

Growing up with KELY 2018-19
Group Therapy Session Overview and Dates

Starts Feb 12, 2019 (Every Tues)

Every Tues at 2-3pm

Facilitator: Paige

Session	Topic	Key Messages	Date
Intro Session 1	Getting to know one another	<ul style="list-style-type: none"> ● Introduce KELY's core values: Non-judgemental, Inclusive, Confidential, Empathetic, Supportive ● Develop a Group Agreement ● Introduction to Mood Check 	Feb 12, 2019
Session 2	Expressing emotions	<ul style="list-style-type: none"> ● Understand the importance of all our emotions such as anger, fear, discomfort. ● Identify ways to express emotions appropriately ● Introduce 'I statements' 	March 5, 2019
Session 3	Perceptions and Me : understanding our thoughts	<ul style="list-style-type: none"> ● Introduce perceptions and how it can be influenced by our thoughts and personal experiences. ● Utilise Optical Illusion activity, to help understand how our perceptions can differ amongst others due to our personal experiences. ● Identify how such cognitive illusions can occur in our relationships and life. 	March 12, 2019
Session 4	Connecting our thoughts to our feelings	<ul style="list-style-type: none"> ● Examine the role of our perception of the world and events. ● Connecting our thinking with our feeling 	March 19, 2019
Session 5	Cognitive triangle	<ul style="list-style-type: none"> ● Identify and practicing how our thoughts and feelings influence our actions 	March 26, 2019

Session 6	Positive thinking	<ul style="list-style-type: none"> • Examine how our thinking style can impacts the way we face different situations in our lives. • Introduce the thinking errors sheet • Introduce and practice deep breathing • Through deep breathing practice being in the present. 	April 2, 2019
Session 7	Our responses to conflict	<ul style="list-style-type: none"> • Bring awareness to our usual responses to conflicts: Passive, Aggressive, Passive-aggressive and Assertive • Become aware of how our responses affect our relationships and ourselves 	April 9, 2019
Session 8	Healthy coping mechanisms	<ul style="list-style-type: none"> • Identify the coping skills that we use when we feel strong emotions and examine if they are useful to us. 	April 30, 2019
Session 9	Acceptance	<ul style="list-style-type: none"> • Let go of the control and come to terms with situations. • Understand personal values and making the best decision even if we don't get what we want. 	May 7, 2019
Session 10	Practice kindness and giving	<ul style="list-style-type: none"> • Practice giving and supporting others • Practice appreciation • Connect the positive emotions with the act of kindness. 	May 14, 2019
Session 11	Wrap up	<ul style="list-style-type: none"> • Recap the main points and skills covered throughout the 10 sessions • Support students in identifying ways to continue to use skills and knowledge in their day to day life. • Reiteration of continued support that is available through the school support team 	May 21, 2019

PRE PROGRAMME MENTAL HEALTH CHECK DATE -

POST PROGRAMME MENTAL HEALTH CHECK DATE –