

**GRACE NOTES  
FACILITATOR  
GUIDE**





# ATTENTION:

## CENTERING PRAYER

**Supplies:** Book, pencils and pens, whiteboard/ markers or big sheet of paper/ pens

**Prep:** Note topic covered last session

**Suggested Readings:**

1. "Open Mind, Open Heart" by Fr. Thomas Keating,
2. The Rule of Benedict (4th Century)
3. "Contemplative Outreach" Materials





**References:** "Open Mind, Open Heart" by Fr. Thomas Keating,





**Time allotted:** 1 hour and 10 minutes: 5 minutes to prepare; 60 minutes for group; 5 minutes to transition

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 minutes	Gather supplies Clear mind	<input type="checkbox"/>	Be prepared for the lesson both spiritually and physically	Personal preference: Meditation, wash hands, etc.

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Group rules	<input type="checkbox"/>   <input type="checkbox"/>   <input type="checkbox"/>	<p>Understand group focus/ philosophy</p> <p>Review the established rules</p> <p>Establish an atmosphere of trust</p>	<p>I am so grateful to have you all here today. We will be focusing on your overall spiritual wellbeing and experiences since your illness or injury. This group will discuss a variety of topics under the concept of spirituality. The group respects, acknowledges and draws from a variety of spiritual beliefs. The main goal of the group is to help all of us get in touch with and draw strength from the spirit within all of us.</p> <p>Spirituality can be defined as a way we seek and express meaning and purpose and how we experience our connectedness to the moment, to self, to others, to nature, and to the sacred.” (C. Mako)</p> <p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ol style="list-style-type: none"> <li>1. Everything said here is confidential</li> <li>2. Respect everyone’s point of view</li> <li>3. Allow all to speak</li> <li>4. Listen with the ears of your heart</li> </ol> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Check in	<input type="checkbox"/>	Get each member engaged in the group	<p>Before we get started on this week’s topic I would like to take a few minutes to see how everyone is doing. Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If no, (first time group, first time member or did not use the information from last session. Reassure them that it is okay and advance to the next group member.</li> </ul>

				<p>Did anyone have a chance to use the information from last week in your daily life?</p> <p>We talked about: (brief reminder of the focus of last sessions group)</p> <p>If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last session. Reassure them that it is okay and advance to the next group member.</li> </ul>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Topic: Quote	<input type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on experiencing the unconditional love of God. Would someone please read the quote in the upper right hand corner of the handout?</p> <ul style="list-style-type: none"> <li>• Be ready to read the quote yourself if there are no volunteers.</li> </ul> <p>"Our basic core of goodness is our true self. Its center of gravity is our Higher Power. This basic core of goodness is capable of unlimited development." By Fr. Thomas Keating OSB. I chose this quote because it tells us how amazing the potential is for us when we pray a contemplative prayer, such as the Centering Prayer. It goes beyond ABI into the ground of our spiritual being.</p> <p>Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>• Validate and support comments as appropriate.</li> </ul>
60 minutes	Centering Prayer	<input type="checkbox"/>  <input type="checkbox"/>	<p>Introduce the concept of the centering prayer.</p> <p>Identify their sacred word</p>	<p>Contemplative prayer is the opening of the mind and heart-our whole being to God, beyond thoughts, word and emotions. This type of prayer is a movement beyond conversation with God to experiencing communion with him</p> <p>Take a moment to think about who you are and what helps you open up your mind and heart* to God. Choose a sacred word as a symbol of your intention to consent to God's presence and action within. Once you have decided on your word; take a moment to write it in the space provided on your sheet.</p> <p>It takes time to connect through the Centering Prayer. We will start with 5 minutes.</p> <ul style="list-style-type: none"> <li>• Sit comfortably and with eyes closed, settle briefly into silence. Gently introduce the sacred word as the symbol of your consent to God's presence and action. Repeat your work in your mind for 5 minutes.</li> </ul>

				<ul style="list-style-type: none"> <li>• When distracting thoughts come, let them go and return ever so gently to the sacred word.</li> <li>• At the end of the prayer period remain in silence with eyes closed for a few minutes.</li> <li>• Rub your face/ hands and come back to the present moment.</li> </ul>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
		    	<p>Reflect on how the centering prayer felt</p> <p>Continued Practice with centering prayer; 10 minutes</p> <p>Provide suggestions for using the prayer in their daily lives</p>	<p>Let's take a few minutes to reflect on the experience.</p> <ul style="list-style-type: none"> <li>• Ask if anyone in the group will share their word</li> <li>• Ask the group how it felt to focus on their word</li> <li>• Write their thoughts on the board</li> <li>• Affirm them and make connections.</li> </ul> <p>Let's try the centering prayer again. This time for 10 minutes.</p> <ul style="list-style-type: none"> <li>• Sit comfortably and with eyes closed, settle briefly into silence. Introduce the sacred word as the symbol of your consent to God's presence and action. Read your word in your mind for 10 minutes.</li> <li>• When distracting thoughts come, let them go and return ever so gently to the sacred word.</li> <li>• At the end of the prayer period remain in silence with eyes closed for a couple of minutes.</li> <li>• Rub your face/ hands and come back to the present moment.</li> <li>• Ask the group how it felt focus on their word</li> <li>• Write their thoughts on the board</li> <li>• Affirm them and make connections.</li> <li>• If this prayer is helpful to you, you may consider adding to your daily routine.</li> <li>• 20 minutes in the morning</li> <li>• 20 minutes later in the day</li> <li>• Over time, this prayer will help you reprioritize your life so that you experience being more centered in the Holy within your soul.</li> </ul>
2-3 minutes	Summarization section of handout		Summarizing content for improved recall	<p>Take a few minutes to summarize the discussion today and what you learned. It will help you understand the information a little better and can serve as a memory prompt.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write some notes.</li> </ul>

2-3 minutes	Application to real world section of handout		Identifying practical application or information and situation it can be used in.	<p>We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> <li>• Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules		Keep trust	<p>This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.</p>
5 min	Closing Prayer or blessing		To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be	<p>Let's close this session with a (prayer or blessing).</p> <ul style="list-style-type: none"> <li>• As it was in the beginning, is now and ever shall be, world without end, Amen.</li> <li>• Dear Creator, thank you for this time with you today. Amen.</li> </ul>
5 minutes	Put away supplies Transition		Clean up room & re-group	<p>Personal preference: Meditation, wash hands</p>

**Therapist Reflection:**

Time allotment was adequate: Yes/ No

Comments:

Overall Topic was relevant: Yes / No

Comments:

Quote was relevant: Yes/ No

Comments:

Chosen discussion/ task was relevant:

Comments:

Group Discussion was productive: Yes/ No

Comments:

Summarization of group was useful: Yes/ No

Comments:

Weekly focus was useful: Yes / No

Comments:

Closing prayer was relevant: Yes/ No

Comments:

Other thoughts/ comments:





*"The present moment is the only place where you will encounter God."*

*Thich Nhat Hanh*

# ATTENTION:

## MINDFULNESS

**Prep:** Note topic covered last session

**Supplies:** Book, pencils and / pens, Whiteboard/ markers or Big sheet of paper/ pens, **An orange for each member of the group**

**Suggested Readings:**

1. "Going Home, Buddha and Christ as Brothers" by Thich Nhat Hanh; published by Beacon Press. 2002 ( I am not sure if this is the correct publisher)
2. "The Miracle of Mindfulness" by Thich Nhat Hanh; published by beacon Press. 1975
3. "Mysticism" by Evelyn Underhill; published by Dover Publications. 2002 (originally published in 1911)
4. "What the Mystics Know" by Richard Rohr; Published by Crossroad Publishing Co.. 2015



**References:** 1. "The Miracle of Mindfulness" by Thich Naht Hahn. Published by Beacon Press. 1975.





**Time allotted:** 1 hour and 10 minutes: 5 minutes to prepare; 60 minutes for group; 5 minutes to transition

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 minutes	Gather supplies Clear mind	<input type="checkbox"/>	Be prepared for the lesson both spiritually and physically	Personal preference: Meditation, wash hands, etc.

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Group rules	<input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	<p>Understand group focus/ philosophy</p> <p>Review the established rules</p> <p>Establish an atmosphere of trust</p>	<p>I am so grateful to have you all here today. We will be focusing on your overall spiritual wellbeing and experiences since your illness or injury. This group will discuss a variety of topics under the concept of spirituality. The group respects, acknowledges and draws from a variety of spiritual beliefs. The main goal of the group is to help all of us get in touch with and draw strength from the spirit within all of us.</p> <p>Spirituality can be defined as a way we seek and express meaning and purpose and how we experience our connectedness to the moment, to self, to others, to nature, and to the sacred." (C. Mako)</p> <p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ol style="list-style-type: none"> <li>1. Everything said here is confidential</li> <li>2. Respect everyone's point of view</li> <li>3. Allow all to speak</li> <li>4. Listen with the ears of your heart</li> </ol> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Check in	<input type="checkbox"/>	<p>Get each member engaged in the group</p>	<p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing. Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If no, (first time group, first time member or did not use the information from last Session. Reassure them that it is okay and advance to the next group member.</li> </ul>

				<p>Did anyone have a chance to use the information from last week in your daily life?</p> <p>We talked about: (brief reminder of the focus of last sessions group)</p> <p>If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last Session. Reassure them that it is okay and advance to the next group member.</li> </ul>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Topic: Quote	<input type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on Mindfulness. Would someone please read the quote in the upper right hand corner of the handout?</p> <p><b><i>"The present moment is the only place where you will encounter God."</i> Thich Nhat Hanh</b></p> <ul style="list-style-type: none"> <li>• Be ready to read the quote yourself if there are no volunteers.</li> </ul> <ol style="list-style-type: none"> <li>1. I chose this quote because it is simple and to the point. We do not have to think great thoughts to encounter our Higher Power. We just have to be here now.</li> </ol> <p>Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>• Validate and support comments as appropriate.</li> </ul>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
45 minutes 5 min for concept 10 min breathing	Mindfulness	<input type="checkbox"/>  <input type="checkbox"/>	Introduce the concept of the mindfulness.  Breathing exercise	<p>For today's session we will be focusing on Mindfulness. It can be defined as:</p> <ul style="list-style-type: none"> <li>• <b><i>The presence of life.</i></b> <ul style="list-style-type: none"> <li>• Awareness of the present moment.</li> <li>• Frees us from forgetfulness and dispersion.</li> <li>• Makes it possible to life fully each minute of life.</li> </ul> </li> <li>• <b>Enables us to Live.</b></li> </ul>

				<p>I invite you to try 2 different mindfulness exercises today. The first one is focused on breathing. We will be focused on breathing for 10 minutes</p> <ul style="list-style-type: none"> <li>• Breathe in lightly; a fairly long breath, conscious of the fact that you are inhaling a deep breath.</li> <li>• Now breathe out all the breath in your lungs, remaining conscious the whole time of the exhalation.</li> <li>• In your mind say, "I am breathing in ....I am breathing out..." following your breath.</li> <li>• When distractions come, gently let them go and bring yourself back to following your breath inwardly saying, "I am breathing in, I am breathing out..."</li> <li>• We are now done with the exercise <ul style="list-style-type: none"> <li>○ Rub your hands together and pat your face</li> </ul> </li> </ul>
<b>Time:</b>	<b>Key Components:</b>	<b>Confirm Completed:</b>	<b>Objective:</b>	<b>Key Points:</b>
10min reflection			Reflection on the experience	<p>Let's take a few minutes to reflect on the experience.</p> <ul style="list-style-type: none"> <li>• Ask the group how it felt to focus on their breathing</li> <li>• Was it easy or difficult to let go of distractions</li> <li>• Write their thoughts on the board</li> <li>• Affirm them and make connections.</li> </ul>
10 min to eat the orange 10min reflection			Mindfulness practice: eating an orange	<ul style="list-style-type: none"> <li>• Place the orange before you.</li> <li>• Pick it up slowly. <ul style="list-style-type: none"> <li>○ Feel the weight, the texture in your hand</li> <li>○ Smell it</li> <li>○ Become one with it</li> <li>○ Inside your mind say' "I am smelling the orange, I am feeling the texture..."</li> </ul> </li> <li>• Mindfully and slowly, peel the orange. <ul style="list-style-type: none"> <li>○ Say in your mind, "I am peeling the orange."</li> </ul> </li> <li>• Eat one section of the orange, chewing very slowly, very carefully. Be mindful of each bite.</li> </ul>

				<ul style="list-style-type: none"> <li>○ Say in your mind, "I am chewing the orange."</li> <li>○ Do not start eating the second section until you are completely finished with the first section.</li> </ul>
<b>Time:</b>	<b>Key Components:</b>	<b>Confirm Completed:</b>	<b>Objective:</b>	<b>Key Points:</b>
				<ul style="list-style-type: none"> <li>● Reflect on how it felt to eat the orange in a mindful manner.</li> </ul> <p>Let's take a few minutes to reflect on the experience.</p> <ul style="list-style-type: none"> <li>● Ask the group how it felt to focus on eating the orange.</li> <li>● Was it easy or difficult to let go of distractions</li> <li>● Write their thoughts on the board</li> </ul> <p>Affirm them and make connections.</p>
2-3 minutes	Summarization section of handout		Summarizing content for improved recall	<p>Take a few minutes to summarize the discussion today and what you learned. It will help you understand the information a little better and can serve as a memory prompt.</p> <ul style="list-style-type: none"> <li>● Encourage all members to write some notes.</li> </ul>
2-3 minutes	Application to real world section of handout		Identifying practical application or information and situation it can be used in.	<p>We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks.</p> <ul style="list-style-type: none"> <li>● Encourage all members to write down an idea or two.</li> <li>● Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules		Keep trust	<p>This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.</p>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Closing Prayer or blessing	<input type="checkbox"/>	To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be	Let's close this session with a (prayer or blessing). <ol style="list-style-type: none"> <li>2. Dear God, Thank you for the present moment where we are able to experience your presence. Amen</li> <li>3. Dear God, help us to let go of the past and not worry about the future. Help us to learn to stay focused in the present moment so that we may live more fully. Amen.</li> <li>4. Make one up based on the group's experience.</li> </ol>
5 minutes	Put away supplies Transition	<input type="checkbox"/>	Clean up room & re-group	Personal preference: Meditation, wash hands

**Therapist Reflection:**

Time allotment was adequate: Yes/ No

Comments:

Overall Topic was relevant: Yes / No

Comments:

Quote was relevant: Yes/ No

Comments:

Chosen discussion/ task was relevant:

Comments:

Group Discussion was productive: Yes/ No

Comments:

Summarization of group was useful: Yes/ No

Comments:

Weekly focus was useful: Yes / No

Comments:

Closing prayer was relevant: Yes/ No

Comments:

Other thoughts/ comments:







*"Each human being has a divine soul, a part of God, a spark of light within."*

Rabbi Arthur Green

# ATTENTION:

## A THOUSAND NAMES OF GOD

**Supplies:** Book, pencils and / pens, Whiteboard/ markers or Big sheet of paper/ pens

**Prep:** Note topic covered last session

**Suggested Readings:**

1. Changes in Spiritual Beliefs After Traumatic Disability, Mary Ann Mc Coll, Jerome Bickenbach, Jane Johnston, Sharon Nishihama, etc.; Published June 200 Arch Phys Med Rehab Vol 81
2. Sadhana by Fr. Anthony deMello
3. 'The Empty Chair' by Rabbi Nachman of Breslov published by Jewish Lights 1996
4. "A Kabbala for Tomorrow" by Rabbi Arthur Green

**References:** "A Kabbala for Tomorrow" by Rabbi Arthur Green

**Time allotted:** 1 hour and 10 minutes: 5 minutes to prepare; 60 minutes for group; 5 minutes to transition

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 minutes	Gather supplies Clear mind	<input type="checkbox"/>	Be prepared for the lesson both spiritually and physically	Personal preference: Meditation, wash hands, etc.

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Group rules	<input type="checkbox"/>   <input type="checkbox"/>  <input type="checkbox"/>	<p>Understand group focus/ philosophy</p> <p>Review the established rules</p> <p>Establish an atmosphere of trust</p>	<p>I am so grateful to have you all here today. We will be focusing on your overall spiritual wellbeing and experiences since your illness or injury. This group will discuss a variety of topics under the concept of spirituality. The group respects, acknowledges and draws from a variety of spiritual beliefs. The main goal of the group is to help all of us get in touch with and draw strength from the spirit within all of us.</p> <p>Spirituality can be defined as a way we seek and express meaning and purpose and how we experience our connectedness to the moment, to self, to others, to nature, and to the sacred." (C. Mako)</p> <p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ol style="list-style-type: none"> <li>1. Everything said here is confidential</li> <li>2. Respect everyone's point of view</li> <li>3. Allow all to speak</li> <li>4. Listen with the ears of your heart</li> </ol> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Check in	<input type="checkbox"/>	<p>Get each member engaged in the group</p>	<p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing. Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If a client has nothing to share move on to other members so they do not feel pressured.</li> </ul> <p>Did anyone have a chance to use the information from last week in your daily life?</p> <p>We talked about: (brief reminder of the focus of last sessions group)</p>

				<p>If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>Go around the group.</li> <li>Be prepared to start with a personal example</li> <li>If no, (first time group, first time member or did not use the information from last session. Reassure them that it is okay and advance to the next group member.</li> </ul>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Topic: Quote	<input type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on experiencing the unconditional love of God. Would someone please read the quote in the upper right hand corner of the handout?</p> <ul style="list-style-type: none"> <li>Be ready to read the quote yourself if there are no volunteers.</li> </ul> <p>I chose this quote because when we focus on the unconditional love of God has for us, our divine spark of soul lights within lights up and gets even brighter!!</p> <p>Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>Validate and support comments as appropriate.</li> </ul>
60 minutes	"The thousand names of God" Meditation	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Get clients into a relaxed frame of mind</p> <p>Consider who/ what your higher power is and where you have experienced unconditional love</p> <p>Explore the different ways that they view their higher power</p>	<p><i>Today we will explore God's unconditional love for us by doing a meditation called "The 1,000 names of God" by Fr Anthony De Mello.</i></p> <p><i>Let's take a moment to consider who or what your higher power is and where have you received unconditional love in your life?</i></p> <ul style="list-style-type: none"> <li>Encourage the group to share their thoughts</li> <li>Be ready to share personal examples</li> <li>Write answers on the board</li> <li>Help make connections</li> </ul> <p><i>Please take a moment to get comfortable and relaxed</i></p> <ul style="list-style-type: none"> <li>Gently bring to mind the names you call your higher power of your understanding. For example, God, You are my best friend, you are my strength. You are my sunshine etc.</li> <li>Feel free to repeat or rest in each name until you go to the next name that comes to you.</li> <li>If you would like you may write them down on the grid on your paper.</li> <li>Encourage the group to share their thoughts</li> <li>Be ready to share personal examples</li> <li>Write answers on the board and help make connections</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
	Thousand names for God Continued	<input type="checkbox"/>	Translate those beliefs into how their higher power views them with a focus on unconditional love	<p>Now I would like you to imagine your higher power sitting across from you looking at you with eyes filled with unconditional love and humility.</p> <p>Now say your own name and hear your higher power calling you by the exact same names that you called Him or Her. (Except for those names that were omnipotent).</p> <p>An example would be "**** (your name) you are my wisdom. ***, you are my sunshine, ***, you are my best friend.</p> <ul style="list-style-type: none"> <li>• Ask if anyone in the group will share one of their statement.</li> <li>• Ask the group how it felt to hear their name associated with their higher power and the traits they love and admire.</li> <li>• Write their thoughts on the board</li> <li>• Affirm them and make connections.</li> </ul>
2-3 minutes	Summarization section of handout	<input type="checkbox"/>	Summarizing content for improved recall	<p>Take a few minutes to summarize the discussion today and what you learned. It will help you understand the information a little better and can serve as a memory prompt.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write some notes.</li> </ul>
2-3 minutes	Application to real world section of handout	<input type="checkbox"/>	Identifying practical application or information and situation it can be used in.	<p>We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> <li>• Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules	<input type="checkbox"/>	Keep trust	<p>This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.</p>
5 min	Closing Prayer or blessing	<input type="checkbox"/>	To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be	<p>Let's close this session with a (prayer or blessing).</p> <ol style="list-style-type: none"> <li>1. Dear Creator, thank you for loving us unconditionally so that we may become more whole and more alive. Amen</li> <li>2. Dear God, Thank you for being my friend, my sunshine etc. (use words the group members used in their meditation) Amen.</li> <li>3. Make up one based on the group process of today.</li> </ol>
5 minutes	Put away supplies Transition	<input type="checkbox"/>	Clean up room & re-group	<p>Personal preference: Meditation, wash hands</p>

**Therapist Reflection:**

Time allotment was adequate: Yes/ No

Comments:

Overall Topic was relevant: Yes / No

Comments:

Quote was relevant: Yes/ No

Comments:

Chosen discussion/ task was relevant:

Comments:

Group Discussion was productive: Yes/ No

Comments:

Summarization of group was useful: Yes/ No

Comments:

Weekly focus was useful: Yes / No

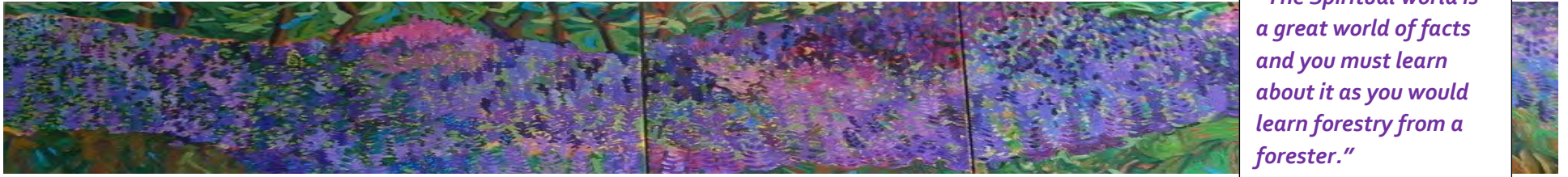
Comments:

Closing prayer was relevant: Yes/ No

Comments:

Other thoughts/ comments:





*"The Spiritual world is a great world of facts and you must learn about it as you would learn forestry from a forester."*

*Baron Von Hugel*

# AWARENESS:

## A MODEL OF HEALTHY SPIRITUALITY

**Supplies:** book, pencils and / pens, whiteboard/ markers or big sheet of paper/ pens

**Prep:** Note topic covered last session

**Suggested Readings:**

1. "Letters to a Niece by Baron Von Hugel," edited with introduction by Gwendolyn Greene; London and Toronto J.M. Dent and Sons Ltd. ; 1928
2. "Creative Tension: The Spiritual Legacy of Baron Friedrich von Hugel" Ellen Leanord; University of Scranton publishers; 2005
3. Relationship Between The Brief Multidimensional Measure of Religiousness/Spirituality and Health Outcomes for a Heterogeneous Rehabilitation Population."  
Brick Johnstone and Dong Pil Yoon; 2009

**References:** Quote by Baron Von Hugel in his book, " Letters to a Niece" edited with introduction by Gwendolyn Greene; London and Toronto J.M. Dent and Sons Ltd. ; 1928

**Time allotted:** 1 hour and 10 minutes: 5 minutes to prepare; 60 minutes for group; 5 minutes to transition

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 minutes	Gather supplies Clear mind	<input type="checkbox"/>	Be prepared for the lesson both spiritually and physically	Personal preference: Meditation, wash hands, etc.

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Group focus and rules	<input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	<p>Understand group focus/ philosophy</p> <p>Review the established rules</p> <p>Establish an atmosphere of trust</p>	<p>I am so grateful to have you all here today. We will be focusing on your overall spiritual wellbeing and experiences since your illness or injury. This group will discuss a variety of topics under the concept of spirituality. The group respects, acknowledges and draws from a variety of spiritual beliefs. The main goal of the group is to help all of us get in touch with and draw strength from the spirit within all of us.</p> <p>Spirituality can be defined as a way we seek and express meaning and purpose and how we experience our connectedness to the moment, to self, to others, to nature, and to the sacred." (C. Mako)</p> <p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ol style="list-style-type: none"> <li>1. Everything said here is confidential</li> <li>2. Respect everyone's point of view</li> <li>3. Allow all to speak</li> <li>4. Listen with the ears of your heart</li> </ol> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Check in	<input type="checkbox"/>	Get each member engaged in the group	<p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing. Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like some of you had some challenges this week...)</li> <li>• Keep it tight (5 minutes)</li> <li>• <i>If no, (first time group, first time member or did not use the information from last Session. Reassure them that it is okay and advance to the next group member.</i></li> </ul>



				<p>Did anyone have a chance to use the information from last week in your daily life?</p> <p>We talked about: (brief reminder of the focus of last sessions group)</p> <p>If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last session) reassure them that it is okay and advance to the next group member.</li> </ul>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Topic: Quote	<input type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on Healthy Spirituality. Would someone please read the quote in the upper right hand corner of the handout?</p> <ul style="list-style-type: none"> <li>• Be ready to read the quote yourself if there are no volunteers.</li> </ul> <p>I chose this quote because spirituality is a very practical tool that comes in really handy in life, especially so, when one has had brain trauma, because it is not affected by the trauma. Our spirits give us strength, healing and wisdom when we learn how to let it become more a part of our lives. Spirituality roots us into a deeper bedrock of strength that goes deeper than our ego, intellect, or memory.</p> <p>Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>• Validate and support comments as appropriate.</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
40 minutes	Healthy Spirituality	<input data-bbox="550 315 621 370" type="checkbox"/>  <input data-bbox="550 500 621 555" type="checkbox"/>	<p>Understand that spirituality comes in 3 different components and they need to be balanced.</p> <p>See their own spirituality</p>	<ul style="list-style-type: none"> <li>• I would like to have us discuss healthy spirituality. It exists in everyday life and comes in different forms; community, tradition and sacred experiences. A really good visual for this is a 3 legged stool. We need balance on all 3 legs if we are going to be stable.</li> <li>• Let's start by thinking of the communities that help support our spirituality. Communities can include churches or religious affiliations but it can also include other social networks like coffee groups, exercise groups or support groups. Take a few minutes to write down them down on your sheet in the community column. <ul style="list-style-type: none"> <li>• Once they have had a chance to write them down ask for volunteers to share their answer with the group. Write the groups on the board.</li> </ul> </li> <li>• Can I share an example of a community that means a lot to me and my spirituality? <ul style="list-style-type: none"> <li>• Be prepared to share. Make connections, write new ideas on the board, encourage everyone to participate</li> </ul> </li> <li>• Now let's consider the traditions that we have that balance our spiritual needs. Traditions can include religious holidays but can be so much broader than that. It can include going for walks each fall in a favorite park. Take a few minutes to write down them down on your sheet in the tradition column. <ul style="list-style-type: none"> <li>• Once they have had a chance to write them down ask for volunteers to share their answers with the group. Write the groups on the board.</li> </ul> </li> <li>• Can I share an example of a tradition that means a lot to me and my spirituality? <ul style="list-style-type: none"> <li>• Be prepared to share. Make connections, write new ideas on the board, encourage everyone to participate</li> </ul> </li> <li>• The last leg on the stool is sacred experiences. This can include religious ceremonies but can be so much broader and involve everyday experiences that touch you such as watching a sunset. Take a few minutes to write down them down on your sheet in the tradition column. <ul style="list-style-type: none"> <li>• Once they have had a chance to write them down ask for volunteers to share their answers with the group. Write the groups on the board.</li> </ul> </li> </ul> <p>Can I share an example of a sacred experience that means a lot to me and my spirituality?</p> <ul style="list-style-type: none"> <li>• Be prepared to share. Make connections, write new ideas on the board, encourage everyone to participate</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
				It is great to learn about others and their experiences and values. Please circle one thing in each column that you learned about today.
2-3 minutes	Summarization section of handout	<input type="checkbox"/>	Summarizing content for improved recall	<p>Take a few minutes to summarize the discussion today and what you learned. It will help you understand the information a little better and can serve as a memory prompt.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> </ul>
2-3 minutes	Application to real world section of handout	<input type="checkbox"/>	Identifying practical application or information and situation it can be used in.	<p>We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> <li>• Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules	<input type="checkbox"/>	Keep trust	This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.
5 min	Closing Prayer or blessing	<input type="checkbox"/>	To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be.	<p>Let's close this session with a (prayer or blessing).</p> <p>Options:</p> <ol style="list-style-type: none"> <li>Today we give thanks that spirituality is a practical and every day part of our lives. We give thanks for this evening's discussion and learnings. We give thanks for knowing that our spirits are stable and strong and can carry us through our sufferings and joys. Amen</li> <li>May we be blessed this day, blessed this night, blessed with grace, blessed every hour of our lives? And may we be blessed on the pathways we travel. Amen. (Celtic prayer)</li> <li>Today we give thanks for the support of this community, for the wisdom gleaned of our</li> <li>Spiritual traditions and from the experiences of the sacred in our lives. Amen.</li> </ol>
5 minutes	Put away supplies Transition	<input type="checkbox"/>	Clean up room & re-group	<p>Personal preference: Meditation, wash hands</p>

**Therapist Reflection:**

Time allotment was adequate: Yes/ No

Comments:

Overall Topic was relevant: Yes / No

Comments:

Quote was relevant: Yes/ No

Comments:

Chosen discussion/ task was relevant:

Comments:

Group Discussion was productive: Yes/ No

Comments:

Summarization of group was useful: Yes/ No

Comments:

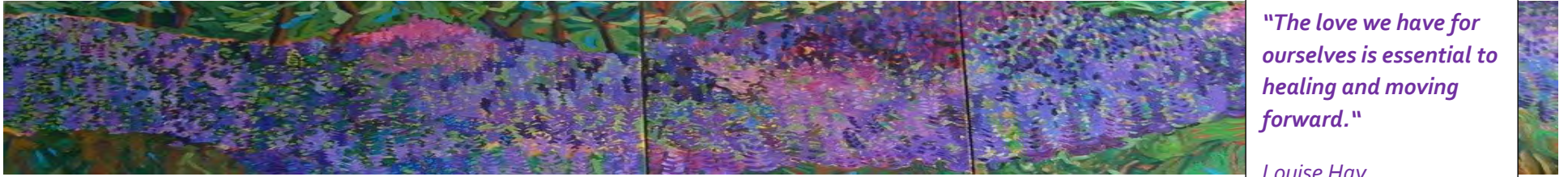
Weekly focus was useful: Yes / No

Comments:

Closing prayer was relevant: Yes/ No

Comments:

Other thoughts/ comments:



*"The love we have for ourselves is essential to healing and moving forward."*  
 Louise Hay

# AWARENESS:

## SELF-AFFIRMATIONS

**Supplies:** book, pencils and / pens

**Suggested Readings:**

**Prep:** Note topic covered last session

1. "You Can Heal Your Life" by Louise Hay: 1984: Hay House Publishers
2. "Selected Writings of St. Ignatius of Loyola": Woodstock Theological Library, Georgetown University,
3. "Creative Visualization" by Shakti Gawain: 1978: Nataraj Publishers,
4. "The Rule of St. Benedict" (c.480-547),
5. "Sadhana, A Way to God" by Anthony De Mello: 1978: Doubleday Publishers
6. Flourish" by Dr. Martin Seligman published by Free press 2011

**Reference:** quote from "You Can Heal Your Life" by Louise Hay

**Time allotted:** 1 hour and 10 minutes : 5 minutes to prepare; 60 minutes for group; 5 minutes to transition

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
10 minutes	Gather supplies Clear mind	<input type="checkbox"/>	Be prepared for the lesson both spiritually & physically	Personal preference Meditation, wash hands, etc.
1-2 min	Group focus	<input type="checkbox"/>	Understand group focus/ philosophy	I am so grateful to have you all here today. We will be focusing on your overall spiritual wellbeing and experiences since your illness or injury. This group will discuss a variety of topics under the concept of spirituality. The group respects, acknowledges and draws from a variety of spiritual beliefs. The main goal of the group is to help all of us get in touch with and draw strength from the spirit within all of us.

				Spirituality can be defined as a way we seek and express meaning and purpose and how we experience our connectedness to the moment, to self, to others, to nature, and to the sacred." (C. Mako)
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Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Group rules	<input type="checkbox"/>  <input type="checkbox"/>	<p>Review the established rules</p> <p>Establish an atmosphere of trust</p>	<p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ul style="list-style-type: none"> <li>• Everything said here is confidential</li> <li>• Respect everyone's point of view</li> <li>• Allow all to speak</li> <li>• Listen with the ears of your heart</li> </ul> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Check in	<input type="checkbox"/>	<p>Get each member engaged in the group</p>	<p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing. Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If no, (first time group, first time member or did not use the information from last Session. Reassure them that it is okay and advance to the next group member.</li> </ul> <p>Did anyone have a chance to use the information from last week in your daily life?</p> <p>We talked about: (brief reminder of the focus of last sessions group)</p>

				<p>If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last session) reassure them that it is okay and advance to the next group member.</li> </ul>
<b>Time:</b>	<b>Key Components:</b>	<b>Confirm Completed:</b>	<b>Objective:</b>	<b>Key Points:</b>
1-2 min	Topic: Quote	<input type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on affirmations. Would someone please read the quote in the upper right hand corner of the handout?</p> <ul style="list-style-type: none"> <li>• Be ready to read the quote yourself if there are no volunteers.</li> </ul> <p>Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>• Validate and support comments as appropriate.</li> </ul> <p>I chose this quote because self-love opens our hearts. It lubricates our spirits and makes us kinder and more compassionate towards ourselves, family, and friends. We become more open to experience beauty, goodness and truth in the world around us and in the mystery of the Sacred.</p>
<b>Time:</b>	<b>Key Components:</b>	<b>Confirm Completed:</b>	<b>Objective:</b>	<b>Key Points:</b>
35-40 minutes	Affirmations for self	<input type="checkbox"/>	Members will identify affirmations that apply to themselves.	<p>The journey that occurs after an ABI can be very difficult.</p> <p>Taking time to look at ourselves in a positive light can be a real challenge.</p> <p>I would like you to take some time now to read through this affirmation list. Please circle 3 that speak to you or feel true to you when thinking about yourself.</p> <p>If you would like, share one of the affirmations you circled with the group.</p> <ul style="list-style-type: none"> <li>• Go around the group and encourage but do not require sharing. Add personal examples and help the group make connections.</li> </ul>

5-10 minutes	Affirmations for others	<input type="checkbox"/>	Members will identify affirmations that apply to other group members.	<p>It has been so great to hear all of your affirmations. Another powerful experience occurs when we give affirmations to others. It can be like the ripples in a pond....one comment can spread confidence and love too many.</p> <p>I would like to have the group share an affirmation with each person present today. Who would like to receive their affirmations first?</p> <ul style="list-style-type: none"> <li>Go around the room and encourage each member to provide an affirmation for each member. Make connections by writing it down on a card, speaking it out loud to the person and giving him or her the card.</li> </ul>
<b>Time:</b>	<b>Key Components:</b>	<b>Confirm Completed:</b>	<b>Objective:</b>	<b>Key Points:</b>
2-3 minutes	Summarization section of handout	<input type="checkbox"/>	Summarizing content for improved recall	<p>Take a few minutes to summarize the discussion today and what you learned. It will help you understand the information a little better and can serve as a memory prompt.</p> <ul style="list-style-type: none"> <li>Encourage all members to write some notes</li> </ul>
2-3 minutes	Application to real world section of handout	<input type="checkbox"/>	Identifying practical application or information and situation it can be used in.	<p>We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks.</p> <ul style="list-style-type: none"> <li>Encourage all members to write down an idea or two.</li> <li>Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules	<input type="checkbox"/>	Keep trust	<p>This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.</p>
5 min	Closing Prayer or blessing	<input type="checkbox"/>	To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be.	<p>Let's close this session with a (prayer or blessing).</p> <p><i>Prayer Options</i></p> <ol style="list-style-type: none"> <li>We give thanks this day for our ability to grow into deeper love for ourselves and others with the affirmations we experienced today.</li> <li>You can also go around the room and give thanks for an affirmations given to each group member to personalize the prayer and bring it home to the heart.</li> </ol>
5 minutes	Put away supplies Transition	<input type="checkbox"/>	Clean up room & re-group	<p>Personal preference: Meditation, wash hands</p>



**Therapist Reflection:**

Time allotment was adequate: Yes/ No

Comments:

Overall Topic was relevant: Yes / No

Comments:

Quote was relevant: Yes/ No

Comments:

Chosen discussion/ task was relevant:

Comments:

Group Discussion was productive: Yes/ No

Comments:

Summarization of group was useful: Yes/ No

Comments:

Weekly focus was useful: Yes / No

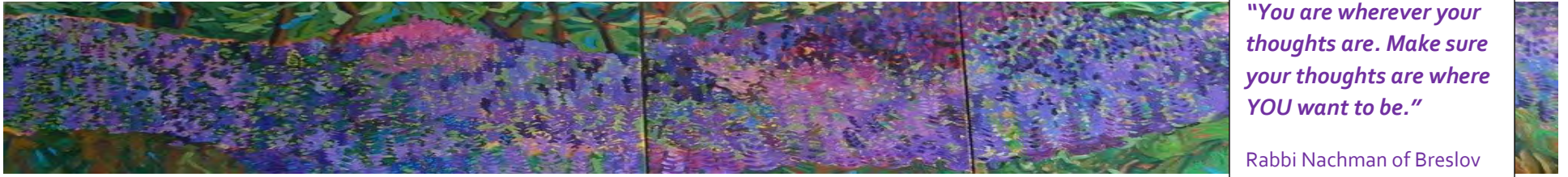
Comments:

Closing prayer was relevant: Yes/ No

Comments:

Other thoughts/ comments:





*"You are wherever your thoughts are. Make sure your thoughts are where YOU want to be."*

Rabbi Nachman of Breslov

# AWARENESS:

## THE TWO STANDARDS

**Supplies:** book, pencils and / pens, whiteboard/ markers or big sheet of paper/ pens

**Prep:** Note topic covered last session

**Suggested Readings:**

1. "The Spiritual Exercises of St Ignatius of Loyola" translated by Fr. Elder Mullan; 1909. Kindle Edition published by Evinity Publishing Inc. 2009
2. "Birth; A Guide for Prayer" by Sr. Marie Schwan and Jacqueline Syrup Bergan: Take and Receive Series: 2004
3. "Relationships among spiritual beliefs, religious practices, congregational support and health for individuals with traumatic brain injury." By John Brickstone, Dong Pil Yoon, and colleagues; 2009
4. "The Empty Chair; Finding Hope and Joy" by Rebbe Nachman of Breslov (1772-1810) C. The Breslov Research Institute; Published by Quality Paperback Edition, 2011

**References:** "Finding Hope and Joy" by Rabbi Nachman of Breslov

**Time Alloted:** 1 hour and 15 minutes: 5 minutes to prepare; 65 minutes for group; 5 minutes to transition

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 minutes	Gather supplies Clear mind	<input type="checkbox"/>	Be prepared for the lesson both spiritually and physically	Personal preference: Meditation, wash hands, etc.

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Group focus and rules	<input data-bbox="520 337 592 393" type="checkbox"/>  <input data-bbox="520 539 592 594" type="checkbox"/>  <input data-bbox="520 695 592 750" type="checkbox"/>	<p>Understand group focus/ philosophy</p> <p>Review the established rules</p> <p>Establish an atmosphere of trust</p>	<p>I am so grateful to have you all here today. We will be focusing on your overall spiritual wellbeing and experiences since your illness or injury. This group will discuss a variety of topics under the concept of spirituality. The group respects, acknowledges and draws from a variety of spiritual beliefs. The main goal of the group is to help all of us get in touch with and draw strength from the spirit within all of us.</p> <p>Spirituality can be defined as a way we seek and express meaning and purpose and how we experience our connectedness to the moment, to self, to others, to nature, and to the sacred." (C. Mako)</p> <p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ol style="list-style-type: none"> <li>1. Everything said here is confidential</li> <li>2. Respect everyone's point of view</li> <li>3. Allow all to speak</li> <li>4. Listen with the ears of your heart</li> </ol> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Check in	<input type="checkbox"/>	Get each member engaged in the group	<p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing. Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If no, (first time group, first time member or did not use the information from last Session. Reassure them that it is okay and advance to the next group member.</li> </ul> <p>Did anyone have a chance to use the information from last week in your daily life? We talked about: (brief reminder of the focus of last sessions group) If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last session) reassure them that it is okay and advance to the next group member.</li> </ul>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Topic: Quote	<input type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on Standards. Would someone please read the quote in the upper right hand corner of the handout?</p> <ul style="list-style-type: none"> <li>• Be ready to read the quote yourself if there are no volunteers.</li> </ul> <p>I chose this quote because our mind is a powerful tool that when disciplined, can lead us towards deeper spiritual strength.</p> <p>Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>• Validate and support comments as appropriate.</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
40 minutes	2 Standards	<input type="checkbox"/>  <input type="checkbox"/>     <input type="checkbox"/>	<p>Understand that there are 2 standards:</p> <p>Negative: One set can lead us astray</p> <ul style="list-style-type: none"><li>• Fear</li><li>• Exaggeration</li><li>• Self-pity</li><li>• Discouragement</li></ul> <p>Positive: One set can lead us forward</p> <ul style="list-style-type: none"><li>• Honesty</li><li>• Openness</li><li>• Gratitude</li><li>• Being genuine</li></ul>	<p>These standards can affect how we choose to approach every day experiences and challenges.</p> <p>One set can lead us astray and includes; fear, exaggeration, self-pity and discouragement.</p> <p>The other set can move us forward and includes; honesty, openness, gratitude and being genuine.</p> <p>Everyone struggles with the 2 standards. It can be even more challenging after sustaining an ABI.</p> <p>Let's take a moment and go through the first standard that can lead us astray and share some personal examples.</p> <ul style="list-style-type: none"><li>• Go through each standard and encourage members to write their thoughts on their sheets.</li><li>• Be ready to share personal examples.</li><li>• Encourage the group to share some of their examples.</li><li>• Write examples on the board.</li><li>• Affirm and respect their thoughts.</li></ul> <p><i>Do not shame or judge anyone for this is vulnerable work. You may want to give an example yourself to show it is ok to these things.</i></p> <p>Now let's spend some time on the second standard that can lead us forward.</p> <ul style="list-style-type: none"><li>• Go through each standard and encourage members to write their thoughts on their sheets.</li><li>• Be ready to share personal examples.</li><li>• Encourage the group to share some of their examples.</li><li>• Write examples on the board.</li><li>• Affirm and respect their thoughts.</li></ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
2-3 minutes	Write down one of the second standards that meant the most to you	<input type="checkbox"/>	Take away from the session	
2-3 minutes	Summarization section of handout	<input type="checkbox"/>	Summarizing content for improved recall	Take a few minutes to summarize the discussion today and what you learned. It will help you understand the information a little better and can serve as a memory prompt. <ul style="list-style-type: none"> <li>• Encourage all members to write some notes.</li> </ul>
2-3 minutes	Application to real world section of handout	<input type="checkbox"/> <input type="checkbox"/>	Identifying practical application or information and situation it can be used in.	We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks. <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> <li>• Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules	<input type="checkbox"/>	Keep trust	This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.
5 min	Closing Prayer or blessing	<input type="checkbox"/>	To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be.	Let's close this session with a (prayer or blessing). Options: <ol style="list-style-type: none"> <li>May the blessing of God be with you on this day. May the blessings of God whose love makes all things new, be with you on this day. May the blessing of God whose love gives us hope for tomorrow be with you always. (anon)</li> <li>Oh God, You are all we have. You give us what we need. Give hope and courage this day for all the happenings in our lives. (anon)</li> <li>(An Irish Blessing) May the road rise up to meet you. May the wind be always at your back, the sun shine warm upon your face, the rain fall soft upon your fields, and until we meet again, May God hold you in the palm of God's hand.</li> <li>Make up one yourself!</li> </ol>
5 minutes	Put away supplies Transition	<input type="checkbox"/>	Clean up room & re-group	Personal preference: Meditation, wash hands

**Therapist Reflection:**

Time allotment was adequate: Yes/ No

Comments:

Overall Topic was relevant: Yes / No

Comments:

Quote was relevant: Yes/ No

Comments:

Chosen discussion/ task was relevant:

Comments:

Group Discussion was productive: Yes/ No

Comments:

Summarization of group was useful: Yes/ No

Comments:

Weekly focus was useful: Yes / No

Comments:

Closing prayer was relevant: Yes/ No

Comments:

Other thoughts/ comments:





*“Spring teaches me to look more carefully for the green stems of possibility.”*  
*Parker Palmer*

# COMMUNITY OUTING:

## IN THE GARDEN MEDITATION: A VISUAL MEDITATION


**Prep:** Note topic covered last session

**Supplies:** book, pencils and / pens, this can be done in a room that is quiet. If possible, go for a walk to an outdoor space or garden .  
**Suggested Readings:**  
**Quote References:** Parker Palmer  
**Time allotted:** 1 hour and 15 minutes: 5 minutes to prepare; 65 minutes for group; 5 minutes to transition

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Group rules	<input type="checkbox"/>	Understand group focus/ philosophy	<p>I am so grateful to have you all here today. We will be focusing on your overall spiritual wellbeing &amp; experiences since your illness or injury. This group will discuss a variety of topics under the concept of spirituality. The group respects, acknowledges and draws from a variety of spiritual beliefs. The main goal of the group is to help all of us get in touch with &amp; draw strength from the spirit within us.</p> <p>Spirituality can be defined as a way we seek and express meaning and purpose and how we experience our connectedness to the moment, to self, to others, to nature, and to the sacred.” (C. Mako)</p>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
		<input data-bbox="499 326 573 386" type="checkbox"/>  <input data-bbox="499 448 573 508" type="checkbox"/>	<p>Review the established rules</p> <p>Establish an atmosphere of trust</p>	<p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ol style="list-style-type: none"> <li>1. Everything said here is confidential</li> <li>2. Respect everyone's point of view</li> <li>3. Allow all to speak</li> <li>4. Listen with the ears of your heart</li> </ol> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p>
5 min	Check in	<input data-bbox="499 630 573 690" type="checkbox"/>	Get each member engaged in the group	<p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing.</p> <p>Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If no, (first time group, first time member or did not use the information from last Session. Reassure them that it is okay and advance to the next group member.</li> </ul> <p>Did anyone have a chance to use the information from last week in your daily life?</p> <p>We talked about: (brief reminder of the focus of last sessions group)</p> <p>If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last session) reassure them that it is okay and advance to the next group member.</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Topic: Quote	<input type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on the spiritual component of our Community garden. We will look at our own spiritual growth through the symbols of growing plants.</p> <ul style="list-style-type: none"> <li>• Be ready to read the quote yourself if there are no volunteers.</li> </ul> <p>We use this quote because when we stop and notice our own new life growing within us, (Hildegard of Bingen would call it “Viriditus”), and we strengthen and expand that new life. We give it room and space and attention to grow.</p> <p>Does anyone have any thoughts on the quote?</p> <p>Validate and support comments as appropriate.</p>
40 min (total) 15 – 20 minutes for meditation	Topic: Meditation Focus on a garden	<input type="checkbox"/>  <input type="checkbox"/>	Introduce the concept of meditation  Prepare to meditate	<p>We focus on meditation during this session. Meditation can be defined as: “To engage in contemplation or reflection for the purpose of reaching a heightened level of spiritual awareness.”</p> <p>Today we are doing a visual meditation where we use our imagination. This is an ancient spiritual practice used by St Ignatius of Loyola. To prepare for the meditation please:</p> <ul style="list-style-type: none"> <li>• Turn off cellphones</li> <li>• Sit in a comfortable position and close your eyes</li> <li>• Focus on your breathing (in and out) <ul style="list-style-type: none"> <li>○ Pause in silence for a bit to ensure they are aware of their breathing</li> </ul> </li> <li>• Let go of stress and tension with each breath</li> <li>• Do not force or push anything away, just let go and relax. <ul style="list-style-type: none"> <li>○ Pause again to ensure they slow down and let go</li> </ul> </li> </ul>

	Key Components:	Confirm Completed:	Objective:	Key Points:
	<p>Topic:</p> <p>Guided visual imagery meditation</p>		<p>Use meditation as a method of connecting with self</p>	<ul style="list-style-type: none"> <li>• Bring into your mind’s eye a beautiful garden or wooded area <ul style="list-style-type: none"> <li>○ Is it sunny? Cloudy? Warm? Cool? <ul style="list-style-type: none"> <li>▪ Let yourself feel the weather and the time of day</li> <li>▪ Notice the beauty of the green leaves all around you</li> </ul> </li> <li>○ Is there a lake around you? An ocean?</li> <li>○ Fully visualize the scene</li> </ul> </li> <li>• Notice someone walking towards you. <ul style="list-style-type: none"> <li>○ It is the master gardener. Man or woman?</li> <li>○ They walk slowly towards you until they face you.</li> </ul> </li> <li>• Ask this person a question related to how you can better tend your own inner garden. How can you bring more greening power or “viriditus” to your own life? <ul style="list-style-type: none"> <li>○ Listen to the gardeners answer.</li> </ul> </li> <li>• Tell the gardener Thank you and goodbye as you part.</li> <li>• Gently open your eyes.</li> </ul> <p>Let’s take a moment to reflect on the meditation experience.</p> <ul style="list-style-type: none"> <li>• How did it make you feel?</li> <li>• How can you bring more Viriditus or greening power to your life?</li> <li>• What did you hear the master gardener tell you? If you didn’t hear anything that is fine <ul style="list-style-type: none"> <li>○ Encourage the group to share their experience.</li> <li>○ Be ready to share examples from your own meditation experiences.</li> <li>○ Write comments on the board.</li> <li>○ Help make connections and affirm them</li> </ul> </li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
2-3 minutes	Summarization section of handout	<input type="checkbox"/>	Summarizing content for improved recall	<p>Take a few minutes to summarize the discussion today and what you learned. It will help you understand the information a little better and can serve as a memory prompt.</p> <ul style="list-style-type: none"> <li>• Encourage all members to take notes</li> </ul>
2-3 minutes	Application to real world section of handout	<input type="checkbox"/>	Identifying practical application or information and situation it can be used in.	<p>We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> <li>• Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules	<input type="checkbox"/>	Keep trust	<p>This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.</p>
5 min	Closing Prayer or blessing	<input type="checkbox"/>	To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be.	<p>Let's close this session with a (prayer or blessing).</p> <p>I thank you God for this most amazing day: for the leaping greenly spirits of trees and a blue true dream of sky; and for everything which is natural, which is infinite, which is yes."</p> <p>By eel cummings</p>
5 minutes	Put away supplies Transition	<input type="checkbox"/>	Clean up room & re-group	<p>Personal preference: Meditation, wash hand</p>

**Therapist Reflection:**

Time allotment was adequate: Yes/ No

Comments:

Overall Topic was relevant: Yes / No

Comments:

Quote was relevant: Yes/ No

Comments:

Chosen discussion/ task was relevant:

Comments:

Group Discussion was productive: Yes/ No

Comments:

Summarization of group was useful: Yes/ No

Comments:

Weekly focus was useful: Yes / No

Comments:

Closing prayer was relevant: Yes/ No

Comments

Other thoughts/ comments:



*I wanted the plants and stones to tell me their secrets. I talked to them. I roamed. It was like I was part of the earth.*

Lame Deer

# COMMUNITY OUTING:

## VIRIDITUS

**Supplies:** book, pencils and pens

**Suggested Readings:**

1. Hildegard of Bingen Illuminations and Writings; 13<sup>th</sup> Century.
2. "Lame Deer Seeker of Visions" by John Fire Lame Deer and Richard Erdoes published by Simon and Schuster; 2009
3. "Pilgrim at Tinker Creek" by Annie Dillard published by Harper Perennial Classics; 2007

**Prep:** Note topic covered last session

**Quote References:** Lame Deer Seeker Of Visions" By John Fire Lame Deer and Richard Erdoes Published by Simon and Schuster; 2009

**Time Allotted:** 1 Hour And 10 Minutes: 5 Minutes To Prepare; 60 Minutes For Group; 5 Minutes To Transition

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Group rules	<input type="checkbox"/>	Understand group focus/ philosophy	I am so grateful to have you all here today. We will be focusing on your overall spiritual wellbeing & experiences since your illness or injury. This group will discuss a variety of topics under the concept of spirituality. The group respects, acknowledges and draws from a variety of spiritual beliefs. The main goal of the group is to help all of us get in touch with & draw strength from the spirit within us. Spirituality can be defined as a way we seek and express meaning and purpose and how we experience our connectedness to the moment, to self, to others, to nature, and to the sacred." (C. Mako)

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
		<input data-bbox="499 326 573 386" type="checkbox"/>  <input data-bbox="499 448 573 508" type="checkbox"/>	<p>Review the established rules</p> <p>Establish an atmosphere of trust</p>	<p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ol style="list-style-type: none"> <li>1. Everything said here is confidential</li> <li>2. Respect everyone's point of view</li> <li>3. Allow all to speak</li> <li>4. Listen with the ears of your heart</li> </ol> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p>
5 min	Check in	<input data-bbox="499 630 573 690" type="checkbox"/>	Get each member engaged in the group	<p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing.</p> <p>Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If no, (first time group, first time member or did not use the information from last Session. Reassure them that it is okay and advance to the next group member.</li> </ul> <p>Did anyone have a chance to use the information from last week in your daily life?</p> <p>We talked about: (brief reminder of the focus of last sessions group)</p> <p>If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last session) reassure them that it is okay and advance to the next group member.</li> </ul>



Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Topic: Quote	<input type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on the spiritual component of our Community garden. We will look at our own spiritual growth through the symbols of growing plants. Will anyone read the quote?</p> <ul style="list-style-type: none"> <li>• <b>Be ready to read the quote yourself if there are no volunteers.</b></li> </ul> <p>I chose this quote because Native American theology has much to teach about relating to the earth in that we are literally a part of the web of all living things. We are not the center, but rather one strand in the weaving. If we open the ears of our hearts, stones, plants, animals etc. can teach us much wisdom. Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>• <b>Validate and support comments as appropriate.</b></li> </ul>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
40 min	Topic: Viriditus: the green flowing sap within	<input type="checkbox"/>  <input type="checkbox"/>	<p>Introduce the concept of Viriditus</p> <p>Review the care of a plant</p>	<p>The word "Viriditus" was invented by Hildegard of Bingen, a 12 century Benedictine Prioress. She stated,</p> <ul style="list-style-type: none"> <li>• "Viriditus is the green sap of the Spirit that flows within every person and all living things. It is the greening power that forces the shoots of a plant to burst forth from the earth. It is that same greening power that moves us into new spiritual life.</li> </ul> <p>Take a look at the grid on your sheet.</p> <p>Let's take a moment to consider the different aspects of a plant. What is needed in each category for the plant to flourish? What factors can cause it to wither?</p> <ul style="list-style-type: none"> <li>• <b>Go through each category and encourage the group to share their thoughts/ observations. Write their examples on the board.</b></li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> Soil: nutrients in soil</li> <li><input type="checkbox"/> Roots: for plants, good loose dirt, water, a big enough pot etc.</li> <li><input type="checkbox"/> Transplanting: be careful to not destroy roots, gentleness in replanting, right timing etc.</li> <li><input type="checkbox"/> Pruning: cutting off dead branches or spindly weak ones</li> <li><input type="checkbox"/> Effects of loving care or neglect: sunlight, water, or no light, no water</li> <li><input type="checkbox"/> Seeds of the plant: germ of new life</li> <li><input type="checkbox"/> Leaves and fruits: growth, healthy, nourishing, beauty, etc.</li> <li><input type="checkbox"/> Gifts to our lives: food, beauty, shade, clean air etc.</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
	Viriditus continued	<input data-bbox="493 589 562 649" type="checkbox"/>  <input data-bbox="499 732 569 792" type="checkbox"/>	<p>Review the components of a plant with their own spirituality</p> <p>Explore how we nurture the spirituality within us</p>	<ul style="list-style-type: none"> <li>• Be ready to share your own opinions</li> <li>• Write the answers on the board.</li> <li>• Validate their contributions and draw connections</li> </ul> <p>Now let's take some time to consider our spirituality and how it needs tending and care much like a plant. What do you need in each category for your spirit to flourish?</p> <p>Take a look at the grid on your sheet. Let's go through it just like last time with a focus on your spirituality.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Soil: environments we live in...</li> <li><input type="checkbox"/> Roots: Family</li> <li><input type="checkbox"/> Transplanting: a traumatic event such as an ABI</li> <li><input type="checkbox"/> Pruning: letting go of toxic relationships</li> <li><input type="checkbox"/> Effects of loving care of the plant or of neglect: therapy, loving relationships or conversely abusive relationship, not eating healthy etc.</li> <li><input type="checkbox"/> Seeds of the plant.; teaching others, growth in character, wisdom, knowledge</li> <li><input type="checkbox"/> Producing leaves and fruits: new gifts such as new relationship, new skill, volunteer work, school etc.</li> <li><input type="checkbox"/> Gifts of the plants to our lives: deeper faith, honesty, courage, slow time etc.(</li> </ul> <ul style="list-style-type: none"> <li>• Be ready to share your own opinions</li> <li>• Write the answers on the board.</li> <li>• Validate their contributions and draw connections</li> </ul>

Time:	Key components	Confirm completed	Objective	Key points
2-3 minutes	Summarization section of handout	<input type="checkbox"/>	Summarizing content for improved recall	Take a few minutes to summarize the discussion today and what you learned. It will help you understand the information a little better and can serve as a memory prompt. <ul style="list-style-type: none"> <li>• Encourage all members to take notes</li> </ul>
2-3 minutes	Application to real world section of handout	<input type="checkbox"/>	Identifying practical application or information and situation it can be used in.	We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks. <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> <li>• Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules	<input type="checkbox"/>	Keep trust	This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.
5 min	Closing Prayer or blessing	<input type="checkbox"/>	To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be.	Let's close this session with a (prayer or blessing). "I thank you God for this most amazing day: for the leaping greenly spirits of trees and a blue true dream of sky; and for everything which is natural, which is infinite, which is yes." By Ee cummings
5 minutes	Put away supplies Transition	<input type="checkbox"/>	Clean up room & re-group	Personal preference: Meditation, wash hands

**Therapist Reflection:**

Time allotment was adequate: Yes/ No

Comments:

Overall Topic was relevant: Yes / No

Comments:

Quote was relevant: Yes/ No

Comments:

Chosen discussion/ task was relevant:

Comments:

Group Discussion was productive: Yes/ No

Comments:

Summarization of group was useful: Yes/ No

Comments:

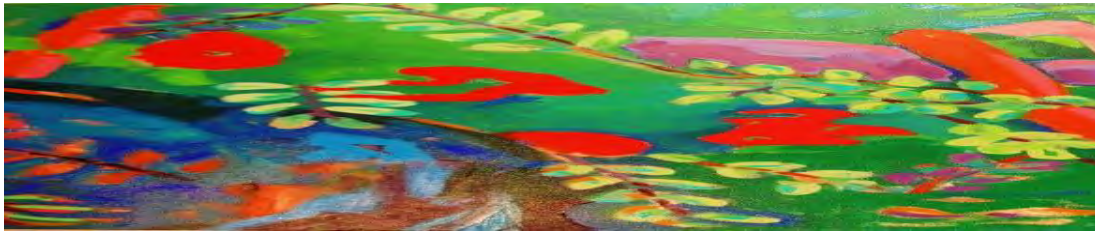
Weekly focus was useful: Yes / No

Comments:

Closing prayer was relevant: Yes/ No

Comments:

Other thoughts/ comments:



*"Generally by the time you are real, most of your hair has been rubbed off, your eyes drop out and you get loose in the joints and very shabby but these things do not matter at all because once you are real you cannot be ugly except to people who don't understand."*

*The Velveteen Rabbit*

# MEMORY:

## EXAMINATION OF CONSCIOUSNESS

**SUPPLIES:** BOOK, PENCILS AND / PENS

**SUGGESTED READINGS:**

1. "Birth, A Guide for Prayer" by Sr. Marie Schwan and Jacqueline Syrup Bergan ;2004 ;Take and Receive Series
2. "The Spiritual Exercises of St. Ignatius of Loyola" translated by Fr. Elder Mullan; 1909 Kindle edition published by Evinity Publishing Inc.; 2009
3. "The Velveteen Rabbit" by Marjorie Williams; Doubleday & Company Inc.

**Prep:** Note topic covered last session

**REFERENCES:** QUOTE FROM THE VELVETEEN RABBIT OR HOW TOYS BECOME REAL

BY MARGERY WILLIAMS, ILLUSTRATIONS BY WILLIAM NICHOLSON  
DOUBLEDAY & COMPANY, INC.GARDEN CITYNEW YORK

**TIME ALLOTTED:** 1 HOUR AND 15 MINUTES: 5 MINUTES TO PREPARE; 65 MINUTES FOR GROUP; 5 MINUTES TO TRANSITION

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 minutes	Gather supplies Clear mind	<input type="checkbox"/>	Be prepared for the lesson both spiritually and physically	Personal preference: Meditation, wash hands, etc.



Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Check in	<input data-bbox="579 321 653 378" type="checkbox"/>  <input data-bbox="579 613 653 670" type="checkbox"/>  <input data-bbox="579 784 653 841" type="checkbox"/>	<p>Get each member engaged in the group</p> <p>Encourage Recall of past information.</p> <p>Validate and encourage application of past information in daily life.</p>	<p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing. Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If no, (first time group, first time member or did not use the information from last</li> <li>• Session. Reassure them that it is okay and advance to the next group member.</li> </ul> <p>Did anyone have a chance to use the information from last week in your daily life? We talked about: (brief reminder of the focus of last sessions group) If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last session) reassure them that it is okay and advance to the next group member.</li> </ul>
2-3 minutes	Topic Quote	<input data-bbox="579 1071 653 1128" type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on where our Higher Power is working in our daily lives. Would someone please read the quote in the upper right hand corner of the handout?</p> <ul style="list-style-type: none"> <li>• Be ready to read the quote yourself if there are no volunteers.</li> </ul> <p>Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>• Validate and support comments as appropriate.</li> </ul> <p>I chose this quote because once we realize we are penetrated by the love of our Higher Power in all of our ordinary life, both good times and bad, we become more real, more alive, more beautiful ourselves and to others who have the eyes and heart to see. Our spirits gain strength. In addition, the more we reflect upon the daily events and feelings in our lives, the more we see what leads us closer to our Higher Power.</p>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
40 min	Topic: Examination of consciousness	<input data-bbox="583 326 657 383" type="checkbox"/>  <input data-bbox="583 467 657 524" type="checkbox"/>	<p>Identify and discuss the role feelings have in daily events.</p> <p>Identify and understand how those can move us toward or away from our calling from the higher power.</p>	<p>Today we are going to discuss a tool called an "examination of consciousness."</p> <p>It can be very important to take some time and energy to see where your higher power is calling you.</p> <p>Please take a moment to write down 5 events that happened in the last week.</p> <ul style="list-style-type: none"> <li>• Allow time to write</li> </ul> <p>Then I want you to write down a word or 2 that describes how you felt about that event.</p> <ul style="list-style-type: none"> <li>• Encourage the group to share an event and the feeling they had.</li> <li>• Share a personal example as appropriate.</li> <li>• Write examples on the board</li> </ul> <p>Sometimes we feel positive emotions, i.e. happy, excited, peaceful, loving, kind, energized etc. These positive feelings are a movement towards our higher power.</p> <p>On the other hand, sometimes we feel angry, depressed, dull, bored, scared, hurt etc. These feelings may be moving us away from our higher power.</p> <p>Take a moment to indicate on your grid if you are:</p> <p>M= a Movement TOWARDS our higher power.</p> <p>CM= a Counter Movement AWAY for our higher power.</p> <p>Review your list.</p> <ul style="list-style-type: none"> <li>• Encourage the group to share one of their examples and indicate if they were moving toward or away</li> <li>• Be prepared to share a personal example</li> <li>• Write responses on the board as appropriate</li> </ul>



Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
	Topic: Examination of consciousness continued	<input type="checkbox"/>	Discuss their calling and obstacles or healing that needs to occur	<p>What do you think your higher power is calling you towards? Are there any obstacles in your way? What needs to be let go or healed for you to move forward?</p> <ul style="list-style-type: none"> <li>• Encourage the group to share their thoughts.</li> <li>• Be ready to share a personal example.</li> <li>• Affirm them</li> <li>• What gift would you like to receive today from your Higher Power?</li> <li>• What is a gift your Higher Power is giving you?</li> </ul>
2-3 minutes	Summarization section of handout	<input type="checkbox"/>	Summarizing content for improved recall	<p>Take a few minutes to summarize the discussion today and what you learned. It will help you understand the information a little bit better and can serve as a memory prompt.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write down their thoughts on what they learned</li> </ul>
2-3 minutes	Application to real world section of handout	<input type="checkbox"/>	Identifying practical application or information and situation it can be used in.	<p>We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> <li>• Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules	<input type="checkbox"/>	Keep trust	<p>This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.</p>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Closing Prayer or blessing	<input type="checkbox"/>	To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be.	Let's close this session with a (prayer or blessing). <ul style="list-style-type: none"> <li>a) God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. (Reinhold Niebuhr)</li> <li>b) Dear Creator, Help me to see you in every part of my ordinary daily life. Help me to see that I am your art work. Amen.</li> <li>c) Dear Creator, I am totally dependent on you. All is gift from you. Help me to know you better, love you more and be more like you.</li> </ul>

**Therapist Reflection:**

5 minutes	Put away supplies Transition	<input type="checkbox"/>	Clean up room & re-group	Personal preference: Meditation, wash hands

Time allotment was adequate: Yes/ No

Comments:

Overall Topic was relevant: Yes / No

Comments:

Quote was relevant: Yes/ No

Comments:

Chosen discussion/ task was relevant:

Comments:

Group Discussion was productive: Yes/ No

Comments:

Summarization of group was useful: Yes/ No

Comments:

Weekly focus was useful: Yes / No

Comments:

Closing prayer was relevant: Yes/ No

Comments:

Other thoughts/ comments:





*"If you look towards the positive; it will lead you to truth."*  
*Rabbi Nachman of Breslov*

# MEMORY:

## GRATITUDE

**SUPPLIES:** books, pens and pencils

**Prep:** Note topic covered last session

**SUGGESTED READINGS:**

1. Counting Blessings versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life, R. A. Emmons, M. E. McCullough; University of California, Davis University of Miami. Journal of Personality and Social Psychology Copyright 2003 by the American Psychological Association, Inc.
2. "Spiritual Issues associated with traumatic onset disability" By Mary Ann McColl, Jerome Bickenbach, Jane Johnston, Sharon Nishihama etc. (9/1999)
3. "Authentic Happiness" by Martin Seligman
4. "The Psalms
5. "The Spiritual Exercises" by St. Ignatius of Loyola
6. The Discipline of Recollection" by St Ignatius of Loyola
7. "Spiritual issues associated with traumatic- onset disability" by Mary Ann McColl, Jane Johnston, Sharon Nishihama etc. (9/1999)

**REFERENCES:** QUOTE RABBI NACHMAN OF BRESLOV

**TIME ALLOTTED:** 1 HOUR AND 15 MINUTES: 5 MINUTES TO PREPARE; 65 MINUTES FOR GROUP; 5 MINUTES TO TRANSITION

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Group Focus and rules	<input type="checkbox"/>	Understand group focus/ philosophy	<p>I am so grateful to have you all here today. We will be focusing on your overall spiritual wellbeing and experiences since your illness or injury. This group will discuss a variety of topics under the concept of spirituality. The group respects, acknowledges and draws from a variety of spiritual beliefs. The main goal of the group is to help all of us get in touch with and draw strength from the spirit within all of us.</p> <p>Spirituality can be defined as a way we seek and express meaning and purpose and how we experience our connectedness to the moment, to self, to others, to nature, and to the sacred." (C. Mako)</p>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
	Group rules	<input data-bbox="556 345 625 402" type="checkbox"/>  <input data-bbox="556 488 625 545" type="checkbox"/>	<p>Review the established rules</p> <p>Establish an atmosphere of trust</p>	<p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ol style="list-style-type: none"> <li>1. Everything said here is confidential</li> <li>2. Respect everyone's point of view</li> <li>3. Allow all to speak</li> <li>4. Listen with the ears of your heart</li> </ol> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p>
5 min	Check in	<input data-bbox="556 630 625 686" type="checkbox"/>	Get each member engaged in the group	<p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing.</p> <p>Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If no, (first time group, first time member or did not use the information from last session. Reassure them that it is okay and advance to the next group member.</li> </ul>
1-2 minutes	Review last session	<input data-bbox="556 1040 625 1097" type="checkbox"/>	Validate and confirm efforts to generalize prior content	<p>Did anyone have a chance to use the information from last week in your daily life?</p> <p>We talked about: (brief reminder of the focus of last sessions group)</p> <p>If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last session) reassure them that it is okay and advance to the next group member.</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Topic: Quote	<input type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on Gratitude. Would someone please read the quote in the upper right hand corner of the handout?</p> <ul style="list-style-type: none"> <li>• Be ready to read the quote yourself if there are no volunteers.</li> </ul> <p>I chose this quote because we have a CHOICE about our attitudes. We are not helpless victims. When we choose a positive attitude we create a reality that has hope. Then, we affirm the gift of gratitude, of life itself.</p> <p>Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>• Validate and support comments as appropriate.</li> </ul>
40 min	Topic: Gratitude	<input type="checkbox"/>   <input type="checkbox"/>   <input type="checkbox"/>	<p>Understand the role that gratitude can play in our lives.</p> <p>Identify 3-5 things that they are grateful for today.</p> <p>Habit of being grateful can be powerful.</p> <p>Issue the gratitude book</p>	<p>Having an attitude of gratitude can be very empowering and uplifting. It can even help us through dark times.</p> <p>Practicing gratitude will create new brain patterns of positive thinking according to current research. These patterns will, in time, erase negative thinking patterns.</p> <p>Positive thinking fights depression, hopelessness and despair as it teaches us to look at the half full cup and to see gifts in many places that we were blind to before we made the choice to have a positive attitude/be grateful for what we do have.</p> <p>The more we feel grateful, the more we have to be grateful for. Research also shows that people who are grateful have higher levels of positive affect and reported helping others or offering emotional support more often.</p> <ul style="list-style-type: none"> <li>• Check in with the group and ask them to share their perspective on gratitude</li> <li>• Be ready to share your own beliefs</li> </ul> <p>I would like to try this right now. Please take a few minutes to write down 3-5 things you are grateful for today.</p> <ul style="list-style-type: none"> <li>• Ask individuals to share what they are grateful for today</li> <li>• Write them down on the board</li> <li>• Be ready to share your own</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
2-3 minutes	Summarization section of handout	<input type="checkbox"/>	Summarizing content for improved recall	<p>Take a few minutes to summarize the discussion today</p> <ul style="list-style-type: none"> <li>• Encourage all members to take some notes.</li> </ul>
2-3 minutes	Application to real world section of handout	<input type="checkbox"/>	Identifying practical application or information and situation it can be used in.	<p>We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> <li>• Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules	<input type="checkbox"/>	Keep trust	<p>This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.</p>
5 min	Closing Prayer or blessing	<input type="checkbox"/>	To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be.	<p>Let's close this session with a (prayer or blessing).  Dear Creator, Thank you for all the people, places and things I am grateful for such as...(list some of them from the group discussion) Amen</p> <p>Dear Lord, Please open my eyes to see the gifts I do have today and open my heart to feel gratitude for them in my life. Amen.</p>
5 minutes	Put away supplies Transition	<input type="checkbox"/>	Clean up room & re-group	<p>Personal preference: Meditation, wash hands</p>



**Therapist Reflection:**

Time allotment was adequate: Yes/ No

Comments:

Overall Topic was relevant: Yes / No

Comments:

Quote was relevant: Yes/ No

Comments:

Chosen discussion/ task was relevant:

Comments:

Group Discussion was productive: Yes/ No

Comments:

Summarization of group was useful: Yes/ No

Comments:

Weekly focus was useful: Yes / No

Comments:

Closing prayer was relevant: Yes/ No

Comments:

Other thoughts/ comments:





*"Each time a door closes the rest of the world opens up".*  
 Rabbi Nachman of Breslov

# PROBLEM SOLVING:

## HAVING FAITH

**Prep:** Note topic covered last session

**SUPPLIES:** book, pencils and pens

**SUGGESTED READINGS:**

1. "A Hidden Wholeness" by Parker Palmer; published by John Wiley and Sons; 2004
2. The Bible
3. 'The Empty Chair' by Rabbi Nachman of Breslov; published 1996 by The Breslov Institute
4. 'Saying Yes to Change' by Joan Borysenko (2006)
5. "Showings" by Julian of Norwich; 1978 Paulist Press

**References:** Quote is by Parker Palmer; "A Hidden Wholeness."; published by John Wiley and Sons; 2004

**TIME ALLOTTED:** 1 HOUR AND 10 MINUTES: 5 MINUTES TO PREPARE; 60 MINUTES FOR GROUP; 5 MINUTES TO TRANSITION

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Group rules	<input type="checkbox"/>   <input type="checkbox"/>	Understand group focus/philosophy   Review the established rules	I am so grateful to have you all here today. We will be focusing on your overall spiritual wellbeing & experiences since your illness or injury. This group will discuss a variety of topics under the concept of spirituality. The group respects, acknowledges and draws from a variety of spiritual beliefs. The main goal of the group is to help all of us get in touch with & draw strength from the spirit within us. Spirituality can be defined as a way we seek and express meaning and purpose and how we experience our connectedness to the moment, to self, to others, to nature, and to the sacred." (C. Mako)

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
		<input type="checkbox"/>	Establish an atmosphere of trust	<p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ol style="list-style-type: none"> <li>1. Everything said here is confidential</li> <li>2. Respect everyone's point of view</li> <li>3. Allow all to speak</li> <li>4. Listen with the ears of your heart</li> </ol> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p>
5 min	Check in	<input type="checkbox"/>	Get each member engaged in the group	<p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing. Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If no, (first time group, first time member or did not use the information from last Session. Reassure them that it is okay and advance to the next group member.</li> </ul> <p>Did anyone have a chance to use the information from last week in your daily life?</p> <p>We talked about: (brief reminder of the focus of last sessions group)</p> <p>If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last session) reassure them that it is okay and advance to the next group member.</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Topic: Quote	<input type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on Problem-solving. Would someone please read the quote in the upper right hand corner of the handout?</p> <ul style="list-style-type: none"> <li>• Be ready to read the quote yourself if there are no volunteers.</li> </ul> <p>I chose this quote because sometimes we are so overwhelmed by the door closing that we forget or don't even see how other possibilities are opening up. Exactly like the frog making cream in the following story! When we become aware of the new possibilities, then our hope and healing strengthens and life can go on in a strong and good way.</p> <p>Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>• Validate and support comments as appropriate.</li> </ul>
40 min	Topic: Having Faith	<input type="checkbox"/>  <input type="checkbox"/>	Read the story about the frog  Personal definition of Faith	<p><b>What doesn't destroy us makes us stronger. That is a powerful statement. I would like to take a few minutes to share with you the story on your handout about the frog. Sit back and relax and I will read it to you.</b></p> <ul style="list-style-type: none"> <li>• Read the story</li> <li>• Ask members to share their thoughts</li> <li>• Be ready to share your own</li> </ul> <p><b>I would like to share with you a definition of faith that rings true to me: "Faith in the spiritual sense is the belief in things hoped for but not yet seen."</b></p> <p><b>I would like you to take a few minutes to write down your own definition of faith.</b></p> <ul style="list-style-type: none"> <li>• Ask the group to share their definition of faith</li> <li>• Write them down on the board</li> <li>• Affirm them and make connections</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
	<p>Topic: Faith continued</p>	<input data-bbox="480 326 554 386" type="checkbox"/>  <input data-bbox="480 488 554 548" type="checkbox"/>  <input data-bbox="480 634 554 695" type="checkbox"/>	<p>Identify a difficult situation in their own life</p> <p>Determine if it is a challenging or a threat</p> <p>Identify the:</p> <ul style="list-style-type: none"> <li>• Obstacle</li> <li>• What it is teaching</li> <li>• Behavior that needs practice</li> </ul>	<p>I would like you to take a moment to write down a difficult situation you are currently dealing with.</p> <ul style="list-style-type: none"> <li>• Encourage members to share their situation</li> <li>• Write them down on the board</li> </ul> <p>Do you view this situation as a challenge or a threat?</p> <ul style="list-style-type: none"> <li>• Have them circle their answer on the sheet.</li> </ul> <p>I would like you to take a few moments to think about the situation. Can you identify the obstacle that is in your way?</p> <p>Then think about what that obstacle is teaching you?</p> <p>Is there a behavior that you need to practice to overcome that obstacle and develop your strength?</p> <ul style="list-style-type: none"> <li>• Give members some time to think/ write their responses</li> <li>• Encourage the group to share their answers</li> <li>• Write them down on the board</li> <li>• Be ready to share a personal example</li> <li>• Affirm them and help make connections</li> </ul> <p>Faith can be challenging to maintain. It can be really helpful to take a step back from situations and try to see the challenge that is being presented to you and try to use the strengths you have inside to address or overcome that challenge.</p>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
2-3 minutes	Summarization section of handout	<input type="checkbox"/>	Summarizing content for improved recall	<p>Take a few minutes to summarize the discussion today and what you learned.</p> <ul style="list-style-type: none"> <li>• Encourage all members to take notes</li> </ul>
2-3 minutes	Application to real world section of handout	<input type="checkbox"/>	Identifying practical application or information and situation it can be used in.	<p>We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> <li>• If time allows, encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules	<input type="checkbox"/>	Keep trust	<p>This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.</p>
5 min	Closing Prayer or blessing	<input type="checkbox"/>	To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be.	<p>Let's close this session with a (prayer or blessing).</p> <ul style="list-style-type: none"> <li>• Dear Creator, Thank you that we are all like the frogs in the story. You have given us the spiritual capacity to let go and let you create new life and hope in our lives. You are truly the great artist and we are all your art work. Bless us now and help us this day. Protect us from anything that might harm us and help us acknowledge all the hard work we have done and the gifts that we have. Amen.</li> <li>• Thank you for the miracle of the mystery of creation of all that is good, beautiful and true in our lives. Amen</li> <li>• Make up one based on the group discussion</li> </ul>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 minutes	Put away supplies Transition	<input type="checkbox"/>	Clean up room & re-group	<p>Personal preference: Meditation, wash hands</p>

<b>Therapist Reflection:</b>
Time allotment was adequate: Yes/ No Comments:
Overall Topic was relevant: Yes / No Comments:
Quote was relevant: Yes/ No Comments:
Chosen discussion/ task was relevant: Comments:
Group Discussion was productive: Yes/ No Comments:
Summarization of group was useful: Yes/ No Comments:
Weekly focus was useful: Yes / No Comments:
Closing prayer was relevant: Yes/ No Comments:
Other thoughts/ comments:





Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
		<input data-bbox="474 321 548 378" type="checkbox"/>	Establish an atmosphere of trust	<p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ol style="list-style-type: none"> <li>1. Everything said here is confidential</li> <li>2. Respect everyone's point of view</li> <li>3. Allow all to speak</li> <li>4. Listen with the ears of your heart</li> </ol> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p>
5 min	Check in	<input data-bbox="485 630 558 686" type="checkbox"/>	Get each member engaged in the group	<p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing. Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If no, (first time group, first time member or did not use the information from last session. Reassure them that it is okay and advance to the next group member.</li> </ul> <p>Did anyone have a chance to use the information from last week in your daily life?</p> <p>We talked about: (brief reminder of the focus of last sessions group)</p> <p>If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last session) reassure them that it is okay and advance to the next group member.</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Topic: Quote	<input type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on overhauling fear. Would someone please read the quote in the upper right hand corner of the handout?</p> <ul style="list-style-type: none"> <li>• Be ready to read the quote yourself if there are no volunteers.</li> </ul> <p>I chose this quote <b>because fear is one of the hardest things to deal with in life. It can help us be aware of danger but it can also cripple us and keep us from realizing our full potential.</b></p> <p>Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>• Validate and support comments as appropriate.</li> </ul>
40 min	Topic: Over hauling fear	<input type="checkbox"/>   <input type="checkbox"/>   <input type="checkbox"/>	<p>Understand that identifying and understanding their own fears can be powerful</p> <p>Complete 2-3 lines on the worksheet and identify their own fears, causes and who they rely on</p> <p>Rational for the Fear Prayer</p>	<p>"God, Please remove my fear and direct my attention to what you would have me be."</p> <p>This prayer and approach to fear is utilized in AA groups. It is used to not only identify that everyone faces their own fears throughout their lives but to provide some reflection on where the fear comes from and on how you are handling it. Identifying and understanding fear can be powerful.</p> <p>On your handout for today you are asked to write out your fears and then consider:</p> <ul style="list-style-type: none"> <li>• Why you have that fear</li> <li>• Where your trust and reliance is. Is your reliance on yourself or on God?</li> <li>• Is that working well for you?</li> <li>• It then directs you to pray the fear prayer while directing your thoughts on that particular fear. <b>Praying the fear prayer can.....</b></li> </ul> <ul style="list-style-type: none"> <li>• Ask members to share their thoughts about this approach.</li> <li>• Give members time to write fill out their worksheet.</li> <li>• Encourage members to share some of their fears.</li> <li>• Write them down on the board. Be ready to share your own</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
	Topic: Over hauling Fear continued	<input type="checkbox"/>	Read the serenity prayer	Acknowledge your fears honestly. Because sometimes fear can take us to a place that does not exist. They can control us when we hide them. Often time's fears are false. Not always.
2-3 minutes	Summarization section of handout	<input type="checkbox"/>	Summarizing content for improved recall	Take a few minutes to summarize the discussion today and what you learned. It will help you understand the information a little better and can serve as a memory prompt. <ul style="list-style-type: none"> <li>• Encourage all members to take notes</li> </ul>
2-3 minutes	Application to real world section of handout	<input type="checkbox"/>	Identifying practical application or information and situation it can be used in.	We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks. <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> <li>• Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
2-3 min	Review Confidentiality Rules	<input type="checkbox"/>	Keep trust	This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.
5 min	Closing Prayer or blessing	<input type="checkbox"/>  <input type="checkbox"/>	To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be.	Let's close this session with a (prayer or blessing). <i>O God,</i> <i>Give us the serenity to accept what cannot be changed,</i> <i>The courage to change what can be changed,</i> And the wisdom to know the one from the other.
5 minutes	Put away supplies Transition	<input type="checkbox"/>	Clean up room & re-group	Personal preference: Meditation, wash hands

**Therapist Reflection:**

Time allotment was adequate: Yes/ No

Overall Topic was relevant: Yes / No

Comments:

Quote was relevant: Yes/ No

Comments:

Chosen discussion/ task was relevant:

Comments:

Group Discussion was productive: Yes/ No

Comments:

Summarization of group was useful: Yes/ No

Comments:

Weekly focus was useful: Yes / No

Comments:

Closing prayer was relevant: Yes/ No

Comments:

Other thoughts/ comments:



*"When I started thinking positively things started making sense."*  
 Nancy Wells

# SOCIAL SKILLS:

## NANCY WELLS' STORY

**Prep:** Note topic covered last session

**SUPPLIES:** book, pencils and pens, protocol in place that addresses any suicidal thoughts by group members

**SUGGESTED READINGS:**

1. "Ethical Wills, Putting Your Life Values on Paper." By Dr. Barry Baines; published by Da Capo Press; 2002
2. "What is Narrative Therapy?" by Alice Morgan; published by Gecko Press; 2000
3. "The Examen of Conscience" by St. Ignatius of Loyola.

**References:** Nancy Wells

**TIME ALLOTTED:** 1 hour: 10 minutes to prepare; 45 minutes for group; 5 minutes to transition

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Group rules	<input type="checkbox"/>	Understand group focus/ philosophy	<p>I am so grateful to have you all here today. We will be focusing on your overall spiritual wellbeing &amp; experiences since your illness or injury. This group will discuss a variety of topics under the concept of spirituality. The group respects, acknowledges and draws from a variety of spiritual beliefs. The main goal of the group is to help all of us get in touch with &amp; draw strength from the spirit within us.</p> <p>Spirituality can be defined as a way we seek and express meaning and purpose and how we experience our connectedness to the moment, to self, to others, to nature, and to the sacred." (C. Mako)</p>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
		<input data-bbox="432 342 506 402" type="checkbox"/>  <input data-bbox="432 464 506 524" type="checkbox"/>	<p>Review the established rules</p> <p>Establish an atmosphere of trust</p>	<p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ol style="list-style-type: none"> <li>1. Everything said here is confidential</li> <li>2. Respect everyone's point of view</li> <li>3. Allow all to speak</li> <li>4. Listen with the ears of your heart</li> </ol> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p>
5 min	Check in	<input data-bbox="432 695 506 755" type="checkbox"/>	Get each member engaged in the group	<p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing.</p> <p>Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If no, (first time group, first time member or did not use the information from last session. Reassure them that it is okay and advance to the next group member.</li> </ul> <p>Did anyone have a chance to use the information from last week in your daily life?</p> <p>We talked about: (brief reminder of the focus of last sessions group)</p> <p>If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last session) reassure them that it is okay and advance to the next group member.</li> </ul>



Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Topic: Quote	<input type="checkbox"/>	Read and react to quote	<p>Today we will be focusing on Nancy Wells’ story. Would someone please read the quote in the upper right hand corner of the handout?</p> <ul style="list-style-type: none"> <li>• Be ready to read the quote yourself if there are no volunteers.</li> </ul> <p>I chose this quote because:</p> <p>Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>• Validate and support comments as appropriate.</li> </ul>
40 min	Topic: Nancy Wells’ story	<input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>	<p>Read Nancy Well’s story</p> <p>Highlight the process she had to go through to identify positive outcome</p> <p>Have members identify their positive outcomes</p>	<p>Finding meaning in our life’s story can be challenging. Nancy is an alumni from the CRP group. She has given us permission to share her story with this group. She hopes that her experience and journey towards finding a new purpose and direction after ABI can be helpful to others.</p> <ul style="list-style-type: none"> <li>• Read the story</li> <li>• Ask members to share their reaction to her story.</li> </ul> <p>Sometimes hearing the about the struggles and successes of others that have faced similar challenges can help us look more closely at our own stories. It may help us identify some learning outcomes that we did not see before. Please take a few moments to reflect on your own story and write down any learnings that you can identify.</p> <ul style="list-style-type: none"> <li>• Encourage members to share their own learnings.</li> <li>• Write short summary statements on the board</li> <li>• Affirm their stories</li> <li>• Make connections between clients as appropriate. Be ready to affirm those members that are unable to see any learnings.</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
2-3 minutes	Summarization section of handout	<input type="checkbox"/>	Summarizing content for improved recall	<p>Taking a few minutes to summarize the discussion today and what you learned. It will help you understand the information a little better and can serve as a memory prompt.</p> <ul style="list-style-type: none"> <li>• Encourage all members to take notes</li> </ul>
2-3 minutes	Application to real world section of handout	<input type="checkbox"/>	Identifying practical application or information and situation it can be used in.	<p>We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> <li>• Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules	<input type="checkbox"/>	Keep trust	<p>This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.</p>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Closing Prayer or blessing	<input data-bbox="428 342 499 402" type="checkbox"/>	<p>Feel the pulse of the group</p> <p>Get them talking</p>	<p>Let's close this session with a (prayer or blessing).</p> <ul style="list-style-type: none"> <li>a. Dear Creator, My vision can be so limited. Fears can loom large and I can get lost in my limited thinking. Help me to pray at times like these because even when things look so dark and bleak and I can't see the way out, miracles can happen when I let go and let you work in my life. Amen</li> <li>b. Dear Creator, Thank you for helping me to value the sacred journey of my life story. Thank you for the fact that there are many chapters in the story of my life. And for the fact that I get to start a new chapter. Amen</li> <li>c. Thank you for giving me my strengths and resources and the ability to ask for help. Thank you for the gift of life. Amen.</li> <li>d. Make up one that suits the group discussion.</li> </ul>
5 minutes	Put away supplies Transition	<input data-bbox="428 829 499 889" type="checkbox"/>	Clean up room & re-group	<p>Personal preference:</p> <p>Meditation, wash hands</p>

<b>Therapist Reflection:</b>
Time allotment was adequate: Yes/ No Comments:
Overall Topic was relevant: Yes / No Comments:
Quote was relevant: Yes/ No Comments:
Chosen discussion/ task was relevant: Comments:
Group Discussion was productive: Yes/ No Comments:
Summarization of group was useful: Yes/ No Comments:
Weekly focus was useful: Yes / No Comments:
Closing prayer was relevant: Yes/ No Comments:
Other thoughts/ comments:



# SOCIAL SKILLS: RELATIONSHIP GRID

**Prep:** Note topic covered last session

**SUPPLIES:** book, pencils and pens

**SUGGESTED READINGS:**





1. 'Changes in Spiritual Beliefs After traumatic Disability'; by Mary Ann McColl, Jerome Bickenbach, Jane Johnston, Sharon Nishihama etc.; published June 2000, Arch Med Phys Rehab Vol 81.
2. "What The Mystics Know" by Richard Rohr, published by Crossroad Publishing Co., 2015
3. "The Examen of Conscience" by St Ignatius of Loyola
4. "Spiritual Issues associated with traumatic onset disability" by Mary Ann McColl, Jane Johnston, Sharon Nishihama etc.(9/1999)

**References:"** By Rabbi Nachman of Breslov

**TIME ALLOTTED:** 1 hour and 10 minutes: 5 minutes to prepare; 60 minutes for group; 5 minutes to transition

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Group rules	<input type="checkbox"/>	Understand group focus/ philosophy	<p>I am so grateful to have you all here today. We will be focusing on your overall spiritual wellbeing &amp; experiences since your illness or injury. This group will discuss a variety of topics under the concept of spirituality. The group respects, acknowledges and draws from a variety of spiritual beliefs. The main goal of the group is to help all of us get in touch with &amp; draw strength from the spirit within us.</p> <p>Spirituality can be defined as a way we seek and express meaning and purpose and how we experience our connectedness to the moment, to self, to others, to nature, and to the sacred." (C. Mako)</p>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Check in	<input data-bbox="464 315 533 370" type="checkbox"/>  <input data-bbox="464 480 533 535" type="checkbox"/>  <input data-bbox="464 602 533 657" type="checkbox"/>	<p><b>Review the established rules</b></p> <p><b>Establish an atmosphere of trust</b></p> <p><b>Get each member engaged in the group</b></p>	<p>Trust happens over time. Trustworthy groups have few but important rules. I will be reviewing them with the group at the start and end of each session.</p> <ol style="list-style-type: none"> <li>1. Everything said here is confidential</li> <li>2. Respect everyone's point of view</li> <li>3. Allow all to speak</li> <li>4. Listen with the ears of your heart</li> </ol> <p><i>Any individual can talk to me privately with questions/ concerns related to the group focus, content or personal beliefs/ needs.</i></p> <p>Before we get started on this week's topic I would like to take a few minutes to see how everyone is doing. Please share 1 thing this week that touched you; good or bad?</p> <ul style="list-style-type: none"> <li>• Be ready to Share a personal example</li> <li>• Ask but do not require all to share</li> <li>• Make connections for the group (that is similar to ..... It seems like 3 of you had some challenges this week...</li> <li>• Keep it tight (5 minutes)</li> <li>• If no, (first time group, first time member or did not use the information from last session. Reassure them that it is okay and advance to the next group member.</li> </ul> <p>Did anyone have a chance to use the information from last week in your daily life?</p> <p>We talked about: (brief reminder of the focus of last sessions group)</p> <p>If you did please briefly explain how you used the information and the outcome.</p> <ul style="list-style-type: none"> <li>• Go around the group.</li> <li>• Be prepared to start with a personal example</li> <li>• If no, (first time group, first time member or did not use the information from last session) reassure them that it is okay and advance to the next group member.</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
1-2 min	Topic: Quote		Read and react to quote	<p>Today we will be focusing on relationships. Would someone please read the quote in the upper right hand corner of the handout?</p> <ul style="list-style-type: none"> <li>• Be ready to read the quote yourself if there are no volunteers.</li> </ul> <p>I chose this quote because when we are able to learn, we become aware of the new possibilities and can adapt to new ways of living, then our hope and healing strengthens and life can go on in a strong and good way.</p> <p>Does anyone have any thoughts on the quote?</p> <ul style="list-style-type: none"> <li>• Validate and support comments as appropriate.</li> </ul>
40 min	Topic: Relationship grid	  	<p>Introduce the spirituality grid</p> <p>Members will analyze their spiritual relationship with self</p>	<p>It can be eye opening to spend some time and energy thinking about how your ABI has affected your spiritual relationship with not only yourself but with others and with God. This exercise will break down your spirituality in those 3 categories: self, others and God in 5 different areas. We will first explore how your relationship with yourself has changed. We will share and discuss your insights.</p> <p>Then we will go through each category again with a focus on your relationship with others and finally with God. We will work through all 5 categories and then share our thoughts.</p> <p>First we will think about your <u>relationship with yourself</u> and how <i>awareness</i> has changed;</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as understanding your strengths and weaknesses better</li> <li>• Insights can be negative such as increased self-doubt</li> </ul> <p>Now take some time to think about how it has affected your <i>closeness</i> to yourself. Some examples could include:</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as being more honest and more alive</li> <li>• Insights can be negative such as denying some changes because it is too hard to cope</li> </ul>
	Topic: Spirituality grid continued			<p>Next is <i>vulnerability</i>.</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as knowing you were close to death has helped you sweat the small stuff less</li> <li>• Insights can be negative such as mind fatigue and loss of memories.</li> </ul> <p>Next is <i>purpose</i>:</p>

			<ul style="list-style-type: none"> <li>• Insights can be positive such as less selfish and more focused on others</li> <li>• Insights can be negative such as loss of life roles and uncertainty</li> </ul> <p>Next is <b>Trust</b>:</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as being more careful and cautious</li> <li>• Insights can be negative such as increased self-doubt and fear of own safety</li> </ul> <ul style="list-style-type: none"> <li>• Encourage members to share their insights on how their spiritual relationship with self has changed d/t the ABI</li> <li>• Write thoughts down on the board</li> <li>• Affirm their stories, Help make connections, Affirm them</li> </ul>
			<p>Now we will focus on <b>relationships with others</b> and we will start with how your <b>awareness</b> has changed your spiritual relationship with others;</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as some friendships get stronger</li> <li>• Insights can be negative such as some friends withdraw</li> </ul> <p>Now take some time to think about how it has affected your <b>closeness</b> to others.</p> <p>Some examples could include:</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as people are really dependable.</li> <li>• Insights can be negative such as some do not understand your challenges/ changes</li> </ul> <p>Next is <b>vulnerability</b>.</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as people stepping and helping</li> <li>• Insights can be negative such as people taking advantage of you.</li> </ul> <p>Next is <b>purpose</b>:</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as having time to be more involved as a significant other, parent or friend</li> <li>• Insights can be negative not being able to fulfill the roles in that relationship Next is <b>Trust</b>:</li> <li>• Insights can be positive such as being more open and new doors open</li> <li>• Insights can be negative such as second guessing others motives</li> </ul>



				<ul style="list-style-type: none"> <li>• Encourage members to share their insights on how their spiritual relationship with self has changed d/t the ABI</li> <li>• Write thoughts down on the board</li> <li>• Affirm their stories/ make connections and affirm them</li> </ul>
				<p>Lastly we will focus on your <b>relationship with God</b> and start with how your <b>awareness</b> has changed</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as deeper relationship</li> <li>• Insights can be negative such as wondering “why me?”</li> </ul> <p>Now take some time to think about how it has affected your <b>closeness</b> to God.</p> <p>Some examples could include:</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as doubt is removed</li> <li>• Insights can be negative such as questioning your faith</li> </ul> <p>Next is <b>vulnerability</b>.</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as meditating and praying more</li> <li>• Insights can be negative such as increase in doubt and uncertainty</li> </ul> <p>Next is <b>purpose</b>:</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as being available to God, find your purpose for survival</li> <li>• Insights can be negative such as losing your belief in self and God</li> </ul> <p>Next is <b>Trust</b>:</p> <ul style="list-style-type: none"> <li>• Insights can be positive such as letting go of fear</li> <li>• Insights can be negative such as increased doubt</li> <li>• Encourage members to share their insights on how their spiritual relationship with self has changed d/t the ABI</li> <li>• Write thoughts down on the board</li> <li>• Affirm their stories, Help make connections, Affirm them</li> </ul>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
2-3 minutes	Summarization section of handout	<input type="checkbox"/>	Summarizing content for improved recall	<p>Take a few minutes to write your thoughts. It will help you understand the information a little better and can serve as a memory prompt.</p> <ul style="list-style-type: none"> <li>• Encourage all members to take notes</li> </ul>
2-3 minutes	Application to real world section of handout	<input type="checkbox"/>	Identifying practical application or information and situation it can be used in.	<p>We hope this group will encourage and support you during the next few weeks and help you focus on your spiritual needs. Please take a few moments to write down how you can use this information in your daily life in the next few weeks.</p> <ul style="list-style-type: none"> <li>• Encourage all members to write down an idea or two.</li> <li>• Depending on time management; could encourage members to share their ideas and write them on the board if time allows.</li> </ul>
2-3 min	Review Confidentiality Rules	<input type="checkbox"/>	Keep trust	<p>This group relies on confidentiality and trust. I want to remind everyone here that the information shared in group is confidential. We respect and trust our members and value a safe place for sharing and support.</p>
Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Closing Prayer or blessing	<input type="checkbox"/>	To bless and strengthen each participant by articulating relationship between them and their Higher Power whatever it may be.	<p>Let's close this session with a (prayer or blessing).</p> <ol style="list-style-type: none"> <li>1. Dear Creator, thank you for the gift of relationships in my life that build and sustain me. Amen.</li> <li>2. Dear God, Thank you for making me in such a way that I am connected deeply to myself, to others and to you. Amen</li> <li>3. Make up one!</li> </ol>

Time:	Key Components:	Confirm Completed:	Objective:	Key Points:
5 min	Put away supplies Transition	<input type="checkbox"/>	Clean up room & re-group	Personal preference: Meditation, wash hands

**Therapist Reflection:**

Time allotment was adequate: Yes/ No

Comments:

Overall Topic was relevant: Yes / No

Comments:

Quote was relevant: Yes/ No

Comments:

Chosen discussion/ task was relevant:

Comments:

Group Discussion was productive: Yes/ No

Comments:

Summarization of group was useful: Yes/ No

Comments:

Weekly focus was useful: Yes / No

Comments:

Closing prayer was relevant: Yes/ No

Comments:

Other thoughts/ comments: