS (Treatment Ideas & Practical Strategies)



## Synopsis

Fill your therapeutic toolbox with innovative, experiential exercises to enhance any group with 103 Group Activities and TIPS and Belmont's newest group book (2016) 150 Group Therapy Activities and TIPS! 103 Group Activities and T.I.P.S. (Treatment Ideas and Practical Strategies), as well as her more recently released 150 Group Therapy Activities and TIPS, are gleaned from 40 years of clinical experience coupled with her passion for "hands-on" mental wellness education. These straightforward and universally relevant "how to" exercises are smartly spiral bound so you can easily make copies for your clients. All the TIPS are geared to helping participants take a proactive approach and experience change, not just talk about it. Within the T.I.P.S. approach, each of the 103 activities, handouts or strategies is broken down even further into T.I.P.s (Theory, Implementation and Processing). This unique approach makes every TIP easy to understand and put to practice. You will find blueprints for group success in icebreakers, role plays, mindfulness, stress resiliency, communication skills, imagery, personal growth, group cohesiveness and skill building.

## Book Information

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## Customer Reviews

Fast shipping! Great product!!! I am a LPCC Trainee (Student) and this book has been amazing for providing fun activities to conduct in group therapy! So glad that I bought it.

A ton of great ideas and easy to implement ideas for multiple types of groups. I'm very glad I bought

this book. It has really helped me when I'm stumped for an idea.

I really like this book. It is exactly what it says it is. These group activities are easy to do and implement in a group. They provide outlets to let you see a client's insight and to help them gain insight. It has been so useful that other counselors have borrowed my book to do activities with their groups. Very easy to use and usually doesn't require much in the way of props.

Great activities to use with groups and individuals to facilitate understanding of the process of addiction. Makes for good reading. Easily understood and easy to apply. User friendly.

Very helpful.

Had this book some time ago and ended up losing it to a coworker, such a good book I came back to get another. Has a lot of different activities/worksheets that work well for groups, especially with an older population less able to follow through on more active group activities such as those found in ones geared towards kids/teens.

Great ideas!

This book is wonderful!!! It has a great activities that can be used with any population. I am constantly sharing it with other people in my office. It's definitely worth every penny!!

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