



## Spiritual-Care Groups in a Mental Health Setting

### Example of Writing for Spiritual Well-Being Week 12

#### Writing for Spiritual Well Being Week 12

**Purpose:**

This group will engage in writing exercises and prompts that focus on spiritual, emotional, and mental wellness and then use narrative to reflect on one's writing.

**Goal:**

Using writing exercises, prompts and the narrative process, clients will participate in a variety of writing exercises designed to facilitate reflective thinking for insight into one's own spiritual, emotional, and mental well-being and will engage in narratives related to personal insight and discernment.

**Objective:**


To summarize and evaluate the group process and to discuss the value of writing and then reflecting on one's writing.

**Materials:**

- Copies of group evaluation (one for each group member)
- Copies of each group member's learning goals from Week 1

**Procedure:**

1. Introduction
  - No new members since this is the evaluation week
  - Check-in: What is going on with you today that would be helpful for the group to know?
2. Guidelines for group participation
  - Remind group members of guidelines if necessary.
3. Group format
  - Explain the group format for this session.
4. Evaluation:
  - Summarize what was done during the treatment mall session.
  - Give each client a copy of the group evaluation.
  - Invite clients to fill out the evaluation form.
5. Discussion:
  - Discuss the group process
  - What was helpful? What was not helpful?
  - What did they learn from participating in the writing and narrative process?
  - How will they use what they learned in their daily living?



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- Give them their learning goals from Week 1 and ask them to narrate how those goals were met or not met.

#### 6. Summary:

- Thank clients for attending and participating in the group.