

PROGRAM OUTLINE

The following schedule fits into the normal 15-week college semester. For a less formal peer-led discussion group, 15 sessions of a couple of hours provides adequate time to integrate the material.

Although the written material is designed to encapsulate the theory, methods, and self-evaluations, there is much to be gained by having minimally-directed group discussions. Informal work groups are not teaching endeavors, per se, but a chance for participants to meet and discuss specific topics contributing to their wellness and to assimilate what works best for themselves.

INITIAL GATHERING

Set the stage I (Introduction)

Cover Introduce the Four P's Model (p. 10)

P. 1 Promoting Human Resilience

P. 2 Table of Contents

P. 3 Guidebook Guidelines

P. 4 Introduction

P. 5 Develop Resilience

Set the stage II (Theory: $Stressor \sim Stress = F(Wellness = mental\ and\ physical\ health)$)

P. 11 Definitions

p. 12 Cumulative Effect of Stressors

Fill out the Holmes-Rahe scale (see p. 12; obtain a ©? copy from Internet)

p. 13 From Stressors to Stress

p. 14 Cognitive Processes Between Stressors and Stress

Home preparation (for next session)

P. 6 The Hard and Rewarding Job of Living

P. 7 Individuals in Family Systems

pp. 8-9 Assessment of Family Interaction

p. 25 Expressed Emotion in Families

Military Medicine article

Evaluate your family using the assessment

SECOND GATHERING

Family benefit or bane

Home preparation

p. 15 Information Processing

P. 16-17 Perceptions

Write your own bumper sticker

Look up additional perception images on Internet

Copy and bring one (some) into group that might stump the group

THIRD GATHERING

How we "see" the world

Play with various perception

Share your bumper sticker (optional) with the group

Are you an optimist or a pessimist

Home preparation

p. 18 Optimists and Pessimists Think About the World Differently

Read "Introduction" to Seligman's Positive Psychology in *American Psychologist*

(It can be found on the Internet or handed out)

Evaluate yourself on comparisons chart on p. 18

FOURTH GATHERING

Positive psychology versus victim mentality

Home preparation

- P. 19 Changing Our Thoughts
P, 20 The Great Cognitive Therapy Trio
P. 21 Resistance to Change
pp, 22-23 Centerfold
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FIFTH GATHERING

Theories of how we change our cognition

Home preparation

- P. 24 Social Support for Health & Adjustment
List organization to which you participate
List church activities that you're involved with, including services
What benefits do you *feel* you get from participation
What additional events would you like to see the church provide?
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SIXTH GATHERING

Our social support

Home preparation

- p. 26 Mental and Physical Relaxation
p, 27 Personal Health Assessment
pp. 28-29 Health Symptoms Assessment
Complete assessment
List your activities that are relaxing diversions
-

SEVENTH GATHERING

Our health activities

Home preparation

- p. 30 Focused Sharing Groups
Think about this group and if it is helping you
Have other groups provided you help with your living
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EIGHTH GATHERING

Benefits of focused groups

Home preparation

- p. 31 Expressive Writing
Read Informer article on Vermont Police Association website
Write for at least three times before next gathering
If you like, edit before sharing with the group (optional)
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NINTH GATHERING

Expressive writing sharing

Home preparation

- pp. 32-33 Humor
Who is your favorite comedian(s)? Why?
Bring a funny (to you) comedy piece (cartoon, joke) to next gathering
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TENTH GATHERING

Humor

Home preparation

- p. 34 Bereavement Theories and Beck's Cognitive Restructuring
How did you grieve on different occasions
Fill in the questions on bottom of page.
Identify your cognitive distortion(s)
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ELEVENTH GATHERING

Update on bereavement and common cognitive distortions

Home preparation

- p. 35 Religion and Spirituality
Scripture reading – Pastor's choice (I prefer Ecclesiastes)
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TWELFTH GATHERING

Religion and spirituality

Home preparation

- p. 36 Murray Bowen and Differentiation
p. 37 Hardiness and Resilience
pp. 38-39 Resilience • Hardiness • Differentiation
Use RHD instrument to evaluate present strengths
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THIRTEENTH GATHERING

Resilience, Hardiness, and Differentiation

Home preparation

- p. 40 Areas of Coping
Complete the boxes at the bottom of page
List some coping mechanisms you use and when
p. 41 Balance
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FOURTEENTH GATHERING

Our coping menu

Home preparation

- pp. 42-43 Mental Health Items to Consider
Do a self assessment of mental health
p. 44 Epilogue
IBC Can Do Attitude
BC Resources available to Lutherans
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FIFTEENTH GATHERING

Conclusion and our mental health status

A party and open discussion

It is necessary to have everyone read a small amount of introductory material in advance, to set the stage for the subject to be discussed. Each meeting has a specific subject to be discussed and everyone needs to focus on the day's agenda and not pursue extraneous issues or intentionally or unintentionally undermine the work of the group by digressing into extraneous items. Personal growth, and not a grade, are the intention of the peer-led peer-group.