

Typical Family Psychoeducation Group Schedule

Socializing with families and consumers (also eating when applicable)	15 minutes
A go-around reviewing Each person in group tells one thing that is going well and one challenge they are facing (The week's events, relevant biosocial information, and applicable guidelines also may be addressed)	20 minutes
Selection of a single problem (from the list of challenges)	5 minutes
Formal problem-solving** Problem definition Generation of possible solutions Weighing pros and cons of each Selection of preferred solution Delineation of tasks and implementation	45 minutes
Socializing with families and consumers	5 minutes

*****Steps of the Problem-Solving Process:***

Step 1. Define the problem or goal.

Family, consumer & practitioners

Step 2. List all possible solutions.

All group members

Step 3. Discuss first advantages and then disadvantages of each in turn.

Family, consumer, and practitioners, group members

Step 4. Choose the solution that best fits the situation.

Consumer and family

Step 5. Plan how to carry out this solution by forming a detailed, written action plan.

Consumer, family & practitioners

Step 6. Review implementation.

Practitioners in concert with consumer and family