



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

Date: December 6, 2010

Title: Alternative Coping Skills

Component: Community Rehab & Support (CRS)

Service: Wellness Self-Management (WSM)

Population: Any member of PROSper community

Frequency: 1 time per week

Duration: 50 minutes

Description: An interactive and educational group in which group members will learn and develop various alternative or non-traditional skills for coping with stressors and symptoms. Skills will include but are not limited to meditation, visualization, progressive relaxation, breathing techniques, energy medicine, and energy psychology.

Mode of Work:

- A. Purpose:** To develop an increased repertoire of skills to manage stressors and symptoms which interfere with successful functioning.
- B. Group Framework:** Group will be given education on various coping skills. Members will have the opportunity to practice such and discuss personal experiences with use of alternative skills.

Expected Outcome: Group members will gain knowledge and understanding of alternative therapies that can be utilized as a compliment to traditional therapies to help them manage stressors and symptoms. With an increased ability to manage stressors and symptoms group members will experience an increased ability to function and pursue life goals.