

Family Education & Support Caregiver Program

Name of the Topic Area: Session Two - Caregiver Support

Duration: 60 Minutes

Module learning objectives:

Participants will be able to:

1. Describe how self – talk can effect our thoughts, feelings, and actions.
2. Identify effective communication strategies.
3. Recognize stress.
4. Identify stress reduction techniques.

Methodologies:

1. Sentence completion exercise.
2. Self Talk handouts.
3. Communication Skills handouts.
4. “Instructions for Relaxation” and “TAKE A DEEP BREATH.....and Relax” handouts.
5. Sentence completion exercise.

Facilitator’s Actions:

1. Review ground rules.
2. Facilitate members stating one positive thing they did differently during the interim with sentence completion exercise. “What I did differently this week was _____.” This may be related to what each member said they would work on at the end of the previous session.
3. Self Talk.
 - a. Review and discuss the handout regarding the “Thoughts→feelings→actions” process
 - b. Review the “Zap those ANTS” handout. If participants have similar kinds of thoughts particularly related to their children, facilitate discussion **on the process** of challenging those negative thoughts. Focusing on the process rather than specific negative thoughts participant may have, can help to maintain an educational environment. Problematic thoughts identified that are of a more

serious nature may need to be addressed in a therapeutic environment.

4. Communication Skills
 - a. Review communication handouts. There is a lot of text in these handouts so you may want to review the different topics covered and ask participants which areas are they most interested.
 - b. Dyads:
 - i. Participants work in dyads to help each other practice developing assertive statements. Encourage participants to choose examples that involve their children or people involved with their children.
5. Review the “How stress affects us” handout.
 - a. Facilitate discussion on how participants may relate to feeling burned out and whether that exhaustion is related to ongoing stress.
 - b. Review the “Stress Identification” handout and the stress cards (that were introduced in the Orientation session). Ask participants to complete these daily. Ask them to pay close attention to what they are thinking about during times of high stress.
6. Review instructions for stress reduction techniques.
 - a. Refer to “Instructions for Relaxation” handout.
 - b. Review “TAKE A DEEP BREATH.....and Relax” handout. Ask members to try this exercise a couple of times prior to the next session.
7. Close session
 - a. Facilitator leads group in sentence completion exercise, “One thing I learned during today’s group is _____. Before the next meeting, what I will try to do differently is _____”.
 - b. Remind participants they will report to the group what they tried over the week that they learned during today’s group.

Materials:

1. Handouts, stress cards