

Psychoeducational Group Worksheet

Facilitator Names	Jordyn Mundy Davina Schoulten
Grade Level Topic Purpose	4th grade Friendship Skills Friendship is a life-skill to help us feel connected. In our world, many factors have contributed to feelings of isolation (Covid) or lack of social skills (use of electronic devices, increased screen time, social media, etc.)
Resources/Supplies	Computer, pencil, Bingo sheet
ASCA Mindsets & Behaviors https://www.schoolcounselor.org/get-media/7428a787-a452-4abb-afec-d78ec77870cd/Mindsets-Behaviors.pdf	B-SS 2. Positive, respectful and supportive relationships with students who are similar to and different from them. B-SS 4. Empathy B-SS 6. Effective collaboration and cooperation skills
Facilitation	Below is your plan for facilitation day.
Welcome/Introduce Leaders	I'm Mrs. Schoulten and this is Mrs. Mundy. We're the counselors here. Our goal is help you be your best selves.
Review Norms/Confidentiality	Demonstrate respect (clothing, time, communication) Come prepared All tabs closed (maintain attentiveness and participation) Uphold confidentiality
Purpose/WWIIFM (What's in it for me? Students want to know.)	Friendship is super important for our mental, physical, and social well-being. We all like to feel connected and appreciated for who we are. It's great to have a friend to play with, talk to, and potentially have for years to come.
2-3 minute icebreaker that relates to topic	The group must find one thing they have in common by asking questions and getting to know one another. The group will then talk about differences and how that makes each person unique.
1 minute transition (introduce topic – beginning) -what do you already know about the topic? -pretest	Using Mentimeter, type words that describe a good friend. Go to menti.com and enter the code given.
10-13 minutes, middle content including: discussion of topic and at least 1 activity(ies) Q & A	Friendship BINGO As we call out different qualities of being a good friend, we will discuss each one in more detail.
Goal Setting	Choose one "square" off the BINGO card they would like to focus on this week. They should be prepared to share an example of how they used that skill at next week's session.

2-3 minutes transition to end (summarize the session, identify take-aways), post test	Go back to Mentimeter and have participants type words that describe a good friend. Talk about the difference in words between the first Mentimeter and this one.
Introduce next week	Next week we'll focus on communication: verbal and nonverbal. It's hard to make good friends if you're giving off a negative vibe, don't listen, or ask questions to get to know and understand the person.
Skills to focus on.	505 skills, non-verbal, minimal encouragers, active listening, empathic responding/validating, open ended questions, drawing out, cutting off, LINKING/CONNECTING, universalizing (applying to life), modeling, paraphrasing (reflection), summarizing

Jack initiated a mixed-gender anger and conflict management group. Unfortunately, Carol, discloses that a male co-member made inappropriate sexual remarks to her. She is uncomfortable and may leave the group. The issue is, she feels violated, may refrain from seeking counseling, and Jack does nothing. He continues the group as if no member has concerns that may cause emotional harm. He did not advocate for Carol and did not adhere to the primary responsibility of a counselor to respect the welfare of clients. He ignored the situation and did not follow his professional responsibility to seek consultation.

ACA violations include A.1.a., "The primary responsibility of counselors is to respect the dignity and promote the welfare of clients." He also violated A.4.a., "Counselors act to avoid harming their clients...to minimize or to remedy...unanticipated harm." In addition, he may need to reconsider the mixed gender group due to ACA A.9.a. stating, "Counselors screen prospective group counseling participants. To the extent possible, counselors select members whose needs and goals are compatible...will not impede the group process, and whose well-being will not be jeopardized...." ACA A.9.b. states, "In a group setting, counselors take reasonable precautions to protect clients from physical, emotional, or psychological trauma." ACA C.2.d. states, "Counselors take reasonable steps to seek peer supervision to evaluate their efficacy," and C.2.e., "...take reasonable steps to consult with other counselors when they have questions regarding their ethical obligations...."

Jack should consult and listen to the advice of other counselors because he questions his ethical obligations to Carol. Jack must advocate for Carol by listening and empathizing with her. Beneficence plays a role by promoting the betterment of the entire group, therefore he needs to discuss harassment concerns with the perpetrator. Through justice, everyone's welfare is promoted by ensuring a safe counseling environment for Carol.