

Reflection

Independent Living Group: Choices 10/02/19

- Objective:** I was able to communicate the concepts clearly and completely. The group demonstrated understanding through an application activity. I believe starting with choices was effective because it helped give the patients an understanding of why the group is beneficial to them.
- Icebreaker:** The icebreaker went well. Each patient was able and willing to respond. I believe that this helped get everyone more comfortable contributing to the discussion in this setting. It helped set a tone.
- Activity:** The activity went great! The patient's curiosity was captured effectively, and the patients appreciated the chocolate.
- Evaluation:** I applied the advice of another social worker, who told me to introduce the evaluation by showing them one that was several pages longer and the two-page evaluation I chose. I then gave them the choice, and this helped decrease the resistance. From this, I learned that giving choice helps decrease resistance.
- Education:** The group paid attention during this portion.
- Application:** Every person in the group got involved with applying the techniques from SMART choices in the activity. They demonstrated understanding and insight.
- Feedback:** The patients expressed that they liked the activities and treats. They especially appreciate activities where they get to move around. Overall, they gave positive feedback.