

WEEK 6

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. One or both of the following Icebreaker questions should be utilized to warm up the group and build rapport. The facilitator should feel free to participate in the Icebreaker alongside the group members.

- What is something about you that other people would be surprised to learn?
- If you wrote a book about your life, what would it be called?

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 several topics about TBI and impulsivity. The primary goals of this week will be to better increase your ability to consider the outcomes of your behaviors, identify various situations where you are at increased risk of behaving impulsively, and identify factors that contribute to your impulsivity.

- We will also learn how impulsivity is related to TBI, and discuss how being aware of your tendency to behave impulsively will assist you in future behaviors. Finally, we will practice skills for identifying the need to think through behaviors, and assign homework to begin practicing the ability to stop and think, consistently. Provide handouts for Week 6 (Appendix 2 – week 6 handouts).
- **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?



HOMWORK REVIEW

5-10 MINUTES

During the previous week, you were asked to complete a personal anger management safety plan.

- How did it go?
- What were some challenges?
- Do you feel you were successful?
- Have you had the opportunity to use your safety plan this week?

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?*