

Psychoeducational Group Worksheet

Stress Management Skills: What is stress?

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PURPOSE	LEADER/ACTIVITY
Welcome/Introduce Leaders	Chris will welcome the group into the session and introduce us. Ansley will then thank the group for creating our group rules and what confidentiality is to the group.
2-3 minute Icebreaker that relates to topic	The icebreaker for this session will be both leaders providing the group with two truths and a lie and the group guessing which is the lie. We believe this will be a fun way of easing anxiousness about the session while relating it to the topic.
1 minute Transition (Introduce topic)	Our transition into the topic of what is stress will be Chris talking about how waiting to hear which statement the lie was provided the group with a sense of positive stress.
10-13 minute Middle content including: Discussion of topic Activity(ies) Q & A	After discussing positive stress, Chris will introduce the topic by performing the balloon activity to introduce negative stress. The balloon activity will include the group having to wait for Chris to pop the balloon. This will be the beginning of the discussion into what stress is to the group and what brings the group stress.
2-3 minute Transition to end (Summarize the meeting/ what's the "takeaway")	After the discussion of what is stress, Chris will begin the transition into the summary of what the group discussed stress to be to them. Ansley will ask the group what some takeaways were from the session and ask them to begin thinking about what reduces their stress for the next session.

Critical Incident Paper (Scenario 1)

Identify

The issue in this scenario is that Jack the new counselor failed to protect his female client in a group setting. Six weeks into the group counseling session Carol tells Jack that she is being sexually harassed by a man in their counseling group. Jack does nothing allowing for harm to be done to Carol causing her to leave the group.

Summarize

The “ASCA code A.11.A states that counselors provide services to victims and perpetrators [of sexual harassment] as appropriate, which include a safety plan and reasonable accommodations such as schedule change”. What this means is that as the counselor, it is Jack’s job to provide services to both Carol and the other man in the group. He must find a way to protect them from themselves and each other by providing a safe and secure place for them to work out their problems. Jack failed to do so by ignoring Carol’s report of feeling uncomfortable in the group.

ACT

The best course of action would first be for Jack to contact his legal representative in case Carol plans to sue him for emotional damages. His next step should be to apologize to Carol for his failure and ask if she would be willing to rejoin the counseling group. If she is willing to do so, Jack will need to make sure boundaries are set in place to help protect Carol and the man who is harassing her. Jack will need to contact this unnamed man and have a meeting with him regarding his behaviors. Jack must make it clear to him that things must change for all three of them to move forward. If an agreement cannot be met, then disciplinary actions must be taken which may include referring him to another group.