

# APPENDIX B

## MATERIALS FOR OPENING AND CLOSING EXERCISES

**Welcome to the Courage Group**

### Group Guidelines and Expectations

- What is said in group stays in group.
- We will respect each other.
- Group will begin and end on time.
- Participation is encouraged but not required.
- No threatening or abusive language will be used.
- No smoking, drinking, or drug use should occur before or during group time.
- Sharing details about specific MST experiences is not expected or required.

**I acknowledge these guidelines and expectations.**

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*(Print and Sign)*

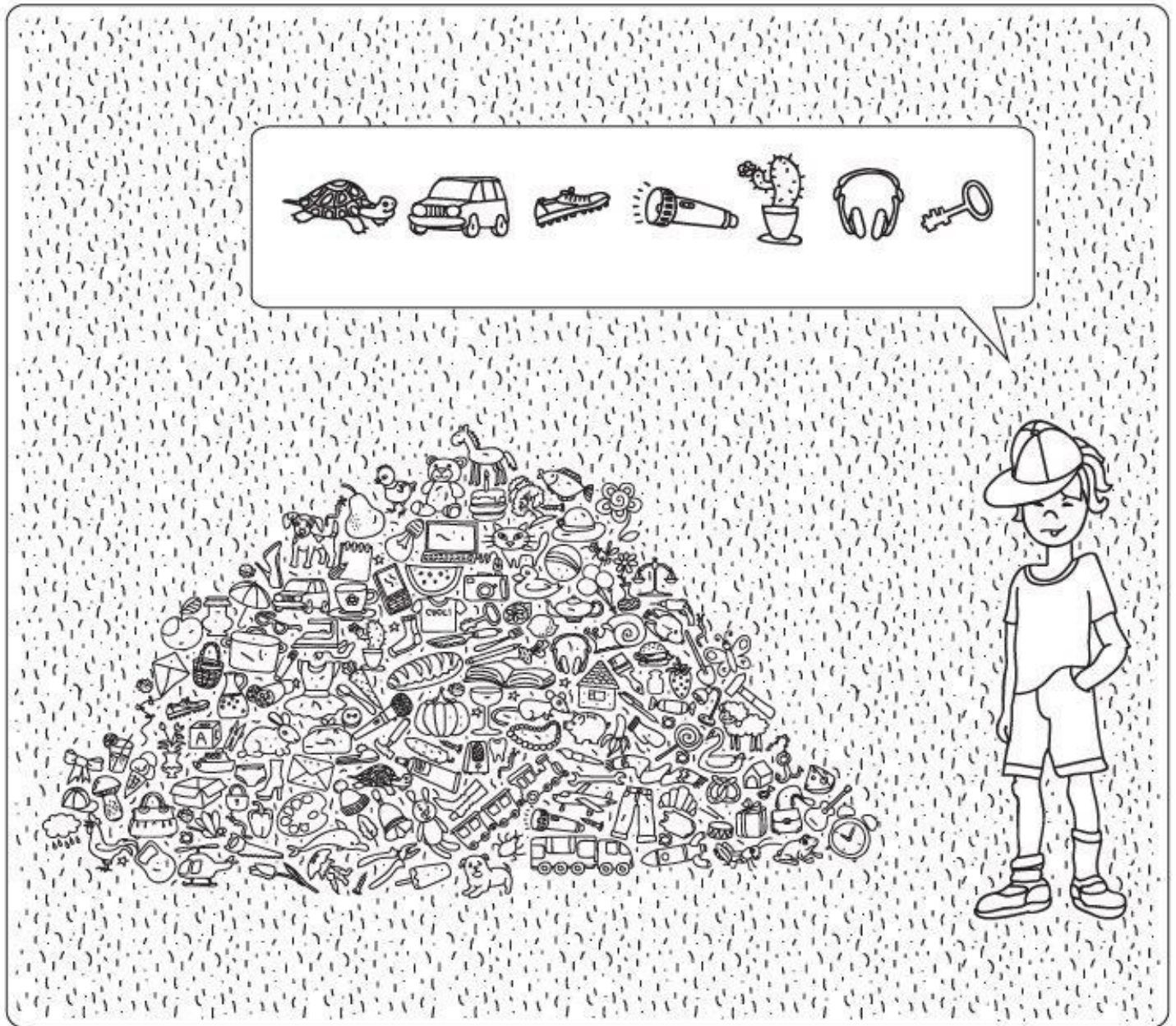
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*(Date)*

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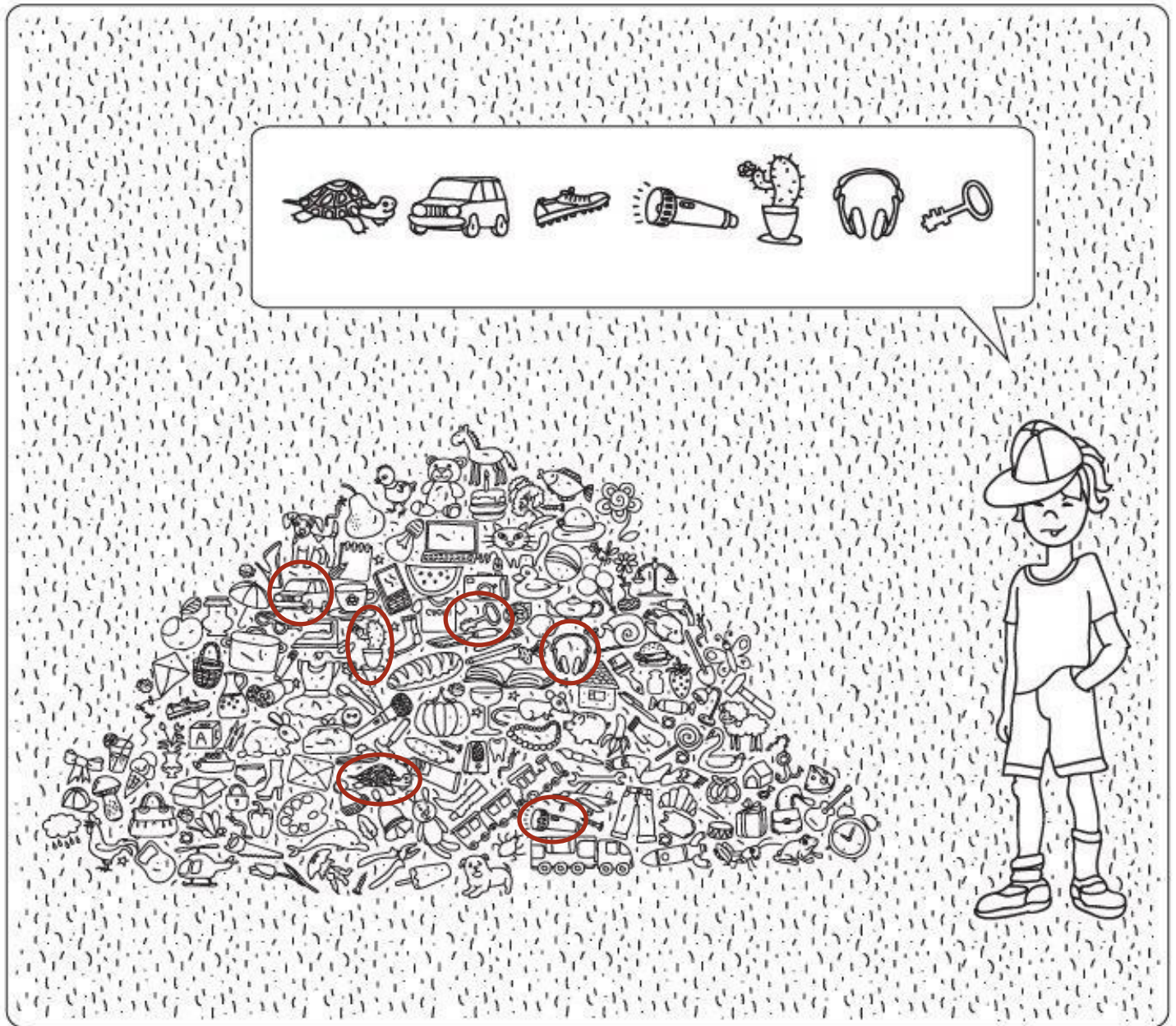
### Hidden Objects Card



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### Answer Key to Hidden Objects



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### The M&M Game Key

**Instructions:** This exercise presents a fun way to discuss treatment progress and skills learned throughout treatment. To play, you will need a bag of M&Ms (or colored paper).

- For every **Red** M&M, say what your biggest accomplishment has been.
- For every **Blue** M&M, name three important skills you've learned.
- For every **Green** M&M, tell the group one important thing you've learned.
- For every **Orange** M&M, finish the sentence “When I think about the person I am today, I am ...”
- For every **Brown** M&M, say what was meaningful about this group experience.

