

5 COOL WAYS TO CLOSE A THERAPY GROUP (THAT WORK VIRTUALLY OR IN PERSON)

Work together as a group to create a song playlist to boost the mood between groups

Group members close out saying positive affirmations one by one with the group repeating after each member

Group members each share what they liked about group and their hopes for next session

Somatic tapping, yoga, or breathing technique to close session tone

In small breakouts, group members create a list of 2-3 action steps to take in life inspired by the group for an accountability pod check in the next session