

The image shows the front cover of a spiral-bound notebook. The cover is a vibrant blue. A large, stylized lightbulb with a thick black outline is the central focus. Inside the lightbulb, the title '150 More Group Therapy Activities & TIPS' is written in a mix of bold, handwritten-style fonts. The number '150' is large and bold. 'More' is underlined and in a smaller font. 'Group Therapy' is in a large, bold, sans-serif font. 'Activities & TIPS' is in a smaller, bold, sans-serif font. To the right of the lightbulb, a yellow circular badge contains the text '• Randos', '• Activities', and '• Worksheets' in a blue, handwritten-style font. Below the lightbulb, a white silhouette of a person is shown from the waist up, with their right hand raised in a 'stop' or 'point' gesture. The notebook's spiral binding is visible on the left side.

# 150 More Group Therapy Activities & TIPS

- *Randos*
- *Activities*
- *Worksheets*

Cognitive Behavior Therapy • Dialectical Behavior Therapy • Stress Resiliency  
Positive Psychology • Acceptance and Commitment Therapy • Life Skills Education  
Mindfulness • Communication Skills • Ice Breakers • Team Building

**Judith A. Belmont, MEd, LPC** Bestselling author of *101 Group Activities and TIPS*,  
*50 TIPS for the Therapeutic Toolbox*, and *127 More Amazing TIPS & Tools*

*Judith A. Belmont*

## 150 More Group Therapy Activities & TIPS



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Ready-to-use equipment include: -Interactive strategies for leading successful group encounters -DBT, CBT, ACT and positive psychology-inspired assets -Communication skills-building activities -Coping skills using mindfulness and tension resiliency procedures -Self-esteem and self-compassion guides for changing thoughts -Fun team building exercises and ice breakers -Practical assets for adults, adolescents & childrens format (Theory, Execution, and Processing).We.P. 150 More Group Therapy Activities & Suggestions, the 4th in her Therapeutic Toolbox series, offers a prosperity of psycho-educational concepts with Belmont's signature T.Bestselling author Judith Belmont has generated another treasure chest of hands-in and easy-to-make use of handouts, actions, worksheets, mini-lessons and quizzes that help customers develop effective existence skills.



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Thanks, Judy! I've purchased two of Judith Belmont's books so .. But they may also be modified to fit your needs. This book is excellent! I've ordered two of Judith Belmont's books so far and have been impressed with both. Lot's of activities and printouts that I've found useful in my use adults on an inpatient psychiatric ward. Love the CBT based products. This workbook is great for adults and teen! I really do not use addiction recovery organizations, but think they would work very well there also. The spiral-bound set-up is ideal for very easily making copies to use for handouts. The assets are fantastic; the suggestions very creative. I love that these exercises may be used for teenagers, adults and adolescents. Definitely would recommend this for therapists. These ideas have increased my group planning. it will definitely not become the last. This book is excellent! Keep up the great work. Awesome This is an incredible group therapy guide. I use this with my organizations plus they love these activities. For example: an activity is often as basic as people completing a written type with questions onto it and then just sharing what they wrote. I utilized three of the actions with a brand-fresh teen group this weekend and for that reason, witnessed six kids with social phobia let their guards down and commit to the therapy experience. Great For Getting Group Members Involved The actions in the book have worked perfectly for my support group, that is focused on trauma recovery. My group people have especially enjoyed a few of the positive focus activities. Fantastic resource for just about any therapist Fantastic resource for just about any therapist. This is the first book I've bought of hers; This really helps to keep my group active and involved, I love it! I was desperate for new topics and group tips weekly, but this reserve is a tremendous help. I've had it for a day and it has already paid for itself. Some reviews accuse the activities to be "too simplistic". The book is okay, nearly what I expected.. It can have some excellent activity suggestions in it but it's not my favorite book. You won't do your work for you! I would recommend this item This is filled up with worksheets and group activities! The book Offers activities that are Unchallenging and simplistic in my view. I would recommend this item! Easy read and topics are relevant I really like this book. So helpful! Great interventions! The majority of the activities are ideal for a broad age range. Great Resource Love this book, use it a lot for adult inpatient drug abuse I was very disappointed personally and I feel an urge to warn other ... I facilitate groups and draw from this book frequently. It keeps all of them engaged. I was very disappointed personally and I feel an desire to warn other specialists: This book isn't good for group facilitators who are looking for for fun, powerful and original tips, and in my own view the reserve certainly doesn't justify its expensive price. Five Stars Terrific resource Five Stars Great device for group facilitation. This publication offers helped me with my treatment organizations working with adults with serious mental illness. Okay reserve- has some nice

tips. I'm an OT and work in a mental health facility with children and adolescents. I was extremely excited to get this book because I wanted some new group suggestions to make use of with my older individuals. And honestly, some of them are. Important thing: The book is a tool. I've purchased books for less that I love more. I will keep it on my shelf to save for a rainy time, but I possibly could go without it.



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