

WEEK 3

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.



ICE BREAKER AND INTRODUCTION

2-5 MINUTES

Facilitator(s) should introduce themselves at this time.

Please share your name, age, and your favorite movie and what you like about it. Also, please share whether you have participated in any of the previous groups. If you have previously participated, please share your favorite thing you've learned so far.

Thank you for coming today. We appreciate your willingness to participate, as it will make the session more fun. At the end of today's session, we will ask you to share one thing you liked and one thing you disliked about today's group. We want to make sure this module is something you find useful, so your input is very important to us.



APPLIED PRACTICE REVIEW

2-5 MINUTES

Ask the participants who were present for the previous module about their practice and if they have new goals based on their practice. For participants who have not done this module, define S.M.A.R.T. goals and ask them to begin thinking about potential goals they have for themselves based on examples presented by peers.

Last week you worked on establishing S.M.A.R.T. Goals:

- Has anyone had the chance to start working toward their goal?
- Has anyone started any new goals?
- What has everyone found helpful about using S.M.A.R.T. Goals?



DISCUSSION PROMPT

Are there any other rules you'd like to establish?

Be sure to write any additional rules on the whiteboard.



EXPLAIN THE NATURE AND PACING OF THE GROUP

2-5 MINUTES

- Since we only have about an hour for each group meeting, it is important that we try to stay on topic.
- Today, we are going to work together and learn about different styles that people use to communicate. We are going to discuss the positives and negatives of each communication style. We will show how to advocate for yourself by learning how to ask for what you need. We will then practice these skills.
- In order to get through all the material, I will give reminders when that section's time is almost up. If at any point I move on from a topic and you would like to continue to talk about it, please let me know after group or during a break.