

N – In the Empowerment group the group learns how to improve their interpersonal relationships by building self-esteem and coping skills for victims and perpetrators of bullying. Bullying can learn to high risk factors of relapse, suicide, and domestic violence. In this session we explore the topics on Compassion Formulation. We discussed their historical influences of being bullied, then key internal and external fears, internal and external safety/defensive behaviors, unintended consequences in internal and external, then how they relate to themselves in relation to being bullied. The group then talked about how they felt when expressing their thoughts.

A – The ct processed each topic talked and discussed each topic. After ct had shared the ct was allowed time to respond. The ct was active in listening and engaged in valuable feedback. The ct was taught to have an awareness of bullying in their new recovery. The group responded well to their peers. The group learned how they respond, belief their emotions behind bullying, and the triggers of their bullying situations.

P – To continue to learn new relapse prevention coping strategies and to continue to maintain sobriety. To continue to improve interpersonal relationships in their lives.