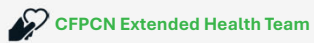


Skills Group: Week 1



1

Agenda

Housekeeping & Introductions
Overview of Skills Group
Overview of Mindfulness
Wise Mind: States of Mind
“What” & “How” Skills

2

Housekeeping

Virtual Groups

- Microsoft Teams features
- IT support: 403-374-0244 Ext. 3

In-Person Groups

- Location of bathrooms
- Thumbs up

Group Norms

- Respect
- Confidentiality
- Participation



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3

Housekeeping

The screenshot shows the cfpcn.ca website. The navigation bar includes links for Careers, Alberta Find a Doctor, Physician Login, a search bar, and a dropdown menu 'How can we support you?'. The main menu features 'Programs & Services' (highlighted with a red circle), 'Workshops', 'Family Doctors', 'News & Stories', and 'About'. Below the main menu, there are three columns of services: 'Your Health Team' (Health Management Nurse, Clinical Pharmacist, Registered Dietitian), 'Programs by Referral' (Extended Health Team, Coordinated Attachment, Prescription to Get Active), and 'Other Services' (After-hours Care, Case Collaboratives, Riley Park Maternity Clinic). A red arrow points to the 'Extended Health Team' link.


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4



Extended Health Team is a self-management program.


Add relevant skills/ strategies as you learn them to your toolbox or green folder.



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5

Introductions



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6

Overview of Skills Group



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7



Mindfulness Handout 1A

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8

Goals of Mindfulness

Reduce suffering and increase happiness

Increase control of your mind

Experience reality as it is

Mindfulness Handout 1



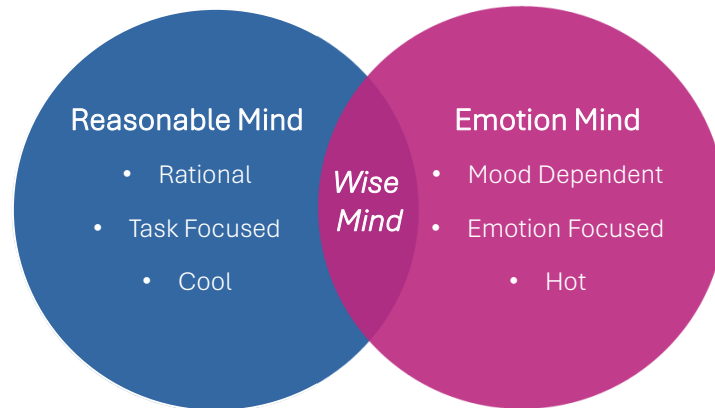
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9



10

Wise Mind: States of Mind

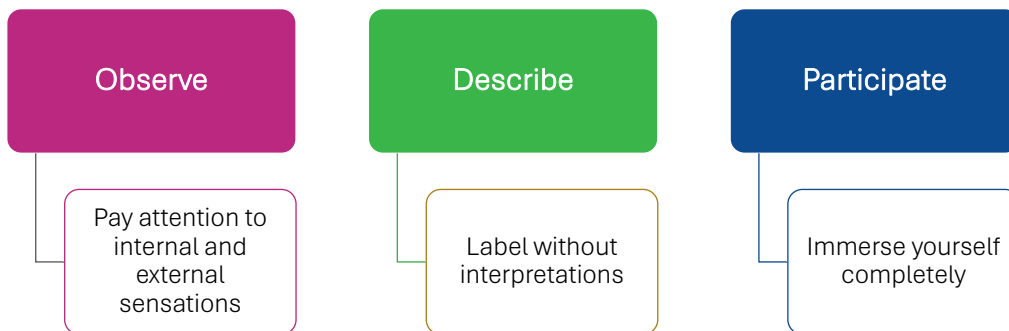


Mindfulness Handout 3 & 3A

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Mindfulness: “What” Skills



Mindfulness Handout 4, 4A, 4B, 4C

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12

Mindfulness: “How” Skills



Mindfulness Handout 5, 5A, 5B, 5C

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13



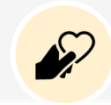
14

Home Practice

Mindfulness Core Skills

- Describe 2 situations (who, what, when, where)
- Practice using one or more of the skills (wise mind, “what” skills, “how” skills) and reflect on how you used them as well as your experience

Mindfulness Worksheet 2



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15

Mindfulness Practice



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Thank you
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Your Health,
Your Team,
Your Community



Skills Group (Interpersonal Effectiveness): **Week 2**



CFPCN Extended Health Team



Your Health,
Your Team,
Your Community

1

Agenda

Homework Review
Goals of Interpersonal Effectiveness
Factors in the Way of Interpersonal Effectiveness
Clarifying Goals in Interpersonal Situations
Objectives Effectiveness: “DEAR MAN”

2

Mindfulness Practice



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3

Homework Review

Mindfulness Core Skills

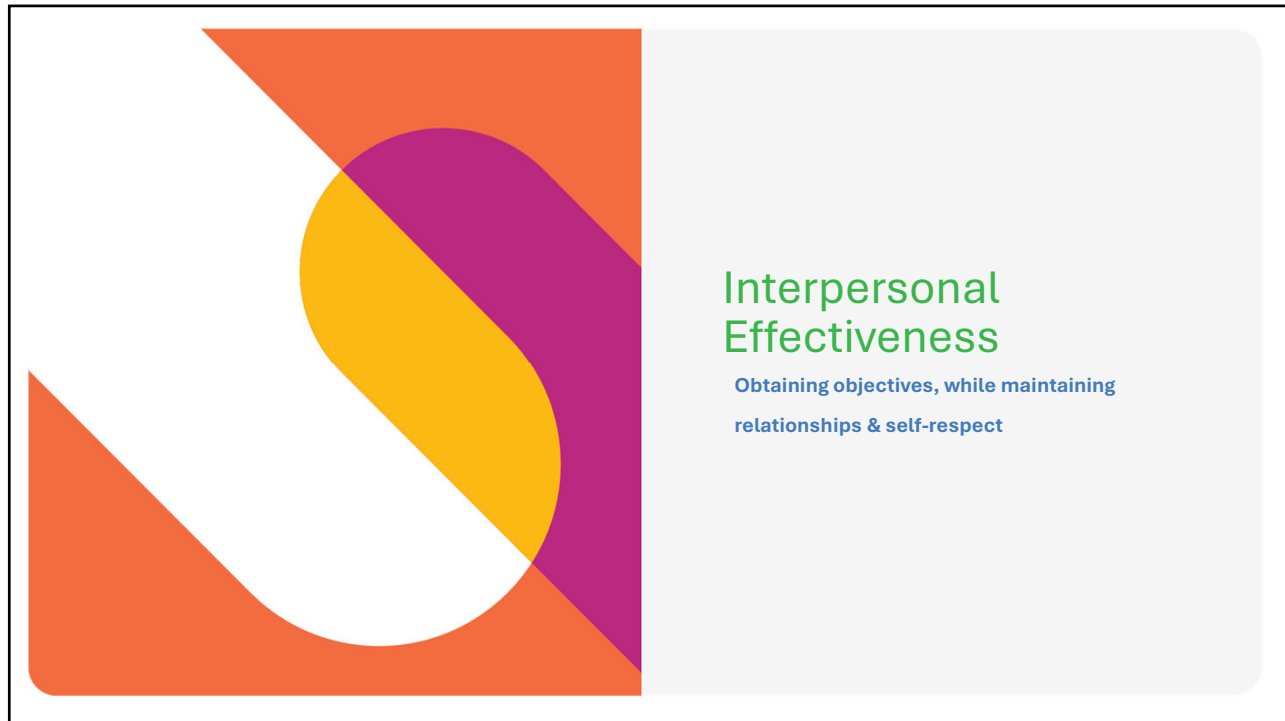
Share your experience of using one of the skills covered last week:

- Wise mind
- “What” skills — Observe, Describe, Participate
- “How” skills — Nonjudgmentally, One Mindfully, Effectively



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4




5

Factors in the Way of Interpersonal Effectiveness

- You don't have the interpersonal skills you need.
- You don't know what you want.
- Your emotions are getting in the way.
- You forget your long-term goals for short term goals.
- Other people are getting in your way.
- Your thoughts and beliefs are getting in the way.

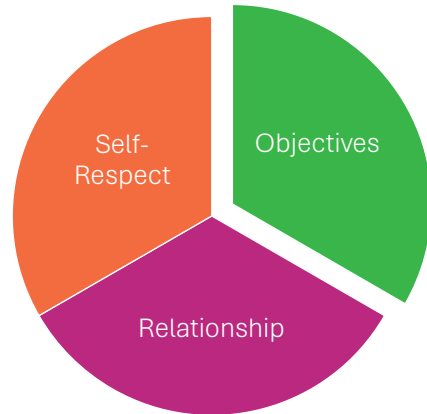
Interpersonal Effectiveness Handout 2



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6

Clarifying Goals in Interpersonal Situations



Interpersonal Effectiveness Handout 4

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7

Objectives Effectiveness: Getting What You Want

A graphic featuring a large blue quarter-circle on the left side of a light gray rounded rectangle. To the right of the circle is a list of seven skills in blue text:

- Describe
- Express
- Assert
- Reinforce
- Mindful
- Appear confident
- Negotiate

Below the list is a gray box containing the text 'Interpersonal Effectiveness Handout 5'. In the bottom right corner of the gray area is a small circular logo with a black and white icon and the text 'cfpcn.ca'.

8

Home Practice

Objectives Effectiveness

- Practice using DEARMAN on an everyday situation and reflect on how it went

DEARMAN Practice Sheet



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9

Mindfulness Practice



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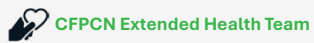
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Your Health,
Your Team,
Your Community



Skills Group (Interpersonal Effectiveness): **Week 3**



1

Agenda

Homework Review
Relationship Effectiveness: "GIVE"
Validation
Self-Respect Effectiveness: "FAST"

2

Mindfulness Practice



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3

Homework Review

Objectives Effectiveness


- Practice using DEARMAN on an everyday situation and reflect on how it went



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4

Relationship Effectiveness: Keeping the Relationship



(be) **Gentle**
 (act) **Interested**
Validate
 (use an) **Easy manner**

Interpersonal Effectiveness Handout 6

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5

Validation

- Validation is finding a kernel of truth in the other person's perspective or situation
- What validation is NOT:

<i>Advice</i>	Giving guidance or recommendations concerning future action, typically given by someone regarded as knowledgeable or authoritative
<i>Encouragement</i>	Cheerleading, rethinking a situation
<i>Feedback</i>	Information about reactions to a product, a person's performance of a task etc. – used as a basis for improvement
<i>Praise</i>	Positive evaluation communicating approval of another's performance or attributes
<i>Compliment</i>	A polite expression of congratulations, encouragement, or respect

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6

6 Levels of Validation

Level 1: Active Listening and Paying Attention



Level 2: Accurate Reflection



Level 3: Articulate Nonverbals



Level 4: Historical Context



Level 5: Relay the Normal Human Experience



Level 6: Radical Genuineness


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7




8

Self-Respect Effectiveness: Keeping Respect for Yourself



(be) Fair
(no) Apologies
Stick to values
(be) Truthful


Interpersonal Effectiveness Handout 7



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9


Home Practice



Interpersonal Skills

- Practice using DEARMAN, GIVE, or FAST and reflect on how it went

DEARMAN/ GIVE/ FAST Practice Sheet



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10

Mindfulness Practice



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11

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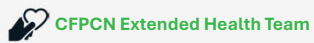


Your Health,
Your Team,
Your Community



12

Skills Group (Interpersonal Effectiveness): **Week 4**



1

Agenda

Homework Review
Evaluating Intensity When Asking or Declining
The Dime Game

2

Mindfulness Practice



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3

Homework Review

Interpersonal Skills

- Practice using DEARMAN, GIVE, or FAST and reflect on how it went



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4



Evaluating Options for Whether or How Intensely to Ask or Something or Say No

Interpersonal Effectiveness Handout 8

5

Factors to Consider

- Capability
- Priorities
- Self-Respect
- Rights
- Authority
- Relationship
- Long-Term Vs Short-Term Goals
- Give and Take
- Homework
- Timing

Interpersonal Effectiveness Handout 8



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6




The Dime Game

Interpersonal Effectiveness Worksheet
6

7

Mindfulness Practice



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8



Self-Management Plan
understanding my pain

NOTICE Physical

NOTICE Thoughts Feelings

NOTICE Behaviours Relationships

Helpful and unhelpful impacts on pain

	Sleep	Anxiety	Work	Exercise
Helpful				
Not helpful				
	Weather	Food	Relationship	Other...
Helpful				
Not helpful				

Add skills/ strategies that you have found helpful or want to practice to your toolbox or green folder.



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Your Health,
Your Team,
Your Community

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