

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 orientation of empowerment. We talked about being rude or mean verse bullying, bullying is intentional, harmful, and repetitive, how bullying can cause substance abuse problems and why bullying is a problem. We then also discussed bullying is a psychological problem, and when bullying becomes physical, bullying is now called abuse. We talked about the different forms of bullying.

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.