

# WEEK 1

# 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?

*Some participants may take these modules out of sequence. Review homework from previous group if applicable.*



## ICE BREAKER AND INTRODUCTION

10 MINUTES

*WRITE the following self-introduction questions on the white board. You may want to do this before the group starts.*

- What is one thing you love to do?
- Tell us about a time when you felt proud of yourself.
- What is one thing you want to get out of this group?

*Have group members write their answers on a sheet of paper. Once they are finished, advise group members to crumple their paper and throw it into the middle of the room. Each member will then pick up a random paper from the middle and read the answers. Allow all group members to share, then facilitate a brief discussion.*

- What surprised you?
- In what ways are we alike? Different?
- What questions do you have for other members of the group?
- Has anyone attended a concussion workshop before?



## EXPLAIN THE NATURE AND PACING OF THE GROUP

2-5 MINUTES

- Because we only have 60-90 minutes for each group meeting, it is important that we cover everything that is necessary.
- I will provide a brief overview of what each group will be about, and then I will guide you through several topics about Concussions (such as symptoms, symptom recognition, triggers, effective habits, stress management, etc.).
- 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.