Fall/Spring

WEEK 1: GOAL SETTING/INTRODUCTION.
This week will allow the clients the ability to learn what this group is, set group rules, and create goals for the group, as well as their individual process for the next 8 weeks.

WEEKS 2/3: GUILT AND SHAME.
These two weeks will allow clients the ability to better understand feelings of guilt and shame they are having surrounding the traumatic event. These sessions allow the client to understand that it is normal to feel this way after a traumatic incident, and give them skills to use to combat these feelings. Clients will learn to identify and break negative thought patterns through understanding their thoughts and learning problematic thought behaviors.

Worksheet: Challenging Negative Thoughts

WEEKS 4/5: BLAME AND ANGER.
During these two weeks the client will learn how to channel the blame and anger they feel about the traumatic situation. They will learn their triggers, how to examine their thoughts, talking themselves down, and questioning their “have to” assumptions. Also, clients will learn behaviors to practice that will help to decrease anger (sleep hygiene, vocalizing needs, and postponing arguments). Clients will practice mindfulness through practicing acceptance, recognizing their anger, learning their patterns, and breathing.

Worksheets: Mindfulness, Triggers, and/or When is Anger a Problem?

WEEK 6: GRIEVING/MOURNING
During these two weeks the clients learn how to grieve and mourn the traumatic event. The clients will work towards identifying what they feel have lost as a result of the offense (significant other, a friend, innocence, feeling of security, etc.). The focus of these sessions will be allowing the clients to unpack the feelings they have about the trauma and being honest with themselves. Clients will also learn that grieving is a process, and may occur over time rather than instantly.

Worksheets: Goodbye Letter, Stages of Grief, and/or Tasks of Mourning

WEEK 7: FEAR AND ANXIETY.
These sessions will be utilized to assist the group member with looking towards the future of what her life looks like after their traumatic event. Clients will learn how to approach their fears, let go of safety behaviors, reassessing the chances of danger, testing predictions, focus on the present, direct attention outward, and embrace uncertainty.

Worksheets: Grounding Techniques and Fight or Flight

WEEK 8: MOVING FORWARD
These sessions will assist the group with closing out and summarizing what they have learned throughout the past 8 weeks. Group members will have the chance to disclose their favorite takeaways and how they are feeling about the group being over. Group members will also receive resources for additional help, if needed, after the group sessions have been completed.
PSYCHOEDUCATION CURRICULUM

Summer

**WEEK 1: GOAL SETTING/INTRODUCTION.**
This week will allow the clients the ability to learn what this group is, set group rules, and create goals for the group, as well as their individual process for the next 8 weeks.

**WEEK 2: GUILT AND SHAME.**
These two weeks will allow clients the ability to better understand feelings of guilt and shame they are having surrounding the traumatic event. These sessions allow the client to understand that it is normal to feel this way after a traumatic incident, and give them skills to use to combat these feelings. Clients will learn to identify and break negative thought patterns through understanding their thoughts and learning problematic thought behaviors.

Worksheet: Challenging Negative Thoughts

**WEEK 3: BLAME AND ANGER.**
During these two weeks the client will learn how to channel the blame and anger they feel about the traumatic situation. They will learn their triggers, how to examine their thoughts, talking themselves down, and questioning their “have to” assumptions. Also, clients will learn behaviors to practice that will help to decrease anger (sleep hygiene, vocalizing needs, and postponing arguments). Clients will practice mindfulness through practicing acceptance, recognizing their anger, learning their patterns, and breathing.

Worksheets: Mindfulness, Triggers, and/or When is Anger a Problem?

**WEEK 4: GRIEVING/MOURNING**
During these two weeks the clients learn how to grieve and mourn the traumatic event. The clients will work towards identifying what they feel have lost as a result of the offense (significant other, a friend, innocence, feeling of security, etc.). The focus of these sessions will be allowing the clients to unpack the feelings they have about the trauma and being honest with themselves. Clients will also learn that grieving is a process, and may occur over time rather than instantly.

Worksheets: Goodbye Letter, Stages of Grief, and/or Tasks of Mourning

**WEEK 5: FEAR AND ANXIETY.**
These sessions will be utilized to assist the group member with looking towards the future of what her life looks like after their traumatic event. Clients will learn how to approach their fears, let go of safety behaviors, reassessing the chances of danger, testing predictions, focus on the present, direct attention outward, and embrace uncertainty.

Worksheets: Grounding Techniques and Fight or Flight

**WEEK 6: MOVING FORWARD**
These sessions will assist the group with closing out and summarizing what they have learned throughout the past 8 weeks. Group members will have the chance to disclose their favorite takeaways and how they are feeling about the group being over. Group members will also receive resources for additional help, if needed, after the group sessions have been completed.