



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

DATE: December 5, 2011

TITLE: The Power of Interaction

COMPONENT: Community Rehab & Support (CRS)

SERVICE: Basic Living Skills (BLS)

POPULATION: Any member of PROSper

FREQUENCY: Once/week

DURATION: 50 minutes

DESCRIPTION: An interactive education and support group to help clients master skills and strategies that develop and promote interpersonal effectiveness.

MODE OF WORK:

- A. **PURPOSE:** To offer group members an opportunity to learn, practice and apply interpersonal skills that will foster individual communication skills and positively impact relationships.
- B. **GROUP FRAMEWORK:** Facilitator will provide education, skill training, skill practice and facilitate group discussion. Brief lectures, hand outs and role play will be utilized.

EXPECTED OUTCOME: Clients will be more effective in communicating with others, such that they will be able to initiate, build and maintain more satisfying interpersonal relationships.