

GRIEVING AND TBI

INTRODUCTORY ACTIVITIES



ESTABLISH GROUP RULES

2-5 MINUTES

WRITE the following group rules on the white board for reference for participants throughout the treatment group:

1. Confidentiality
2. Respect
3. Participation

I am going to go over the rules for this group. If you have any questions about any of the group rules, please ask, and I can help to explain what that rule means.

There are 3 main rules:

The first is:

- 1. Confidentiality:** This means that what we discuss today stays in this room and is not shared with others.

That brings us to our second rule:

- 2. Respect:** Please be kind to one another, by...
 - Listening when someone else is speaking,
 - Not talking over each other,
 - And encouraging one another

The last rule is:

- 3. Participation:** We ask that you take part in the discussion. Your ideas are important to the group. At times, I may need to cut discussion short. I will tell the group when discussion time is over.

Note: As a reminder, rules only need to be reviewed in depth if there are new members who have not participated in previous weeks. Rules are discussed at the start of each group and only a brief reminder should be utilized for groups with no new members.



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 could pick up a new skill in an instant what would it be and why?



REVIEW TAKE-HOME IMPRESSIONS FORM

5-10 MINUTES

During the past week, have you done anything differently because of what you learned in previous groups? If so, please describe what you did.



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 grief and acceptance.

- We will also talk about different strategies you can use to help you move forward.
- Lastly, we will do an activity centered on acceptance and the future.
- **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?