

Client came to the Empowerment group and no one else showed. We decided to proceed with the session as a individual. We continue the session with a brief check-in. we discussed the topic of Bullying in the Workplace and Other Social settings. We then did a brief history of what we are to do and not to do when encountering a bully. We discussed not getting involved in a verbal or physical fight, don't return the abuse, don't act in frustration, and don't hurt yourself or take yourself out of commission when encountering a bully. We discussed what a bully looks like in he workplace. How to react to a bully by not blaming; try to be nice, and to be assertive. We then discussed some scenarios of bullying and worked out how to deal with the bully with the tools given. We discussed how being bullied or being a bully can resort to alcohol and drugs and violent behaviors. In this session we learned to become aware of the behaviors and emotions of bullies and being a bully.

**Plan:**

- Ongoing empathic support and active listening.
- Ongoing work on positive self-concept and assertive self-agency.
- Ongoing work on understanding the interaction between feelings, behaviors and cognition.