



Spiritual-Care Groups in a Mental Health Setting

Example of Creation Stories Week 5

Creation Stories from around the World Week 5

Purpose:

To explore creation stories from diverse cultures and religions from around the world for finding value and meaning in the narrative of the other and in one's personal narrative.

Goal:

Using creation stories from around the world, clients will recognize how we are individually shaped by cultural and religious stories and be able to identify how their personal stories shape their own cultural and spiritual identity.

Objective:


To read and discuss an East Indian creation story.

Materials:

- Copies of the East Indian Creation Story (one for each group member)
- A world map
- A story image if available

Procedure:

1. Introduction
 - Welcome and introduce new group members. What are your reasons for choosing this group? What benefits do you hope to gain from participating in this group?
 - Check-in: What is going on with you today that would be helpful for the group to know?
2. Guidelines for group participation:
 - If necessary, remind group of guidelines. Make copies of what was outlined in week 1 and have them available for client use.
3. Group format:
 - Explain the format of the group's weekly sessions for any new members. Skip this if all group members are regulars and familiar with the group's format.
4. Creation Stories: See Creation Story Resources for this week's story.
 - On the world map, find the location of this week's Creation Story.
 - Give each client a copy of the Creation Story and read it aloud.
 - If there is an image to go with the story, show it.
 - Encourage clients to share their comments on the reading: feelings, thoughts, reflections.
 - Discuss the value and meaning of the story. (Use the suggested questions found in the Creation Story Resources.)
 - Invite group members to reflect and share a personal story of something that gives their life meaning and purpose. (Use the suggested questions found in the Creation Story Resources.)



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5. Summary:

- Thank clients for attending and participating in the group.
- Encourage them to return to group next week