



Running an Art Therapy Group

FACILITATOR

Who are the art therapists and assistants involved in the group. Define roles of each facilitator.

DEMOGRAPHICS

Participant demographics and size of group

GROUND RULES

Define boundaries for confidentiality, respect for group members, and general social rules.

STRUCTURE

General guidelines for introduction, artwork, discussion and closing.

CONTINGENCIES

Establish contingencies for the practicalities of running the group such as change of location and time.

GROUP SCHEDULE

Location and time.
Consider transport limitations for clients.

GROUP GOALS

Generalised and specific goals.
Focus of mental health issue, and/or social issues

PSYCHOEDUCATION

Educate group members about transference, projection, and potential to establish exclusionary subgroups.

EFFECTIVENESS

Recording and evaluation of the group progress compared to the goals that were originally established.

CONFLICT

Establish protocols for dealing with conflict between group members.