

WEEK 6

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

5-10 MINUTES

Have each member of the group pick a number from 1 to 10. The number they pick corresponds to the number of the question they will answer (see questions below). The rest of the group can answer the same question or pick a different number and answer a different question.

1. What is your favorite movie and/or book?
2. What is your favorite food?
3. What is your favorite sports team?
4. If you were stuck on an island what three things would you bring?
5. If you had a yacht, what would you name it?
6. What is your favorite song?
7. What is your favorite subject in school?
8. Who is your favorite non-fictional character?
9. If you go travel anywhere (earth or space) where would you go?
10. If you could have a superpower, which one would it be?



APPLIED PRACTICE REVIEW

5-10 MINUTES

Last week you were asked to complete a personal anger management safety plan.

- What were your impressions from the anger management module?
- Have you had the opportunity to use your safety plan this week?

If participants attended the previous module but did not complete the practice, ask them the following questions:

- What would make it easier for you to do the practice?



EXPLAIN THE NATURE AND PACING OF THE GROUP

2-5 MINUTES

Today, I will guide you through several topics about brain injury and impulsivity. The primary goals for this session will be to help you have a better understanding of impulsivity and its connection to brain injuries. It is going to be important for us to identify various situations where you are at an increased risk of behaving impulsively and identify the factors that contribute to your impulsivity.

We will also learn how impulsivity is related to brain injuries and discuss how awareness of your impulsivity will help you in future decision making. Finally, we will practice decision-making skills, and review a practice assignment on “Stop-Think-Do”. 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. Do you have any questions before we begin?