

## **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.

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### **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

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### **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

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### **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
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## **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
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## **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***

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#### **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***

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#### **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***

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#### **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***

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#### **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

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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.