



Experiential Group Therapy Made Simple: A Live Demo of “Who Am I?”

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Special Acknowledgement

Deep gratitude for Curtis Long and Rob Alexander

Centering Moment





Warm-Up

Psychoeducation





Reflection Prompts

Creative Activity





Group Sharing & Integration

Integration of Presence





Wrap-Up

Closing Reflection





What Just Happened?

Ground → Connect →
Teach → Reflect →
Create → Share →
Integrate → Close



Thoughts,
Comments,
Questions,
or Concerns



Thank you