

# WEEK 5

## 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. Often individuals who have TBI struggle to stay on topic. Let's briefly discuss one way that the group leader(s) can signal you if you are off topic and/or 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. Facilitator should utilize one or both of the following Icebreaker questions to warm up the group and establish rapport. The facilitator should feel free to participate in the Icebreaker by providing their own response to the questions alongside the group members.*

- What is the best advice anyone has ever given you? Share it with the group.
- What is your favorite month of the year, 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.
- I will provide a brief overview of what this group will be about, and then I will guide you through several topics about TBI (such as symptoms, recognition, anger triggers, effective anger-reducing habits, stress management, etc.).

- **Important:** 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.



## HOMEWORK REVIEW

5-10 MINUTES

During the previous week, you were asked to practice working with communication strategies.

- How did it go (can you describe one situation)?
- What style of communication would you say you used most?
- Did you use any particular communication strategy (such as "I" statements)
- Do you feel you were successful with your communication?

**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?*