

Experiential Solutions **T.E.A.M.**, Inc.

Traini**ng** *through* **E**xperi**en**tial **A**ctivity **M**anagement

T.E.A.M.²

Taking ***E***very ***A***ction to ***M***ee***t*** the ***M***ission

FAMILY LIFE SKILLS/ENRICHMENT PROGRAM

Experiential Solutions is a family life skills program designed to be facilitated through schools, social service agencies, youth organizations, and juvenile justice systems. Through **T.E.A.M.**, families can work on their relationships, problems, discover their strengths, and have fun in the process. By using experiential learning games and activities, the family is required to be actively involved with one another. This makes it possible to observe the family's natural behaviors and provide alternative methods of coping. Experiential Solutions utilizes the Experiential Learning Model, Activities, and Processing/Debriefing of the group's activities. It is designed to promote an understanding of the importance of pro-social behaviors (caring, empathy, reciprocal caring, and interpersonal skills). It provides an opportunity for group members to learn and practice social skills. The program can be modified in a variety of ways to respond to the needs of the families. It is both a prevention and intervention program that is proactive in nature.

OBJECTIVES

- ❖ To provide a safe and trusting environment in which members can discuss their issues related to growth and development as a family.
- ❖ To provide options and alternative techniques for effectively coping with the situations which creates stress in families.
- ❖ To promote an understanding of behaviors which facilitate or interfere with establishing and maintaining healthy family relationships.
- ❖ To explore anti-social behaviors and development of pro-social behaviors.

TOPIC OUTLINE

Introduction (group rules, expectations, confidentiality, contract)
Transition and Change In The Family
Diversity
7 Secrets To A Successful Family
Parenting Skills
Self-Imposed Limitations and Barriers
Feelings/Anger Management
Effective Communication/Assertiveness
Self-Esteem (positive qualities)
Boundaries/Relationships (healthy & unhealthy)
Chemical Dependency
Family (conflicts, values, functional versus dysfunctional)
Value Clarification
Coping with Peer Pressure
Conflict Resolution
Stress & Stress Management
Attitude toward risk and failure
Leadership