

PATIENT AND FAMILY 10 WEEK GROUP CURRICULUM

The content of the group has been primarily the same in the patients & family group; however, the sequencing may change depending on the needs of the individual group members.

- **Introduction**

In this session group leaders will facilitate an introduction of group members and review of topics for the weekly sessions. Group guidelines and expectations are discussed. Grounding rules handout is given and reviewed as well.

- **Trauma & Trauma Response**

An overview of trauma and trauma response including various symptoms is given by leader as well as a normalization of these responses. Tools to cope are discussed including assisting the members to share and/or develop their own tools.

- **Guilt & Shame Issues**

Review of guilt and shame. Discussion of difference between the two feelings is introduced and how these feelings manifest themselves, if at all, in group members' lives.

- **Dealing with Family & Friends**

Often, group members do not move forward from their adverse event as quickly as their family and friends do. Therefore, in this session we offer opportunity to share their feelings about this struggle. Discussion of how to ask for help when one needs it and how to pick appropriate people from whom to ask for assistance. Role playing; communication tools and exercises offered.

- **Storytelling**

Storytelling can be an important part of group member's experience. It can be validating to share story with non-critical others who have experienced similar, although varied, situations. Although each member often has referred to some part of their story while discussing other topics, formal storytelling is introduced after members have developed some trust in each other.

- **Grief & Loss Issues**

Discussion of grief and loss issues. Often patients and families who have experienced a medical adverse event are grieving as well. In some circumstances it may be an actual death one grieves but it may be the loss of ability or health due to the event, loss of trust in the medical profession, or disruptions in family and friendships.

- **Dealing with the Medical Profession**

For many group members dealing with the medical profession as a whole or with specific members can be quite difficult. At times, this difficulty may take the form of avoidance or frequent cancellations of appointments. However, there are often medical complications or follow-up appointments that are necessary for the direct patients of an adverse event. Even for family members, there may be a reluctance or nervousness to follow through with medical procedures despite no direct history of medical complications of their own. Discussion of how to be good advocates for their own health care as well role playing difficult conversations.

- **Meaning-making**

A discussion to help patients and family members make meaning out of their specific event to help them move forward in the healing process.

- **The Healing Process & Self-care**

Discussion about the healing process in general and tools to help members continue to use and develop new tools of self-care and coping skills.

- **Wrap up & Termination**