



Mind and Body Health: Getting Connected to Good Physical Health

		Duration: 10 weeks/12 weeks at need	1 Session weekly for 10 weeks at 45 minutes each Can extend to 12 session at need	The course is designed for 10 sessions but can be extended in the workbook sections to cover 12 weeks depending on the needs of the group and scheduling preferences of programs.
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Class Description:	Mind and Body Health is designed to help member explore the challenges of maintaining good physical health and resolving obstacles that stand in the way of better health by looking at the connection between mind and body health and making plans for healthier living to support recovery.
Pre-Requisite Facilitator Reading:	Facilitators should read the facilitator notes sections of the group before presenting to the group to consider the issues and ideas or feelings that may arise during the course of the group.
Learning Approaches/ Modalities	<input type="checkbox"/> Lecture <input checked="" type="checkbox"/> Discussion <input type="checkbox"/> Mixed media/ Art-based <input checked="" type="checkbox"/> Pen & paper exercises <input type="checkbox"/> Computer-based interventions <input checked="" type="checkbox"/> Role play interventions <input type="checkbox"/> Modeling/ coaching <input type="checkbox"/> Other: __Video_____
Location	<input checked="" type="checkbox"/> Site-Based <input type="checkbox"/> Community-Based: _____
Who should participate?	Mind and Body Health is designed for members who are interested or may have encountered obstacles in obtaining or maintaining physical health due to lack of practice or worries about engaging healthcare systems. The group is designed to help develop responses to those obstacles and to help members individually to establish plans for

	change as part of the group. Members will also be encouraged to share what they have learned and discovered in the group with other groups who may follow them.
Purpose:	The purpose of this group is to help members to participate more fully in their physical health care. Members will identify how their thoughts and feeling affect their physical health and view their path of recovery in light of their health, looking to make plans for better health going forward from the group.
Class Objectives:	<ol style="list-style-type: none"> 1. Help members to identify how the mind and the body affect physical health 2. Help members to see that negative and positive attitudes towards health have an impact on the success of health treatment and how to affect their health for the better 3. Help members to explore the systems and services that make up their personal health care and to begin to think about how they might improve those services and systems through advocacy and planning 4. To make a plan for better health that is personally constructed and shared publicly to better enhance movement towards recovery and change 5. To consider that the work done personally may serve others as an example or a prompt by sharing what they have learned with others in future groups.
Comments:	This curriculum is a structured script for a facilitator to use to run a group to explore and achieve the purpose and objectives stated above. The exercises and conversations are drawn out of an understanding that groups develop in particular ways and that as members work together there is a trajectory of experience that the group tends to follow. The materials are left intentionally open so that members are able to add their experiences, ideas, feelings and to make the experience their own. The workbook exercises are developed to help members explore a range of areas to consider for change after the exploration phases of the group and then to practice and prepare to activate their chosen plan after the group is concluded. The group considers that every member may have a different idea about how to go about changing their approach, feelings or thoughts to their care and recovery and hopes to provide an opportunity for members to share what they learn with others through mutual aid and through transmission of the brainstorming and goal making to group members who may follow them.
Source(s):	<p>Mind and Body Health has been developed as a free standing social work group and as such does not begin with a group of sources as it is not intended to be a lecture or training as its basic form. The ideas and practices promulgated come from a range of sources which are enumerated below:</p> <p>Kurland and Salmon (1998). Teaching a Methods Course in Social Work with Groups (Strengthening Group Work Education, V. 1). Alexandria, VA; CSWE Press.</p>

Sifferlin (2018). People are now taking placebo pills to deal with their health problems – and it’s working. TIME 192/9 us. Or online at <http://time.com/5375724/placebo-bill-health-problems/>

Tullberg (2016) Secondary Traumatic Stress Thermometer technique in ATLAS (A Trauma Lens Across Systems) training at Children’s Aid Society Treatment Family Foster Care program Bronx NY. ATLAS is supported by NYU Langone Child Study Center

Skill Teaching Method from Pressley Ridge Youth Development Extension (PRYDE) Pre-service Training at Children’s Aid Society (1992). Pressley Ridge is in Pittsburgh, PA

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Session 1: **Connecting to Health**

This session is designed to help members get to know one another through an icebreaker activity, to set group rules and the begin the exploration of the topic through a mindfulness closer as a way to set a safe space to explore members feeling and thoughts about their health and recovery.

Session 2: **Finding a Path to Health**

Session Two is designed to continue to explore the structure and purpose of the group and to begin the group is exploring “how they feel about how they feel.” Members are asked to consider what they have been thinking about, gotten curious about or are worried about their own health. Without asking members to go further than identifying what is happening the session allows for people to spark one another’s interests in what they have been seeing, reading, hearing or thinking about their health. Session two starts a regular process of checking out with the group to assure that people’s worries and concerns are not so great that it might affect their ability to continue the work towards better health.

Session 3: **What If I Am Worried About Health?**

Session Three explores with members that worries about health are very typical and found among many people. Further exploration during the session points to the idea that worry also has an effect on the way that people respond to health care and can challenge both accessing and benefiting from care. The purpose of the meeting is to make a safe space to discuss these worries and to begin a process of addressing that they may stand in the way of the good health

that is desired for recovery. Regular check in and check out processes are important to continue to make the group space safe for members who are experiencing the material more strongly at this point.

Session 4: What If I Feel Too Depressed To Go To The Doctor?

In Session Four the group begins to address some of the stronger feelings that may influence their access to healthcare and to better health. The session asks members to consider that their feelings about their health can strongly impact how healthy they feel and how willing they may be to ask for or get help. The idea of this session is to break the taboo of talking about a mental state that might strongly impact a physical state and to normalize the reality that this is true for all people and not solely people in recovery. Check in and check out processes are used to assure that members are not being triggered excessively by the conversations. Members are encouraged to support one another.

Session 5: The Placebo Effect – Getting Better Because You Believe It

Contrary to Session Four, Session Five asks the members to explore the other side of our emotional reactions to our health and in this session the impact of hope and faith and belief are added to the conversation about the mind's impact on body health. In this session the group recognizes that the mind's influence can also be positive for our health and recovery and that hope and faith play an important part in our successfully care of our health.

Session 6: Access to Care and Providers

Session Six begins work on the Participant's Workbook in earnest. Members begin working through a list of statements in the workbook to begin building a plan of action for the future. The initial work in Session Six is done with the group as a whole so that everyone gets an opportunity together to practice how the workbook fits for them and what ideas, concerns or questions they may have. The purpose of section one of the workbook is to have members identify what they have and don't have with respect to care providers and sources of benefits to access healthcare. It is impossible to know before beginning what these might entail so the workbook allows each member individually to identify what they have and do; sharing with the group then allows others to learn from what members have done. It is a fully mutual aid process and one that builds skill and esteem in members as they proceed. If the workbook section is completed before the end of this session Section Two can be begun as needed.

Session 7: Obstacles We Have Encountered

Session Seven may begin during the previous meeting but will likely take a full 45 minute session itself. This session asks members to review the obstacles identified in the workbook and to

explore in pairs or small groups what they have each experienced in this area. Members will also be called upon to bring together what they share in small groups to bring the whole group into an understanding of what they have been facing, concerned about and struggling with in their person pathways to healthy living and recovery. The mutual sharing of struggle brings the group closer together and normalizes the difficulty in achieving healthy living for all people.

Session 8 (or Session 8 and 9): Seeking Solutions and Finding Resources

Session Eight is the most likely session that could take more than one meeting in order to complete. The group will be brainstorming and bringing ideas about what information and where that information can be found so that the issues that they have identified as important can have a plan developed to address obstacles or challenges to maintaining their good health. Members may identify places and ways to support their health progress. All of it will be developed out of the sharing in the group and captured in the workbook.

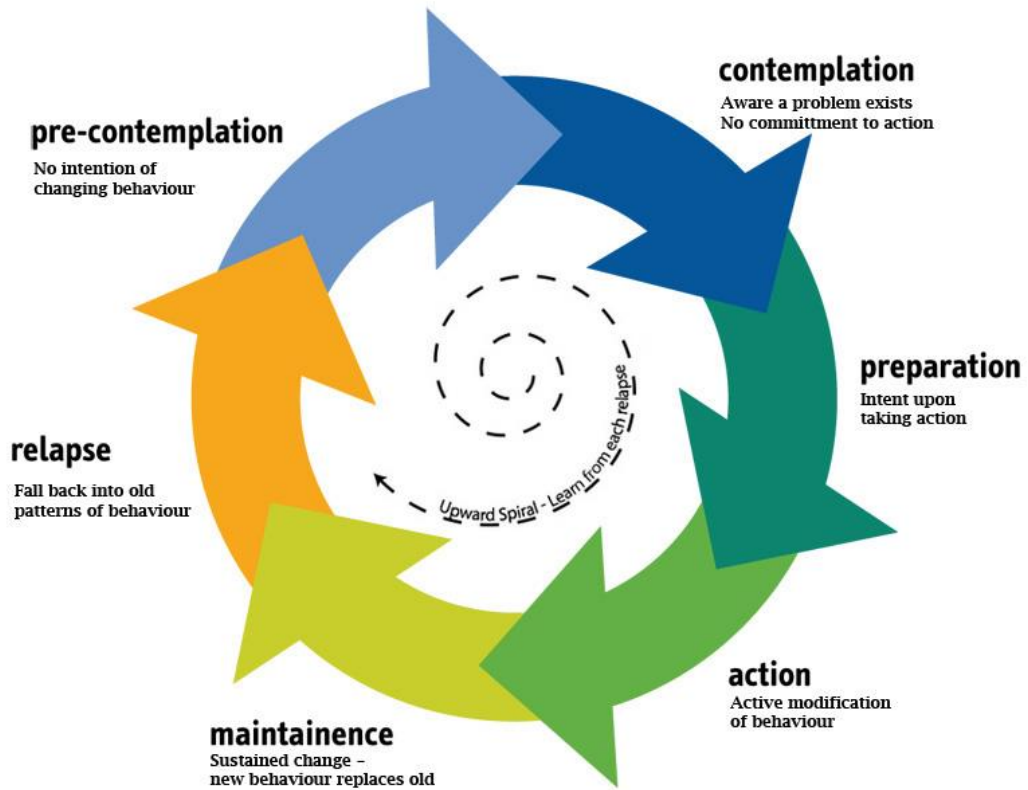
Session 9 (or Session 10 and 11): Making a Plan

In Session 9 (or 10 if the meetings have expanded), the members will identify plans that they will make to achieve goals for their personal health that they may now have identified as important and developed a list of potential resources to solve. The building of the plans will be based on the sessions that lead up to this one in that they will have identified a problem or areas of concern, will have identified the obstacles they believe stand in the way of health and recovery and will have already named some resources to solve. The practice through the course of the workshops is to move participants through stages of change from pre-contemplation to contemplation and planning so that by the end of this session they are prepared to take action to maintain better health.

Session 10 (or Session 12): Celebrating Our Accomplishments

In Session 10 (or 12 if the meetings have expanded), the members will celebrate their accomplishments over the course of the group and finalize any planning items they wish. The group will be encouraged to consider sharing the materials they have developed with the facilitator to be used with future groups as they participate in their sessions 8 and 9. Ideas they share will help to support other group member's desires to change and, in doing so, make a lasting investment in the good health and lives of others who are looking for healthy recovery.

Stages of Change



Transtheoretical Model of Change
Prochaska & DiClemente