

SESSION 2: KNOW YOUR OWN GOALS

WARM-UP

Form a group circle. The leader then asks the participants to stand up and walk around the room. As participants meet each other, instruct them to make contact non-verbally (e.g. touch, facial expression, gestures, etc.) until each has greeted all the others at least once.

The leader provides a brief explanation as to the purposes of warm-ups.

Talk by Leaders (page 436/7 of Group Therapy manual).

Plenary:

Were these purposes achieved for participants in this warm-up?
Why? Discuss as a group.

PERSONAL AND THERAPEUTIC GOALS

Exercise:

In triads

Participants discuss the following questions:

- What are your personal goals for learning in this group?
- What are your personal therapeutic goals for this group?

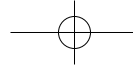
In plenary:

Each person states personal therapy and learning goals and explores his or her characteristic self-sabotages (i.e. how could she or he sabotage the achievement of these goals).

Talk by Leaders: Group communication guidelines

As group leader, present a talk on the topic of group communication guidelines. Emphasise the following points to trainee group leaders with regards to communication:

1. *Use 'I' statements. This encourages you to take responsibility for your own reactions and judgements.*
2. *The more you participate the more you will get out of the group, but the choice is yours. You have the choice whether or not to take up the offer to do some activity or exercise or to accept or refuse the invitation to take a risk.*
3. *What happens in the group stays in the group, (i.e. strict confidentiality). This is expected at all times, but cannot be guaranteed.*



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4. *You are invited to discuss what has happened in the group with outside people so long as you talk about how it impacted on you and do not use other people's names. This is called processing. Processing differs from gossip, which is merely about describing what happened. Processing is about digesting your learning from the group by talking with someone you trust so that you can understand your feelings. You are invited to process what happens in the group. You are expected at all times not to gossip. You gossip if you merely talk about what happened to others or use names.*
 5. *NO cross talk (i.e. when one person is talking others should not engage in conversations on the sidelines).*
 6. *Turn up straight and stay straight during the group (i.e. no drugs, alcohol or cigarettes should be consumed prior to attending). Excess coffee is also discouraged. I suggest that smokers don't smoke for at least two hours prior to the start of the group. Smoking stops people from feeling and self-awareness. I also recommend that people have no more than one cup of coffee in the two hours prior to the group because coffee acts as a stimulant, which interferes with self-awareness.*
 7. *There should be either no meeting of members of the group outside group times and no development of outside relationships;*
or
Meetings outside the group will be accepted, but no group secrets (i.e. group members state at the beginning of the session if they have met or communicated with each other between group sessions). Attractions and repulsions between group members are to be acknowledged.
- Leaders should choose one of these options and present it as a rule to the trainees. Either way there is no room for group secrets and the formation of cliques within the group is minimised.*
8. *Group members are expected to commit to attend all or most sessions.*
 9. *If group members cannot attend then they should notify the group in the sessions before their absence. If there is an unexpected event that prevents the group member from attending she or he should notify the group leaders before the next session.*

When a group member is absent without notification the group is left to wonder what has happened to that person and to worry or be upset or angry. This takes away from the energy of the group.

PLENARY

As a group invite participants to express any reactions they have had to the session, the group or individuals in the group so far, such as comments about how this session was for them.

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HOMEWORK – WARM UP PREPARATION

Prepare an original warm-up, which could be chosen by the leader to open the next session.

Note: the leader should explain to participants that:

1. The homework assignment will be experiential.
2. They will be expected to discuss their homework at the beginning of the next session.

HOMEWORK SHEET

Design an original warm-up we can use next session. Outline it below.

Is this warm-up experiential? How does it involve people?

Does this warm-up meet the criteria for warm-ups (page 437 of the manual)?

How does it do so?

In what ways (if any) does it fail to meet these criteria?

The following section should be completed after the warm-up is presented

- the following week, or
- when the warm-up is eventually presented.

Date and topic of warm-up

Your feelings after running your warm-up:

How well did this warm-up work in practice?

Upon reflection, what would you do next time?

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