

Population-Specific Group Adaptation Guide

Population	Key Considerations	Adaptation Strategies	Common Challenges	Resources
Men's Groups	Socialized masculinity norms; emotional restrictiveness; shame/vulnerability avoidance	Model emotional expression; challenge toxic masculinity narratives; create safe space for vulnerability; use psychoeducation on emotional literacy	Resistance to 'feelings talk'; competitive dynamics; minimization of struggles	APA Guidelines for Men & Boys; ManKind Project
Black Clients	Racial trauma; historical mistrust of mental health; collectivist values; spiritual/religious integration	Affirm racial identity; address systemic oppression; incorporate Afrocentric approaches; validate communal healing; integrate spirituality when appropriate	Navigating racial microaggressions; building trust; addressing internalized racism	ABPsi; Association of Black Psychologists resources
Trauma Survivors	Safety needs paramount; triggers/flashbacks; trust difficulties; shame/self-blame	Trauma-informed care principles; grounding techniques; establish safety protocols; avoid graphic detail sharing; teach emotional regulation	Managing dissociation; preventing retraumatization; vicarious trauma for facilitators	SAMHSA TIC resources; ISTSS guidelines
LGBTQ+ Populations	Minority stress; internalized stigma; varying levels of outness; discrimination experiences	Use affirming language and correct pronouns; establish inclusive norms; validate identity; address minority stress; connect to community resources	Managing different outness levels; family rejection issues; navigating intersectionality	APA LGBTQ Guidelines; The Trevor Project
Older Adults	Physical limitations; cognitive changes; loss/grief; life review themes; isolation	Ensure accessibility; speak clearly; allow processing time; validate wisdom; address legacy and meaning-making; provide written materials in large font	Varying cognitive abilities; managing depression; transportation barriers	APA Aging resources; National Council on Aging
Substance Use Disorders	Denial/resistance; co-occurring disorders; varying motivation stages; relapse risk	Recovery-oriented approach; motivational interviewing; relapse prevention skills; address co-occurring issues; build accountability and peer support	Managing relapses non-judgmentally; avoiding glorification of use; balancing confrontation with compassion	SAMHSA; Miller & Rollnick MI resources