

Reflection

Independent Living Group: Goals 10/09/19

- Objectives:** I do not think that this group met the objective as effectively as I had hoped though goals were partially met.
- Activity:** The activity did not go as well as expected. Some of the patients felt uncomfortable participating.
- Discussion:** The discussion seemed to go well. The patients brought out other angles than I had anticipated. They seemed to understand the main point.
- PowerPoint** The group did not seem as engaged by the pictures as I had hoped.
- Developing Dreams Activity:** Half of the group produced really deep thoughts and great goals. Others did not invest in this activity.
- Homework:** A few were motivated by candy to complete this worksheet and bring it back next week.