



CoveCare  
Center

COUNSELING THAT  
EMPOWERS CHANGE

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**PROSper  
Group Protocol**

**Date:** October 1, 2009

**Title:** Assertiveness

**Component:** Community Rehab. & Support (CRS)

**Service:** Wellness Self-Management (WSM)

**Population:** Any PROSper member

**Frequency:** 1x per week

**Duration:** 50 minutes

**Description:** A psychiatric rehab group focused on helping clients develop more assertiveness in their interactions with others.

**Mode of Work:**

- A. **Purpose:** To help clients' understand the difference between passive, aggressive and assertive behaviors.
- B. **Group Framework:** Members will discuss issues related to assertiveness, and receive guidance in developing appropriate means of self-expression

**Expected Outcome:** Members will be able to utilize newly acquired assertiveness skills for improved communication with others, articulating their needs and clarifying their feelings, in a more effective and forthright manner.