

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Personal Growth

Total Number of Sessions: 12

Source: Center for Clinical Interventions. Improving Self Esteem. 2008.
Wellness Reproductions And Publishing. Self Esteem & Life Skills. 1992.

Duration of each session: 45 minutes

PROS Service: CRS Wellness Self Management

Target population:

- **Diagnoses:** Mood Disorders, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Anxiety Disorders, Substance Abuse Disorder, Personality Disorders
- **Barriers to be overcome:**
 - Low self-esteem
 - Difficulty finding positives
 - Limited decision making/problem solving skills

Service Goal:

Participants will be educated on self-esteem. Participants will be provided with strategies on how to manage low self-esteem. Participants will be provided with information and handouts on improving self-esteem. They will be encouraged to gain the skills and knowledge that will allow them to overcome low self-esteem with mental health illness.

Service Objectives:

- To learn skills to improve self-esteem
- Identify different areas of self-esteem
- To implement learned skills

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Session: 1 What is Self-Esteem

Duration: 45 Minutes

Service Objective(s): Participants will be able to understand what self-esteem and low self-esteem is.

Handouts:

- Self Description
- "I AM"

Activities:

- One Participant will be selected. Each participant will give a positive characteristic of selected individual. Facilitator will write on "I AM" worksheet. New participant will be picked next session.
- Discuss meaning of self-esteem
- Complete self description
- Discuss meaning of low self-esteem
- Complete description

Homework:

- Participants will think of positive characteristic of themselves

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Session: 2 What is Self-Esteem (continued)

Duration: 45 Minutes

Service Objective(s): Participants will identify impacts of low self-esteem.

Handouts:

- Low Self-Esteem
- "I AM"

Activities:

- Review Session 1
- Review Homework
- One Participant will be selected. Each participant will give a positive characteristic of selected individual. Facilitator will write on "I AM" worksheet. New participant will be picked next session.
- Discuss things that impact low self-esteem
- Complete low self-esteem worksheet
- Discuss how symptoms affect self-esteem

Homework:

- NONE

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Session: 3 How Low Self-Esteem Develops

Duration: 45 Minutes

Service Objective(s): Participants will distinguish between facts, truths, and opinions. Participants will reflect how negative experiences may lead to negative views of themselves.

Handouts:

- How It Begins (pg. 8)
- "I AM"
- Be your own best friend (Wellness Reproductions)
- Let's pretend a friend (Wellness Reproductions)

Activities:

- Review Session 2
- One Participant will be selected. Each participant will give a positive characteristic of selected individual. Facilitator will write on "I AM" worksheet. New participant will be picked next session.
- Discuss difference between facts, truths, opinions
- List and discuss effects on past experiences
- Discuss how past affects present
- Complete How it Begins worksheet
- Complete be your best friend, Let's Pretend a friend worksheets

Homework:

- Participants will continue to work on "How It Begins" and present at next session

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Session: 4 How Low Self-Esteem is Maintained

Duration: 45 Minutes

Service Objective(s): Participants will identify ways to maintain low self-esteem. They will list at-risk situations.

Handouts:

- Model of Low Self-Esteem
- “I AM”
- My Motto (Wellness Reproductions)

Activities:

- Review Session 3
- Review Homework
- One Participant will be selected. Each participant will give a positive characteristic of selected individual. Facilitator will write on “I AM” worksheet. New participant will be picked next session.
- Identify and discuss how negative beliefs are maintained
- Draw self esteem model and distribute
- My Motto Worksheet

Homework:

- Participants will reflect how negative core beliefs affect self esteem

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Session: 5 Biased Expectations

Duration: 45 Minutes

Service Objective(s): Participants will learn what biased expectations are. They will learn different ways to challenge and experiment with biased expectations.

Handouts:

- Thought Diary (pg. 7)
- Experiment Record (pg. 11)
- "I AM"
- Roles (Wellness Reproductions)
- Affirmations (Wellness Reproductions)

Activities:

- Review Session 4
- Review Homework
- One Participant will be selected. Each participant will give a positive characteristic of selected individual. Facilitator will write on "I AM" worksheet. New participant will be picked next session.
- Discuss biased expectations
- Discuss ways to challenge biased expectations
- Complete Thought Diary
- Roles worksheet, Affirmations worksheet

Homework:

- Participants will complete experiment record

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Session: 6 Negative Self-Evaluations

Duration: 45 Minutes

Service Objective(s): Participants will identify negative self evaluation. They will challenge negative self evaluation through thought diary.

Handouts:

- Thought Diary
- "I AM"
- A-Z worksheet (Wellness Reproductions)
- Self Image worksheet (Wellness Reproductions)

Activities:

- Review Session 5
- Review Homework
- One Participant will be selected. Each participant will give a positive characteristic of selected individual. Facilitator will write on "I AM" worksheet. New participant will be picked next session.
- Discuss things negative self evaluation
- Discuss challenging negative self-evaluations
- Complete low self-esteem worksheet
- Discuss how symptoms affect self-esteem
- Complete thought diary
- A-Z worksheet, Self Image worksheet

Homework:

- Participants will complete thought diary

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Session: 7 Adjusting Rules & Assumptions

Duration: 45 Minutes

Service Objective(s): Participants will identify rules of living and determine what is helpful and what is not.

Handouts:

- "I AM"
- What Do I Value (Wellness Reproductions)

Activities:

- Review Session 6
- Review Homework
- One Participant will be selected. Each participant will give a positive characteristic of selected individual. Facilitator will write on "I AM" worksheet. New participant will be picked next session.
- Discuss rules for living
- Discuss what is helpful and what is not
- Discuss unhelpful rules and low self esteem
- Identify unhelpful rules and assumptions
- Complete low self-esteem worksheet
- Discuss how symptoms affect self-esteem
- What do I value worksheet

Homework:

- NONE

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Session: 8 Adjusting Rules & Assumptions (continued)

Duration: 45 Minutes

Service Objective(s): Participants will learn how to adjust to rules

Handouts:

- "I AM"
- Adjusting the Rules (pg. 9)
- Self Esteem (Wellness Reproductions)

Activities:

- Review Session 7
- One Participant will be selected. Each participant will give a positive characteristic of selected individual. Facilitator will write on "I AM" worksheet. New participant will be picked next session.
- Discuss ways to adjust the rules
- Complete Adjusting the Rules
- Self Esteem worksheet

Homework:

- Participants will practice skills that they have learned

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Session: 9 Developing Balance Core Beliefs

Duration: 45 Minutes

Service Objective(s): Participants will identify negative core beliefs. They will identify ways to adjust to those negative core beliefs.

Handouts:

- "I AM"
- Core Beliefs
- Adjusting Core Beliefs (pg. 10)
- Imprint Worksheet (Wellness Reproductions)

Activities:

- Review Session 8
- Review Homework
- One Participant will be selected. Each participant will give a positive characteristic of selected individual. Facilitator will write on "I AM" worksheet. New participant will be picked next session.
- Discuss Negative Core Beliefs
- Complete Worksheet
- Discuss ways to adjust to core beliefs
- Complete Adjusting negative core beliefs
- Imprint Worksheet

Homework:

- Participants will complete worksheet if not able to finish during session

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Session: 10 Healthy Self-Esteem

Duration: 45 Minutes

Service Objective(s): Participants identify ways to balance skills they have learned to create healthy self-esteem.

Handouts:

- "I AM"
- Healthy Self Esteem (pg. 5)
- Leisure Values (Wellness Reproductions)

Activities:

- Review Session 9
- Review Homework
- One Participant will be selected. Each participant will give a positive characteristic of selected individual. Facilitator will write on "I AM" worksheet. New participant will be picked next session.
- Discuss concepts and strategies learned to create balance
- Review Model of Healthy Self-Esteem
- Discuss importance of practice and to maintain gains
- Complete Healthy Self-Esteem
- Leisure Values

Homework:

- Participants will complete worksheet if not able to finish during session

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Session: 11 Healthy Self-Esteem (continued)

Duration: 45 Minutes

Service Objective(s): Participants identify ways to minimize setbacks and prevent setbacks.

Handouts:

- "I AM"
- Self-Management Plan (pg. 8)
- Motivators (Wellness Reproductions)

Activities:

- Review Session 10
- Review Homework
- One Participant will be selected. Each participant will give a positive characteristic of selected individual. Facilitator will write on "I AM" worksheet. New participant will be picked next session.
- Discuss and identify ways to minimize setbacks
- Review Model of Healthy Self-Esteem
- Discuss importance of practice and to maintain gains
- Complete Self-Management Plan
- Motivators Worksheet

Homework:

- Participants will complete worksheet if not able to finish during session

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Session: 12 Review

Duration: 45 Minutes

Service Objective(s): Participants will identify skills they have learned throughout sessions. They will implement skills to build self-esteem

Handouts:

- "I AM"

Activities:

- Review Session 11
- Review Homework
- One Participant will be selected. Each participant will give a positive characteristic of selected individual. Facilitator will write on "I AM" worksheet. New participant will be picked next session.
- Discuss previous sessions and key points
- Complete "I AM" worksheet independently

Homework:

- Participants will practice skills to build self-esteem

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