



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

DATE: May 7, 2012

TITLE: Embracing Imperfection

COMPONENT: Community Rehab & Support (CRS)

SERVICE: Wellness Self-Management (WSM)

POPULATION: Any member of PROS

FREQUENCY: 1x/week

DURATION: 50 minutes

DESCRIPTION: This is an education and discussion-based group focusing on clients' barriers to self-acceptance. Three sub-themes will be woven throughout the group, all cornerstones of a sense of worthiness, the feeling that "I am enough." Those subthemes are: Courage (to be imperfect), Compassion (kindness to self and others) and Connection.

MODE OF WORK:

- A. **Purpose:** To enhance client self-worth via addressing:
- Authenticity
 - Self-Compassion
 - Resiliency
 - Gratitude
 - Intuition
 - Creativity
 - Play and Rest
 - Calm and Stillness
 - Meaningful Work
 - Laughter
 - Forgiveness

B. **Group Framework:** Group will read and discuss excerpts from the books, The Gifts of Imperfection by Brene Brown, PhD, Self-Compassion by Kristin Neff PhD and The Forgiveness Workbook by Eileen Barker .

Expected Outcome: Members will let go of who they think they should be and embrace more fully who they are, in order to be able to move forward in recovery and realization of life goals.