**Group Intervention Proposal**

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The group intervention program will seek to assess particular maladaptive coping mechanisms within the therapy framework. Isolation has been identified as one of the most consequential unhealthy coping mechanisms within group therapy (Saczuk et al., 2022). The Coping Orientation to Problems Experienced (COPE) Inventory has been used in different contexts to evaluate coping variables among populations with diverse problems (Marcisz-Dyla et al., 2022). This paper will seek to understand the problem of isolation within the group under review and offer pragmatic solutions for adaptive coping strategies. Understanding whether participants have minimized or eliminated this problem will inform future treatment strategies and inspire positive outcomes in the long run. Maladaptive coping strategies can harm the health and well-being of individuals undertaking group therapy and should be addressed by adopting appropriate assessment strategies.

The proposed group intervention framework will focus on establishing whether the participants have eliminated or minimized isolation as an unhealthy coping skill. Isolation is a viable way of reducing stress and depression for most people undergoing different psychological problems (Zsido et al., 2022). Maladaptive coping mechanisms such as isolation can be counterproductive within group therapies as they may encourage defensiveness and harmful behavior among participants. Physical activity and social interaction are crucial to mental and physical well-being and should be encouraged within the intervention. The group will be interrogated on various variables to establish whether they have eliminated isolation as a coping mechanism. Isolation should be minimized within the group context to promote healthy behavior and positive treatment outcomes.

The Coping Orientation to Problems Experienced (COPE) Inventory will evaluate the group to ascertain whether the participants have minimized or eliminated isolation. The COPE Inventory is predicated on theory and is designed to evaluate dysfunctional and functional coping mechanisms by individuals responding to stressful situations (Marcisz-Dyla et al., 2022). The participants will be assessed in various areas, including seeking instrumental social support, restraint coping, suppression of competing activities, planning, and active coping under the problem-focused coping scope. The tool will also seek to understand the participants regarding turning to religion, denial, acceptance, positive reinterpretation, and seeking emotional and social support under the emotional paradigm. The COPE tool will also assess mental disengagement, behavioral disengagement, and venting of emotions. The COPE tool will be instrumental in understanding whether isolation has been eliminated or minimized within the group therapy framework.

Isolation can injure overall treatment objectives if not dealt with within appropriate constructs. Group therapy participants should understand that their overall treatment outcomes depend on integrating adaptive coping behaviors within the therapy continuum. The proposed group intervention program will adopt the COPE instrument to understand whether or not isolation has been minimized or eliminated among participants. The COPE instrument can be applied to promote positive health outcomes and promote excellent well-being among all participants. Group outcomes should be predicated on contextualizing and dealing with such problems before they become harmful to individual members. Maladaptive coping strategies can interfere with treatment outcomes and should be minimized or eliminated within group therapies using practical assessment tools.

# References

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