

# WEEK 3

## ACTIVITIES



### ESTABLISH GROUP RULES

5 MINUTES

Now we are going to review the rules that we will follow throughout the duration of this treatment group. If you have any questions about any of the group rules, I can help to clarify what is meant by that rule.

- 1. Confidentiality:** The information we discuss in this group is private, and members are expected to keep it that way. What is discussed in the group may be highly personal at times, and should not be discussed outside of the group.
- 2. Respect:** Give your attention and consideration to your fellow participants, and they will do the same for you. Examples of respectful behavior include:
  - Not talking over each other
  - Paying attention to the person talking (listen, don't just wait for your turn to talk)
  - Encouraging each other by responding to each other in a positive manner. Have the participants give other examples of how to show respect, and add those to the list as desired.
- 3. Participation:** You are expected to take part in the discussion and contribute to this group. The pace of this group, however, may limit some participation. Let's briefly discuss one way that the group leader(s) can signal you when we need to wrap up discussion and move on.

**Note:** Ask the group participants what other rules they believe should be in place, and add them to the list if they are applicable and constructive rules that are agreed upon by most or all the group members. It may be helpful to write the group rules on the board, or to create a written list on a large sheet of paper that may be posted in the group room for easy reference. Be sure to communicate to participants the expectations you have for their behavior (for example, how you would like people to excuse themselves from the group if a break becomes necessary, how the group should handle conflicts among group members, etc.). Setting these specifics out ahead of time will help to avoid confusion when these situations inevitably occur.



## DISCUSSION PROMPT

What other rules does the group want to establish?



## ICE BREAKER AND INTRODUCTION

5-10 MINUTES

*If incorporating new participants into the group, write the Icebreaker questions outlined in Group 1 on the white board so members can refer to them. The facilitator should utilize one or both of the following Icebreaker questions in order to warm up the group and build rapport. The facilitator should feel free to share their own responses to these questions alongside the group members.*

- If you were an animal, what animal would you be, and why?
- What famous person or people (athlete, scientist, author, etc.) inspires you, and why?

### **Review Take-Home Impressions Form**

- During the past week, have you done anything differently because of what you learned in previous groups? If so, please describe what you did.
- Were you able to use your new strategies/skills in any way? Please describe your experience.



## EXPLAIN THE NATURE AND PACING OF THE GROUP

2-5 MINUTES

- Because we only have an hour and a half for each group meeting, it is important that we cover everything that is necessary.
- Today, I will guide you through talking about emotions and how traumatic brain injuries may affect your ability to manage your mood.
- We will also talk about different strategies you can use to manage your moods.

- Lastly, we will do an activity centered on recognizing emotions in others.
- I will ask you to track your own mood as a homework assignment.
- **Remember:** To get through all the material, I will be keeping us on point by giving reminders when that section's time is almost up. If we are off-topic, I will redirect you to the relevant topic. If you would like to continue to discuss the topic that I redirected you from, please let me know after group so that we can discuss it at greater length. If necessary, we'll use the signal we agreed upon earlier to wrap up discussions.
- Do you have any questions before we begin?
- **Remember:** The facilitator's rationale for choosing to conduct this session of this treatment group is that it is deemed suitable for the unique needs of participants in this group. To decide if this session is appropriate for your group members, as yourself: What evidence is there that these participants have issues with dysregulated moods?



## HOMWORK REVIEW

5-10 MINUTES

During the previous week, you were asked to develop at least one S.M.A.R.T. goal using the S.M.A.R.T. Goal Log and share it with a member of your support person. By sharing this goal with them, they will be able to assist you and hold you accountable for maintaining progress toward your specific goal.

- How did it go?
- What are some of the goals you shared?
- What were some challenges?
- Do you feel you were successful in meeting or working toward your goal?

**Note:** *If participants have not completed the previously assigned homework, please ask the following question:*

- *What led to your decision to not complete the assignment?*
- *What do you need to do for yourself this week to help you be able to complete the homework assignment?*