

Session Plans



**Getting
it Right**

Reentry Series

Getting it Right Series - Session Plans

Getting it Right Interactive Journaling® Curriculum



Personal Growth

10 Sessions | Group Application (90 Minutes) | Group Size: 6 to 9

NOTE: If you are using the entire *Getting It Right Series*, it is recommended that you blend the *Change Plan Journal* into each session and that participants complete a portion of the *Change Plan* in addition to the *Personal Growth Journal*.

Session 1

In-session Objectives

Process pages 2-7 (Facilitator Guide pages 22-27). Introduce *Personal Growth* and the topics covered. Understand the ripple effect and work at developing empathy.

Lifework

- Assign pages 8-14. Reinforce importance of writing their letter of empathy.

Session 2

In-session Objectives

Process pages 8-14 (Facilitator Guide pages 28-34). Discuss the ripple effect on the victim's family, society, your family and yourself. KEY: Ask participants to present their letters of empathy.

Lifework

- Assign pages 15-20.

Session 3

In-session Objectives

Process pages 15-20 (Facilitator Guide pages 35-40). Learn what is healthy vs. unhealthy in relationships. Understand the importance of honesty, forgiveness, respect, trust and caring.

Lifework

- Ask participants to observe healthy relationship qualities.
- Assign pages 21-27.

Session 4

In-session Objectives

Ask for volunteers to share observations. Process pages 21-27 (Facilitator Guide pages 41-47). Discuss communication styles: passive, aggressive and passive-aggressive.

Lifework

- Ask participants to keep a log when they see the three communication styles.
- Assign pages 28-34.

Session 5

In-session Objectives

Using a rounds activity, have participants share their communication log entries. Process pages 28-34 (Facilitator Guide pages 48-54). Learn assertive communication and three elements of communication: talking, listening and body language. Identify important relationships.

Lifework

- Ask participants to take a step toward improving one relationship. Assign pages 35-41.

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Session 6

In-session Objectives

Ask for volunteers to share how they are improving important relationships. Process pages 35-41 (Facilitator Guide pages 55-61). Diagram your family today and begin to understand parental responsibility.

Lifework

Assign pages 42-49.

Session 7

In-session Objectives

Process pages 42-49 (Facilitator Guide pages 62-69). Prepare to reintegrate into the family, look at feelings and behaviors, and examine difficult feelings: sadness, loneliness and resentment.

Lifework

Assign pages 50-57.

Session 8

In-session Objectives

Process pages 50-57 (Facilitator Guide pages 70-77). Complete difficult feelings boredom, fear and guilt. Begin working on irrational thinking that leads to anger.

Lifework

Ask participants to record times they use “should” or “awfulizing.” Assign pages 58-64.

Session 9

In-session Objectives

Ask for volunteers to share their experiences using irrational thinking. Process pages 58-64 (Facilitator Guide 78-84): irrational thinking. Introduce strategies for managing difficult feelings.

Lifework

Assign pages 65-71.

Session 10

In-session Objectives

Process pages 65-71 (Facilitator Guide pages 85-91): strategies for managing difficult feelings. Create a feelings plan. KEY: Ask participants to share their feelings plan with the group for closure.

Lifework

Ask participants to complete page 71 and share it with supportive individuals. Encourage them to keep their *Personal Growth Journals* and practice the skills they have learned.

Responsible Thinking

5 Sessions | Group Application (90 Minutes) | Group Size: 6 to 9

NOTE: If you are using the entire *Getting It Right Series*, it is recommended that you blend the *Change Plan Journal* into each session and that participants complete a portion of the *Change Plan* in addition to the *Responsible Thinking Journal*.

Session 1

In-session Objectives

Process pages 2-7 (Facilitator Guide pages 22-27). Introduce *Responsible Thinking* and the topics being covered. Understand where thoughts come from, the power of thinking and learn how to change thinking.

Lifework

- Assign pages 8-15.

Session 2

In-session Objectives

Process pages 8-15 (Facilitator Guide pages 28-35). Learn techniques of slowing down thinking, working backwards and thought-stopping. Begin to identify eight thinking errors.

Lifework

- Ask participants to log when they catch themselves using thinking errors. Assign pages 16-21.

Session 3

In-session Objectives

Ask for volunteers to share their thinking logs. Process pages 16-21 (Facilitator Guide pages 36-41). Continue to work on thinking errors that cause us problems.

Lifework

- Ask participants to log when they catch themselves using thinking errors. Assign pages 22-27.

Session 4

In-session Objectives

Ask for volunteers to share their thinking logs. Process pages 22-27 (Facilitator Guide pages 42-47). Continue to work on thinking errors that cause us problems.

Lifework

- Ask participants to log when they catch themselves using thinking errors. Assign pages 28-31.

Session 5

In-session Objectives

Ask for volunteers to share their thinking logs. Process pages 28-31 (Facilitator Guide pages 48-51). Complete thinking errors and create an action plan for challenging thinking errors. KEY: Ask participants to share page 31, "My review of *Responsible Thinking*" with the group for closure.

Lifework

- Encourage participants to keep their *Responsible Thinking Journals* and practice the skills they have learned.

Getting it Right Series - Session Plans

Managing My Life

8 Sessions | Group Application (90 Minutes) | Group Size: 6 to 9

NOTE: If you are using the entire *Getting It Right* Series, it is recommended that you blend the *Change Plan* Journal into each session and that participants complete a portion of the *Change Plan* in addition to the *Managing My Life* Journal.

Session 1

In-session Objectives

Process pages 2-7 (Facilitator Guide pages 22-27). Introduce *Managing My Life* and the topics covered. Begin learning 10 good habits for successful living. KEY: Provide participants with *Passport to Action*.

Lifework

Assign pages 8-15.

Session 2

In-session Objectives

Process pages 8-15 (Facilitator Guide pages 28-35). Continue to learn and apply the 10 good habits for successful living and begin working on taking care of your health.

Lifework

Assign pages 16-23.

Session 3

In-session Objectives

Process pages 16-23 (Facilitator Guide pages 36-43). Think about where you will live, identify your legal responsibilities and begin work on finding employment.

Lifework

Ask participants to identify their most pressing legal issues. Assign pages 24-31.

Session 4

In-session Objectives

Confirm everyone identified their legal issues. Process pages 24-31 (Facilitator Guide pages 44-51): finding employment, going to an interview and identifying financial responsibilities.

Lifework

Ask participants to practice their interview skills with a supportive other. Assign pages 32-37.

Session 5

In-session Objectives

Ask participants to share their experiences practicing interview skills. Process pages 32-37 (Facilitator Guide pages 52-57): planning, budgeting, time management and creating a daily schedule.

Lifework

Assign pages 38-43.

Getting it Right Series - Session Plans

Maintaining Positive Change

8 Sessions | Group Application (90 Minutes) | Group Size: 6 to 9

NOTE: If you are using the entire *Getting It Right Series*, it is recommended that you blend the *Change Plan Journal* into each session and that participants complete a portion of the *Change Plan* in addition to the *Maintaining Positive Change Journal*.

Session 1

In-session Objectives

Process pages 2-7 (Facilitator Guide pages 22-27). Introduce *Maintaining Positive Change* and the topics covered. Learn that change is a process, not an event.

Lifework

Assign pages 8-13.

Session 2

In-session Objectives

Process pages 8-13 (Facilitator Guide pages 28-33). Learn about the power of motivation, the give-up effect and the 10 warning signs of returning to old behavior.

Lifework

Assign pages 14-19.

Session 3

In-session Objectives

Process pages 14-19 (Facilitator Guide pages 34-39): hiding out, blaming others, dishonesty, feeling misunderstood and self-doubt.

Lifework

Assign pages 20-25.

Session 4

In-session Objectives

Process pages 20-25 (Facilitator Guide pages 40-45): getting defensive, lack of interest, neglecting responsibility and intense feelings.

Lifework

Assign pages 26-33.

Session 5

In-session Objectives

Process pages 26-33 (Facilitator Guide pages 46-53): high-risk people and places.

Lifework

Encourage participants to learn about meditation.
Assign pages 34-39.

Getting it Right Series - Session Plans

Change Plan

7 Sessions | Group Application (90 Minutes) | Group Size: 6 to 9

NOTE: If you decided not to blend the *Change Plan Journal* into each session as participants completed *Personal Growth*, *Responsible Thinking*, *Managing My Life*, and *Maintaining Positive Change*, you can use the following session plan to facilitate *Change Plan*.

Session 1

In-session Objectives

Process pages 2-7 (Facilitator Guide pages 22-27). Introduce *Change Plan* and the topics covered. Learn the stages of change and think about what you want more of in life.

Lifework

Assign pages 8-14.

Session 2

In-session Objectives

Process pages 8-14 (Facilitator Guide pages 28-34): 10 strategies of change. Work on strategy 1: learn the facts.

Lifework

Ask participants to write a letter to family/friends about their change goals. Assign pages 15-21.

Session 3

In-session Objectives

Ask for volunteers to share their experiences writing and sharing change goals. Process pages 15-21 (Facilitator Guide pages 35-41): strategies 2-5.

Lifework

Ask participants to practice one of the values they identified on page 21. Assign pages 22-30.

Session 4

In-session Objectives

Ask for volunteers to share their experiences practicing values. Process pages 22-30 (Facilitator Guide pages 42-50): strategies 5-7.

Lifework

Assign pages 31-36.

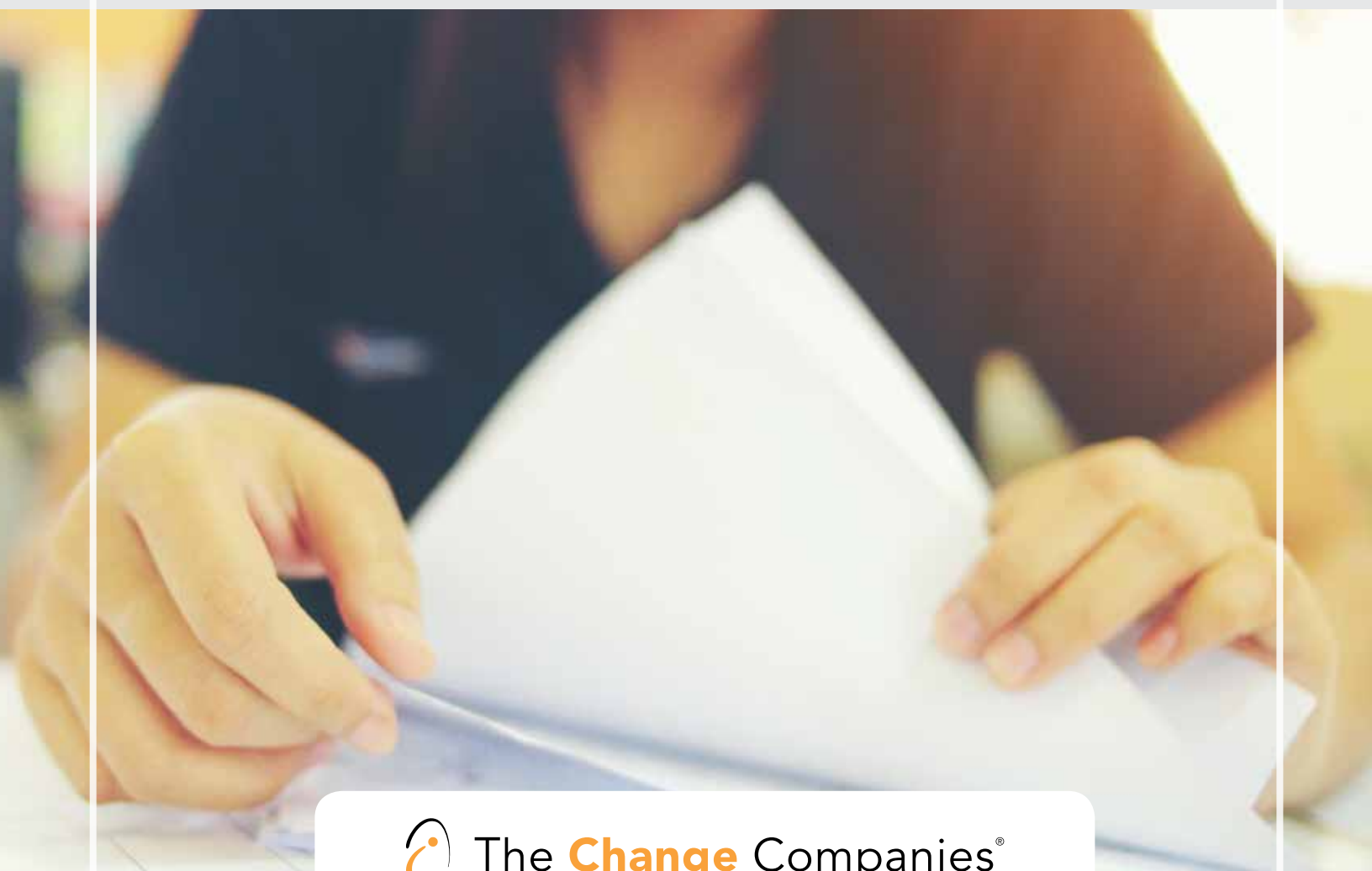
Session 5

In-session Objectives

Process pages 31-36 (Facilitator Guide pages 51-56): strategy 8.

Lifework

Ask participants to practice assertive communication. Assign pages 37-42.



 The **Change** Companies®

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