



# 103 Group Activities and TIPS (Treatment Ideas & Practical Strategies)

*Judith Belmont*

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Fill your therapeutic toolbox with innovative, experiential exercises to enhance any group!

Judith Belmont, M.S., has gathered this collection of *103 Group Activities and T.I.P.S. (Treatment Ideas and Practical Strategies)* from more than 30 years of clinical experience coupled with her passion for "hands-on" mental wellness education.

These straightforward and universally relevant "how to" exercises are smartly spiral bound so you can easily make copies for your clients. All the TIPS are geared to helping participants take a proactive approach and experience change, not just talk about it.

Within the T.I.P.S. approach, each of the 103 activities, handouts or strategies is broken down even further into T.I.P.s (Theory, Implementation and Processing). This unique approach makes every TIP easy to understand and put to practice.

You will find blueprints for group success in icebreakers, role plays, mindfulness, stress resiliency, communication skills, imagery, personal growth, group cohesiveness and skill building.

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