

Skills Group (Interpersonal Effectiveness): **Week 1**



CFPCN Extended Health Team

Agenda

Housekeeping & Introductions

Brief overview of the Mindfulness Module

Goal of Interpersonal Effectiveness

Factors in the Way of Interpersonal Effectiveness

Clarifying Goals in Interpersonal Situations

Objectives Effectiveness: “DEAR MAN”



Housekeeping

Virtual Groups

- Microsoft Teams features
- IT support: 587-774-9736

In-Person Groups

- Location of bathrooms
- Thumbs up

Group Norms

- Respect
- Confidentiality
- Participation



Housekeeping

Careers

Alberta Find a Doctor

Physician Login

Search entire site



How can we support you? ▾

Programs & Services ^

Workshops ▾

Family Doctors

News & Stories

About ▾



Your Health Team

Health Management Nurse >

Clinical Pharmacist >

Registered Dietitian >



Programs by Referral



Extended Health Team >

Coordinated Attachment >

Prescription to Get Active >



Other Services

After-hours Care >

Case Collaboratives >

Riley Park Maternity Clinic >

Primary Care Network
CALGARY FOOTHILLS

Self-Management Plan
understanding my pain

Name sticker

NOTICE
Physical

NOTICE
Thoughts
Feelings

NOTICE
Behaviours
Relationships

Helpful and unhelpful impacts on pain

Helpful	Sleep	worries	work	Exercise
Not helpful				
Helpful	weather	Food	Relationship	? Other ...
Not helpful				

Extended Health Team is a self-management program.

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



Introductions



Overview of Skills Group



Review Mindfulness Module

Mindfulness Core Skills

Overview and sharing experience of using one of the skills covered in the Mindfulness module:

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



Mindfulness Practice





Interpersonal Effectiveness

**Obtaining objectives, while maintaining
relationships & self-respect**

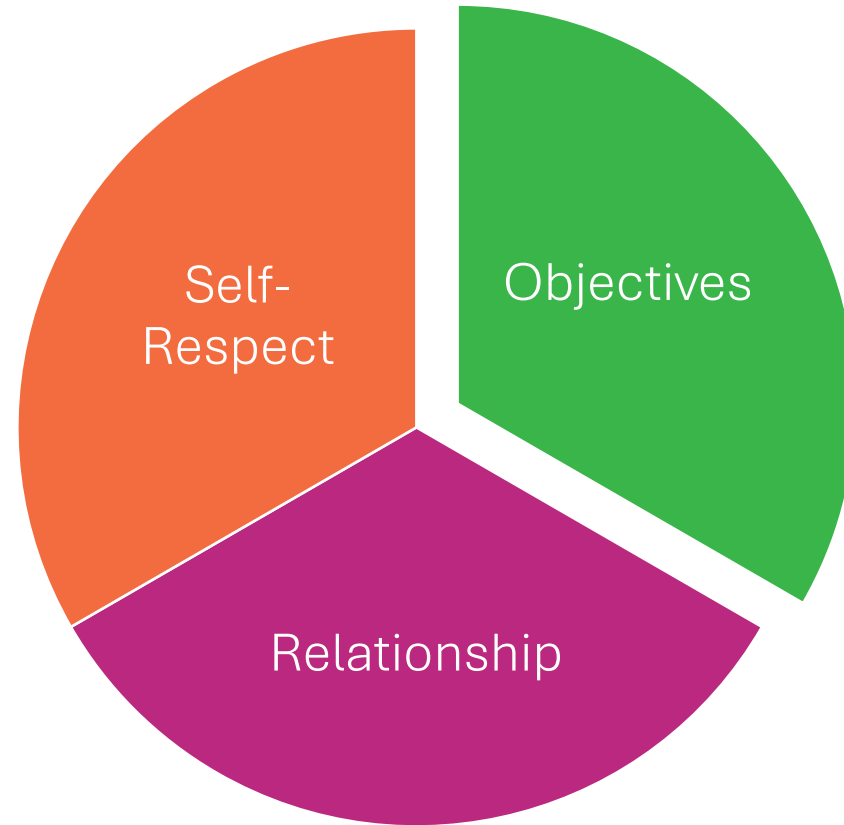
Factors in the Way of Interpersonal Effectiveness

- 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



Clarifying Goals in Interpersonal Situations



Interpersonal Effectiveness Handout 4

Objectives Effectiveness: Getting What You Want

Describe

Express

Assert

Reinforce

Mindful

Appear confident

Negotiate

Interpersonal Effectiveness Handout 5



Home Practice

Objectives Effectiveness

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

DEARMAN Practice Sheet



Mindfulness Practice



Thank you
for joining us

