



CoveCare  
Center

COUNSELING THAT  
EMPOWERS CHANGE

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**PROsper  
Group Protocol**

**Date:** October 6, 2014

**Title:** What's Getting in The Way? (revised protocol)

**Component:** Community Rehab and Support (CRS)

**Service:** Wellness Self-Management

**Population:** Any PROsper member who is in the Contemplation Stage of vocational readiness, either in the areas of school or work.

**Frequency:** One time/week.

**Duration:** 50 minutes

**Description:** This group is for individuals who want to go to school or work in the future but question their ability to do so. Group members will learn to identify their personal barriers to achieving vocational goals and challenge the unhealthy and unrealistic thoughts and beliefs that are getting in their way.

**Mode of the Work:**

A **Purpose:** To identify unhealthy/unrealistic thoughts and beliefs that are barriers to being ready to pursue vocational goals and to learn techniques for overcoming these patterns of thinking in order to increase readiness for school or work.

B **Group Framework:** This group will consist mainly of open discussion about thoughts, feelings, and beliefs related to group members ability to go to school or work. The group will utilize CBT concepts to assist members with overcoming unhealthy and unrealistic thought patterns. Group members will also learn skills for improving self-esteem.

**Expected Outcome:** Group members will be able to identify their personal barriers to their vocational goals. With improved self-esteem and the ability to challenge unhealthy/unrealistic thoughts and beliefs group members will experience increased confidence in their ability to go to school or work and move from the contemplative stage of change to the action stage of change.