

Preparation for F2F Group Facilitation Demonstration

- 1. The overall purpose for my group is... (the larger purpose for why you would be meeting as a group, multiple times).**
 - Time and space for clients to learn and encourage one another as they continue on their journey to addiction recovery. Group will discuss fears, concerns, and experiences about returning home.

- 2. My purpose for this particular session of my group is... (just for this one session).**
 - Delve into the impact of words spoke to oneself and stated by others have on our lives. Discuss negative labels associated with substance use and labels group members have used to self-stigmatize.

- 3. I will begin my group and set a positive tone by doing the following...**
 - Everyone introduces themselves and answers humor get to know you questions
 - Later sessions will include personal weather reports to describe their previous week

- 4. My role as a facilitator is...**
 - Keep track of time
 - Lead the group in discussions and activities
 - Encourage engagement from all group members
 - Provide information that is practical and helpful to members

- 5. I plan to use the following two exercises that relate specifically to my purpose for the session.**
 - Discussion question about addiction
 - Group discussion and education about labels for those who abuse substances as portrayed by the world
 - Group members will independently write on loose-leaf paper labels they have placed on themselves stemming from childhood until present. Those papers will be torn into pieces and placed in the "Label jars not people" container. Lastly, on four different notecards members will write or draw "I Am" statements for positive affirmation and growth mindset.