



CoveCare  
Center

COUNSELING THAT  
EMPOWERS CHANGE

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## **PROSper Group Protocol**

**Date:** February 1, 2016

**Title:** Living With Anxiety (aka Handling Anxiety and Stress, aka Anxiety and Stress Reduction)

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

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

**Population:** Any member of PROSper population

**Frequency:** 1 time per week

**Duration:** 50 minutes

**Description:** A group to provide education on anxiety and stress reduction coupled with learning and developing coping skills to better manage anxiety. Group members will identify the causes of stress or anxiety and work to develop strategies to combat stress or anxiety. Healthy coping methods to be identified, personalized, practiced, and reinforced.

### **Mode of Work:**

- A. **Purpose:** To educate group members about anxiety and stress, as well as facilitate the development of healthy and effective coping skills.
- B. **Group Framework:** A didactic and group sharing format. Education to be provided through handouts, orally and through other media sources. Personal accounts and sharing in group may be a part of group discussion. Coping skills training and problem solving applications for better handling of anxiety and stress.

**Expected Outcome:** Group members will develop an understanding of the role anxiety plays in recovery and will learn to identify individual stressors that trigger and or exacerbate psychiatric symptoms, as well as learn appropriate coping skills.