

WEEK 2

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

For our icebreaker today, pretend you are stranded on an island by yourself. Introduce yourself by saying your name and saying three items you would take with you and why.

Review Take-Home Impressions Form From Module 1

- Have you recognized any of your own concussion symptoms this week? Did you explain them to someone in your support system?

Some participants may take these modules out of sequence. Review homework from previous group with the following questions if applicable.

- During the past week, have you done anything differently because of what you learned in the 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 for each group meeting, it is important that we cover everything that is necessary.
- Today, I will guide you through several topics about memory skills and goal setting. We will discuss how a concussion impacts memory, and how it may have affected your memory since your injury.

- Also, we will discuss the importance of goal setting and how established goals can assist you as you move through this program.
- Lastly, we will discuss and review some practical memory skills to assist you with some difficulties in memory. Specifically, we will discuss the concept of S.M.A.R.T. goals and practice developing a specific S.M.A.R.T. goal that you would like to achieve in your treatment.
- **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.



DISCUSSION PROMPT

Do you have any questions?