

Structuring the Group Experience

A Guide to the Design and Leadership of
Psychoeducational Groups

SUSAN R. FURR

Copyright © 2026 American Counseling Association. All rights reserved.

American Counseling Association
2461 Eisenhower Avenue, Suite 300
Alexandria, Virginia 22314

Published in the United States of America

Library of Congress Cataloging-in-Publication Data

Names: Furr, Susan R. author

Title: Structuring the group experience : a guide to the design and leadership of psychoeducational groups / Susan R. Furr.

Description: Alexandria, VA : American Counseling Association, [2026] | Includes bibliographical references. | Summary: "An all-encompassing guide for designing and executing your own psychoeducational groups, this book is as practical as it is thorough. From introducing the group dynamic, to creating curricula that utilizes well-conceived content and activities, it offers a step-by-step guide for developing a group that fosters the knowledge and skills necessary for client growth and development. Designed to be used again and again, this is a resource for everyone from students looking for hands-on guidance to practitioners wanting to sharpen their skillset"-- Provided by publisher.

Identifiers: LCCN 2025036668 | ISBN 9781556200281

Subjects: LCSH: Group counseling | Group relations training

Classification: LCC BF636.7.G76 F87 2026

LC record available at <https://lcn.loc.gov/2025036668>

I am grateful for the continued support and encouragement from all my family—
Ted, Kasey, James, Alex, and Emily, as well as our additions, Audrey and Logan.

Contents

- Preface i
- 1. Introduction to Structured Groups..... 1
- 2. Theory to Practice 13
 - Worksheet: Developing Your Theoretical Perspective..... 17
- 3. Conceptualizing the Group 19
 - Step 1 Worksheet: Writing a Statement of Purpose 30
 - Step 2 Worksheet: Establishing Goals..... 31
 - Step 3 Worksheet: Setting Objectives..... 32
- 4. Designing the Group 33
 - Step 4 Worksheet: Selection of Content..... 52
 - Step 5 Worksheet: Exercise Design..... 54
 - Step 6 Worksheet: Outcome Evaluation 55
 - Step 6 Worksheet: Process Evaluation 56
- 5. Leadership 57
- References 63