



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

DATE: October 1, 2009

TITLE: Express Yourself

COMPONENT: Community Rehab. & Support (CRS)

SERVICE: Wellness Self Management (WSM)

POPULATION: Any PROSper member

FREQUENCY: 1x/week

DURATION: 50 minutes

DESCRIPTION: This group offers members an opportunity to express their feelings and emotions in creative forms (e.g. art, music, poems, role-playing, etc.). Facilitator will encourage the exploration of feelings and their expression with and without spoken word.

MODE OF WORK:

- A. **PURPOSE:** To offer group members a forum to express feelings in a creative manner and develop techniques to express themselves in ways that reinforce a verbal message.
- B. **GROUP FRAMEWORK:** Group participation through the use of different expressive mediums.

EXPECTED OUTCOME: Enhancement of self-confidence and self-expression for group members.