

CNS 771 Assignment 3.2 Wellness Prevention Project

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CNS 771: Clinical Mental Health Counseling

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Rationale

I've met with nine clients in individual counseling sessions in my practicum so far and I've tried to discuss self care with each of them. I've been pleasantly surprised with a general client eagerness to learn more about self care. All of the clients have heard of the term but many have expressed some confusion about the definition and most admit that they do not have an intentionality around providing themselves self care. I think all of my clients will benefit from developing a self care program and periodically discussing this program with me in session. Stronger self care will help them prevent negative outcomes before they occur and improve the disorders they already have.

In order to further strengthen self care, I want to offer a group therapy program focusing on the content of self care. I think group therapy can sometimes help clients make behavioral changes more efficiently than individual therapy sessions as clients motivate each other and hold each other accountable for their mutual desired behavioral changes.

Below is a description of a sequence of the first four sessions of a therapy group program designed to help clients develop and maintain their self care.

Self Care Therapy Group

Session One: Definition of Self Care

- **Goal**
 - Clients will learn about self care and how it can benefit their lives.
- **Objectives**
 - Clients will improve their understanding of the definition of self care.

- Clients will get an initial insight into how others in the group benefit from self care.
- Clients will begin to develop comfort discussing their own self care
- **Methods**
 - Clients will receive a 10 minute description of self care and the benefits associated with it (how it can improve their lives).
 - Each client will be asked to do a self care understanding activity in which they share their understanding of self care
 - Clients will receive a 10 minute description of self care and the benefits associated with it (how it can improve their lives).

Session Two: Confidence building in self care

- **Goal**
 - Clients will develop confidence discussing their self care
- **Objectives**
 - Clients will learn how to conceptualize their self care and explain it to others.
- **Methods**
 - Clients will each be asked to do a self care assessment activity in which each will share a description of their own self care.
 - Clients will be asked to try a new form of self care and to share their experience with it in session three.

Session Three: New Self Care

- **Goal**
 - Clients will learn about new forms of self care

- **Objectives**

- Clients will learn about new forms of self care
- Clients will motivate each other to improve their self care.

- **Methods**

- Clients will do a new self care activity in which they share how it feels to try this new form of self care
- Clients will share their responses to their peers' new self care.

Session Four: Benefits of self care

- **Goal**

- Clients will increase their motivation for self care

- **Objectives**

- Clients will better understand the benefits of self care

- **Methods**

- Clients will do a self care benefits activity in which they share how they feel self care has already benefited their lives
- Clients will have the opportunity to share any accolades about each other's self care

Self Care Websites:

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

<https://wellness.upenn.edu/wellbeing-initiatives/mindfulness-and-self-care-tools>

<https://olgaphoenix.com/self-care-wheel/>

<https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>