

## **Accepting Me Group Details**

**Who:** High School girls who are currently patients of The Family Health Clinic

**Where:** The Family Health Clinic

901 Prince William Rd. Ste A

Delphi, Indiana 46923

(765) 564-3016 ext 2022

**When:** Every Thursday at 5pm

## **Overview of the Group**

A. Main Purpose of the Group:

The aim of the group is to increase self-esteem by exploring identity, based around five factors: creative self, coping self, physical self, social self, and essential self, with an emphasis on the coping self. There will be a focus on exploring members' current strengths and coping skills and introducing new coping skills. The group will promote an internally motivated sense of self-esteem, mindfulness skills, and a strengths based view of self. Art therapy will be introduced as well.

B. Type of Group:

This is a weekly psychoeducational group, focusing on developing members' cognitive, affective, and behavioral skills through a structured set of procedures within and across meetings. It will be an open group where new members can join at any time. Once a participant reaches the age of 18 and is no longer in high school, they will have completed the group. Group Sessions will be designed around different themes and in a structured format, but will balance educational and therapeutic needs of participants. Lesson plans will be designed to allow time for members to discuss and process the various interventions and topics that will be covered.

C. Educational Objectives being addressed but not limited to the following:

~ Different rates of physical, emotional, sexual, and social development.

~ Body Image

~ Healthy lifestyle choices

~ Individuality

~ Stereotypes

~ Understand personal values and beliefs.

~ Identification of support persons.

~ Regulating emotions

~ Feeling Identification

~ Coping skills including the use of humor

~ Bullying

Group rules:

1. What happens in group stays in group: Each group member is expected to not share with people outside of the group what is said by other group members.
2. No cellphones with few exceptions such as an emergency.
3. Group members will be respectful of one another.
4. Group members will listen and not interrupt the facilitator nor other group members.
5. Group members are expected to be honest.
6. If a group member does not want to participate in an activity, they have the option to say "pass".
7. Group members are responsible for "building up" other group members.
8. No put downs.
9. Have fun!