

Yes, therapists need to document each individual in a group therapy session. This is legally required and ethically and clinically appropriate.

Why document individuals?

- **Confidentiality:** Writing individual notes protects clients' private health information.
- **Client-centered:** Individual notes document how the session impacts each client's unique needs, goals, and progress.

What should be included in documentation?

- The client's first and last name
- The date of service
- The provider's identity and credentials
- The subject covered in the group
- The therapy intervention techniques
- The client's progress and response to treatment
- Changes in treatment and revision of diagnosis

How should a client's behavior be documented?

- Be specific, objective, and relevant
- Include positive contributions, challenges faced, and interactions with other group members

Group therapy guidelines

[PositivePsychology.com](https://www.positivepsychology.com) notes that group therapy should include:

- Confidentiality
- Attendance and promptness
- Social boundaries
- Communication with words, not actions
- Participation is key