



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

DATE: February 1, 2010

TITLE: Relationships

COMPONENT: Community Rehab and Support (CRS)

SERVICE: Basic Living Skills (BLS)

POPULATION: Any member of PROSper

FREQUENCY: Once/week

DURATION: 50 minutes

DESCRIPTION: An interactive, largely discussion-based group focusing on interpersonal relationship issues. Group members will identify and share experiences from past and present relationships, and will be supported in developing skills to better manage present and future relationships.

MODE OF WORK:

- A. **PURPOSE:** To build and improve interpersonal relationship skills. To identify and build a healthy sense of boundaries and to increase self-awareness.
- B. **GROUP FRAMEWORK:** Emphasis will be on group participation. Group members will be encouraged to discuss issues that have developed in family relationships, friendships and intimate relationships. Role play, hand-outs and videos will be utilized.

EXPECTED OUTCOME: Clients will have a better understanding of what role they play/ what they contribute to their interpersonal relationships. Clients will also develop a wider range and repertoire of skills to more effectively manage those relationships.