Developing a Transferable Group Intervention Model in Paediatric Palliative Care

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It's easy for you to say
You don't understand

Background

People experiencing comparable circumstances

- Social participation
- Sharing time, space and concerns



- Mental health
- Well-being
- Quality of life

Lima et al., 2021; Camilo et al., 2024.

Background

Siblings — 2017

Adolescents — 2018

Caregivers Neuro - PPC — 2018

Children — 2018

Bereaved Siblings — 2019

Caregivers - Chronic Complex Care — 2021

Infants — 2026



Experience
Evidence
Professionalization



Group Therapy C2P2 2025	Nº Sessions	Families	Average Attendance	Total Interventions
Children	9	17	6,8	61
Adolescents	9	14	4,9	44
Siblings (8 a 16a)	9	14	4,3	38
Caregivers (Palliative)	12	20	6,0	72
Caregivers (Chronic complex)	10	10	8,0	80
Bereaved Siblings	4	5	3,0	12
TOTAL	53	80	5,5	307

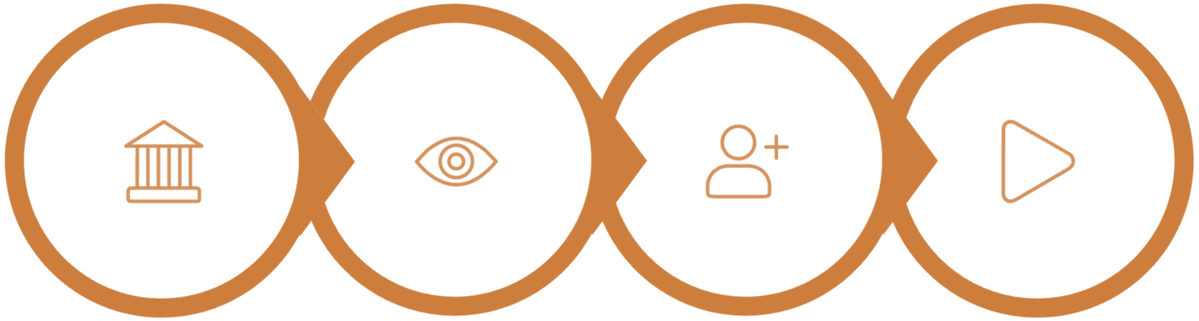
Aim

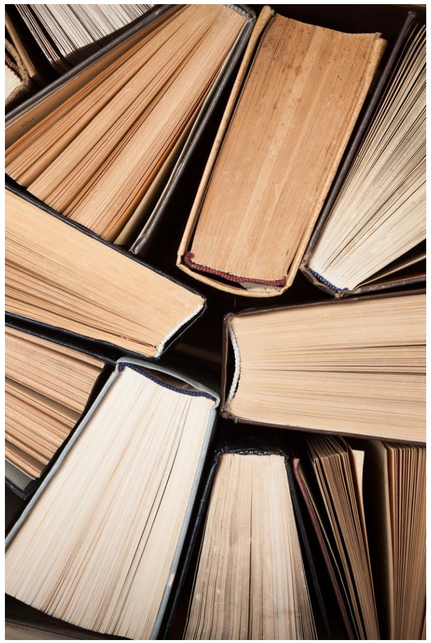


To develop a group intervention model for children, adolescents and families receiving PPC and complex chronic care.

Methods

October 2024 - January 2026





Phase 1 – Literature review

Phase 2 – Identification of challenges : Non-participant observation
Group discussion

Phase 3 – Group therapy supervision: Expert supervision sessions
Consensus-building

Phase 4 – Development of the Intervention Model:
Co-creation process

Phase 1 – Literature review

Results

49 articles

17 Group Psychology

17 Group Psychotherapy

15 Psychological Care in PC

Phase 1 – Literature review

Results

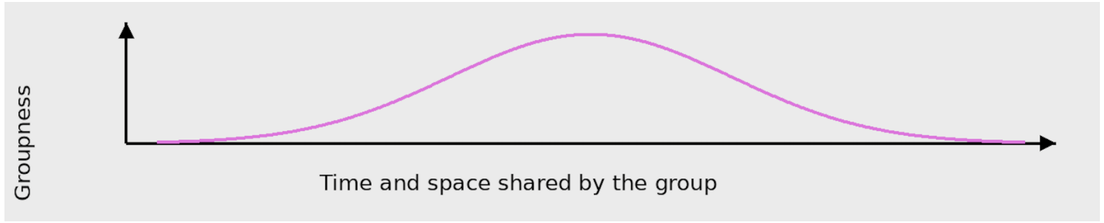
Theoretical Frameworks: Social Psychology of Health / Group Therapy

49 articles

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Process	Trust	Conflict	Cooperation	Cohesion	Closure
Communication level	Intrapersonal		Intragroup		Intrapersonal
	Intergroup	Interpersonal			Intergroup
Group need	Inclusion (Interaction)	Control (Exchange)	Affection (Interdependence)		
Area of action	Cognitive		Conative		Emotional

Palacín Loiss, Alma Beardo, A. (2025). Autoliderazgo y conducción de grupos: claves para la práctica professional. Ediciones Pirámide.
Ramos Gutiérrez, R. (2024). La terapia como empeño colaborativo: cambio, colaboración professional y conflicto. Morata ed.

Phase 1 – Literature review

Results

Theoretical Frameworks: Yalom's Therapeutic Factors

Trust and Confidentiality	Universality	Information
Altruism and Support	Corrective Recapitulation of the Family Experience	Social Learning
Vicarious Learning	Learning Through Feedback	Cohesion
Catharsis	Existential Assumptions	

49 articles

- 17 Group Psychology
- 17 Group Psychotherapy
- 15 Psychological Care in PC

- The Unfairness of Life
- Finitude, Death, and Suffering
- Inherent Loneliness
- Authenticity and Meaning
- Personal Responsibility

Yalom, I. D. & Leszcz, M. (2020). The theory and practice of group psychotherapy (6th ed.). Basic Books.

Phase 1 – Literature review

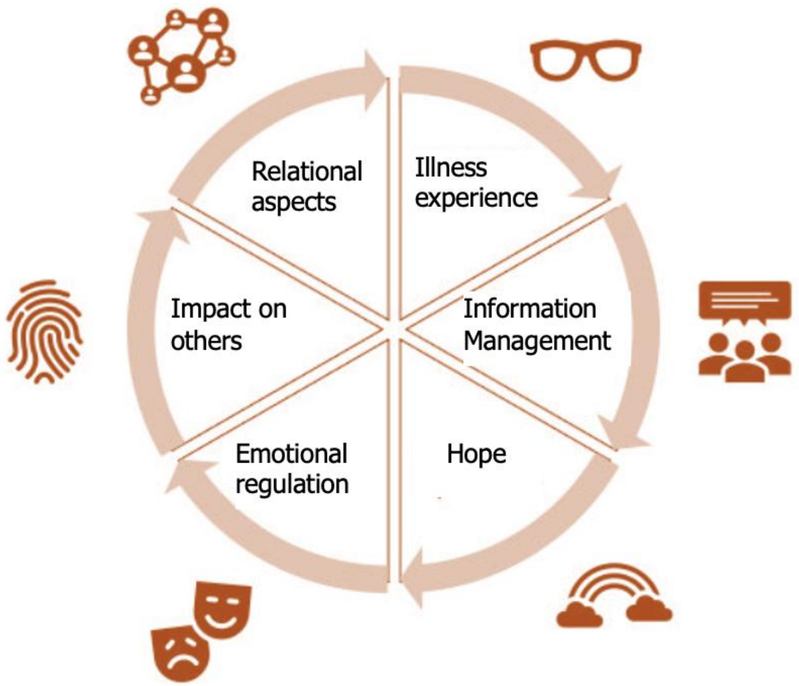
Results

Theoretical Frameworks: Palliative Care

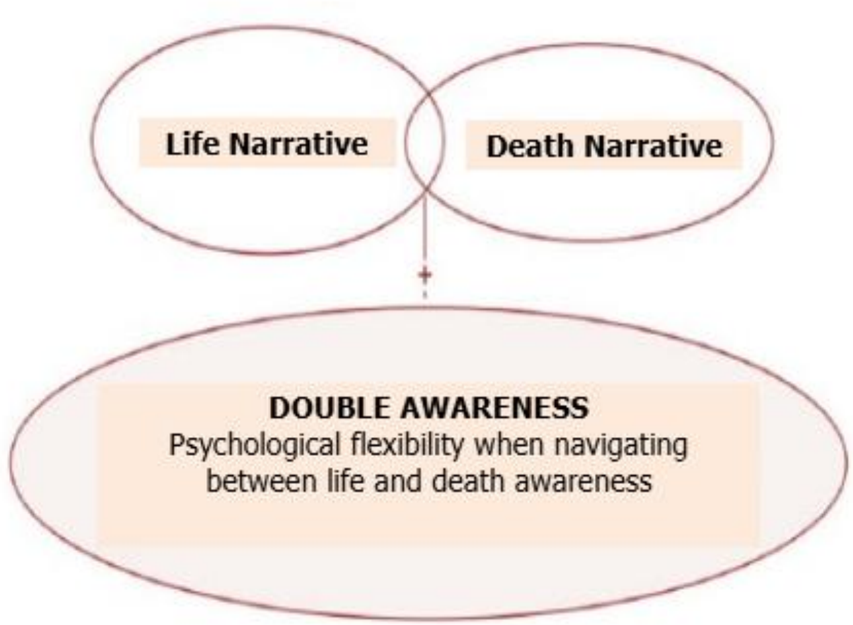
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Sources of Suffering



Double Awareness



Toro-Pérez, D., et al. (2023). *Desarrollo de la entrevista ESNA: Un instrumento para evaluar el sufrimiento en niños y adolescentes con enfermedades graves y necesidades paliativas*. Psicooncología, 20(1), 75-91.

Colosimo, K., Nissim, R., Pos, A. E., Hales, S., Zimmermann, C., & Rodin, G. (2017).“Double awareness” in psychotherapy for patients living with advanced cancer. Journal of Psychotherapy Integration, 27(1), 29-45.

Phase 2 / 3 – Identification of challenges / Group therapy supervision

Results

3 external observers

13 therapists

3 External Supervisors
11 therapists

30 Sessions

1 Focus Group

4 Sessions

Challenges Identified

- Participant Heterogeneity
- Stages of Group Development
- Definition of the Therapeutic Setting
- Program Structure and Standardization
- Integration into Clinical Practice

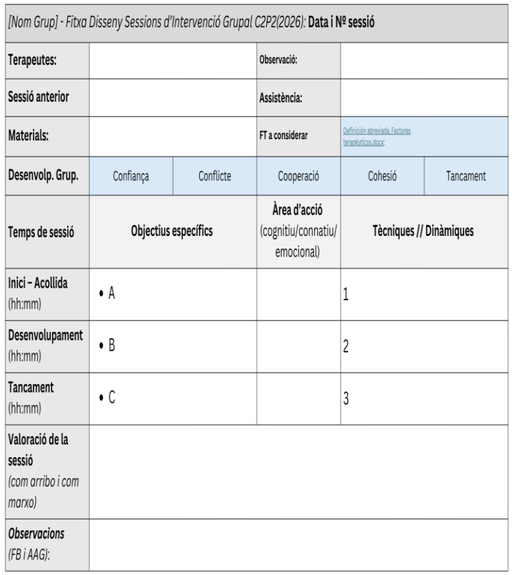
Core Skills

- Theoretical Frameworks
- Group Objectives
- Group Facilitation
- Therapeutic Setting
- Evaluation

Phase 4 – Development of the Intervention Model: Co-creation process

Results

Structured model



[Nom Grup] - Fitxa Disseny Sessions d'Intervenció Grupal C2P2(2026): Data i Nº sessió					
Terapeutes:			Observació:		
Sessió anterior			Assistència:		
Materials:			FT a considerar	Definición abreviada Factores terapéuticos.docx	
Desenvolp. Grup.	Confiança	Conflicte	Cooperació	Cohesió	Tancament
Temps de sessió	Objectius específics		Àrea d'acció (cognitiu/connatiu/ emocional)	Tècniques // Dinàmiques	
Inici – Acollida (hh:mm)	• A			1	
Desenvolupament (hh:mm)	• B			2	
Tancament (hh:mm)	• C			3	
Valoració de la sessió (com arribo i com marxo)					
Observacions (FB i AAG):					

→

Conceptual Framework

Palacín Integrative Model · Yalom Therapeutic Factors · Sources of Suffering – Double Awareness

→

Group Types

Therapeutic · Psychoeducational

→

Target Population

Specific Inclusion Criteria · Developmental Stages · Illness Trajectories

→

Objectives

Related to Group Process · Yalom Therapeutic Factors – Suffering in PPC
Integrated into the PPC Care Pathway

Setting

Small Groups: 5 to 10 · Duration: 75 to 90 min · Frequency: Every 2–4 Weeks · Format: In Person / Online

→

Therapist Role

Leadership · Facilitation · Observer-Feedback

→

Intervention Model

Activities Aligned with Objectives · Group Development – Stages, Processes and Needs · Therapeutic Factors · Adaptive Flexibility

→

Evaluation Model

Qualitative Intrasession Assessment · Therapeutic Factors · Session Records and Feedback · Thematic Analysis

Phase 4 – Development of the Intervention Model: Co-creation process

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Conceptual Framework
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Conclusions



- Group Intervention Model in PPC
- Specific Needs of children and families receiving PPC
- Integration of Theoretical Models
  - Objectives
  - Intervention techniques
  - Evaluation
- Structure and Systematization for implementation

Future directions

2026-2027



Implementation

- Group Therapy Protocol
- Group-Specific Protocols
- Session Record Forms

Evaluation

- Implementation
- Intrasession Evaluation
- Effectiveness According to Group Objectives

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7TH MARUZZA INTERNATIONAL CONGRESS ON PAEDIATRIC PALLIATIVE CARE



Thank you

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GruPal Chronic & Palliative Group Therapy