

WEEK 4

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?

WRITE Group Rules on the whiteboard for participants to reference throughout the treatment group.

1. Confidentiality
2. Respect
3. Participation
4. Practice

*If additional rules were agreed upon, be sure to include each additional rule during this review.



ICE BREAKER

5 MINUTES

ASK participants if they have any food allergies prior handing out candy or food.

WRITE the candy colors and correlated questions for each:

- Brown: If you could live anywhere in the world, where would you choose?
- Orange: What is one of your favorite hobbies?
- Red: If you could have an endless supply of your favorite food, what would it be?
- Green: What is your favorite holiday and why?
- Yellow: If you were an animal, what would you be and why?
- Blue: What is one of your favorite songs or music genres at the moment?

TO DO: Open a small bag of colored candies. After explaining the activity to the group, the facilitator(s) should participate first as an example. The bag should then be handed to the participant on your right. Have participants continue passing the

bag around in a circle after they have chosen their two candies and shared their fun facts/answers.

Let's take a minute to get to know each other a little better. I'm going to open this bag of M&Ms and pass it around in a circle. When the bag is in your hands, please share your name with the group and then pour (not grab) two candies into your hand. Each candy color is associated with a fun question to answer before passing the bag along to the next group member. I'll start us off.



APPLIED PRACTICE REVIEW

5 MINUTES

Last week you worked on Communication Skills. You were asked to practice these skills on your own when you had a conflict with someone.

- What went well?
- What were some challenges?
- What will you do differently or the same next time?

Note: *If participants have not completed the applied practice, please ask the following questions:*

- *What led to your decision to not use the communication skills you learned?*
- *What would help you try them?*