

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 lead to high risk factors of relapse, suicide, and domestic violence. In this session we explore the topics on cognitive restructuring on “what if” in a negative perspective and positive perspective. The clients wrote down three cases where they experienced a negative situation and reacted negatively and then they were to write down three positive perspectives they could have done instead. The group then talked about how they felt when expressing their thoughts, and to write down which behaviors they most likely do of negative or positive thoughts.

A – The client processed each topic talked and discussed each topic. After the client had shared the client was allowed time to respond. The client was active in listening and engaged in valuable feedback. The client 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, believe 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.