

Group Counseling
Sandie Learn

Group Action Plan: Small group counseling for 5th grade girls

Summary: The purpose of the group is to teach effective communication among adolescent girls and to raise an awareness of how to deal with healthy conflict, explore feelings, develop empathy, and promote positive female relationships

Rationale:

- To teach fifth grade girls to communicate efficiently and effectively with one another.

Group Member selection Process:

- The selection process included all fifth grade girls.
- Groupings of six to seven girls for eight weeks.

Objectives:

Salvaging Sisterhood group members will be able to:

- Learn how to maintain healthy friendships with other girls.
- Understand how to utilize conflict management strategies with other girls.
- Develop an appreciation for who they are as an individual.

Goal: The fifth grade female students at David Hill CLC will demonstrate improved relationships amongst peers

Curriculum: Salvaging Sisterhood by Julia V. Taylor, MA

Evaluations Used:

- Salvaging Sisterhood Pre-Group and Post Group surveys to measure a change in student's attitudes on the various subjects discussed in the Salvaging Sisterhood lessons.
- Salvaging Sisterhood group evaluation form

Group Content:

Session	Weekly Topic
1	Introduction to Salvaging Sisterhood, Group Rules
2	Sisterhood Style
3	Friends
4	Mean Girls: Compliments, Constructive and deconstructive criticism
5	Girls Talk
6	Empathy
7	Communication
8	Sisters forever!

Group Composition

Size and demographics:

- Six to seven girls in each group
- One group each grading period
- Three groups total for the 2014-15 school year

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Membership qualifications:

- Fifth grade girls

Selection:

- Fifth grade teachers recommended the group members for each session

Time frame, duration:

- Eight weeks
- Tuesday lunch period
- Approximately thirty minutes

Voluntary: Yes

Closed group: Yes

Location:

- Room 218b
- Ms. Learn's room

Ground rules- for member behavior:

- Listen carefully and treat each other with respect
- What is said in the room – Stays in the room
- Allow everybody to speak without interruption
- If you are hurt or offended by what some one says, tell them, but tell them why it bothers you
- Don't use the specific names of people who are not present
- Additional rules added by group

Contact of teachers and administrators:

- Fifth grade teachers are aware of the group