

Reflection

Volcano Group:

Discrimination: 11/13/19

Objective: Time was taken to educate the group on what discrimination is and how it can be responded to in a healthy way.

Activity: The group engaged in the activity well and expressed that they enjoyed it.

Discussion: The group described the parts of activity that were unfair and how it felt to be at a disadvantage.

Handout: Types, Prevalence, Impact, and Responding to Discrimination. The group discussed the negative affects of discrimination and how to respond to it in an appropriate way.

Discussion: The group expressed that the opposite of oppression is acceptance, putting others before yourself, valuing peoples' personality, understanding that everyone has issues, and showing empathy.

Application: The patients wrote down what the opposite of oppression was to them.