



### Objectives:

- To consider spirituality in a broader context - a philosophy of life, source of hope, self-actualization.
- To help families increase their awareness of a spiritual meaning to their lives.
- To aid families in evaluating their spirituality and looking at means for enriching their family experience.



### Threads:

- Co-construction of family stories and meanings are based on shared frames of reference and worldview. Helping families articulate this shared frame is an important building block for their family trauma narrative.
- Families often use their faith to help make sense of bad things that happen. Often parents have a hard time talking with their children about this. This session helps provide structure and vocabulary for that communication.



### Preparation:

- Send out postcard to remind families of group.
- Prepare all materials.
- **Print and cut out petals using Petal Template.**
- **Prepare Word Flower poster (see instructions in Activity 2).**
- Food and facilities planning and preparation.
- Decide on facilitators' roles.
- Update on the status of each family in the group.
- Anticipate any problems that might arise during the session.



### Homework Due:

- Sources of Spiritual Support/Spiritual Assessment



### Session Overview:

Activity 1	Family Meal	30 Minutes
Activity 2	Spirituality Word Flower	15 Minutes
Activity 3	Value Assessment and Family Banner	65 Minutes
Activity 4	Closing	10 Minutes



### Homework to be Assigned:

- None



### Materials:

Tables (1 for each family)  
Centerpieces  
Nameplates and session schedules (1 for each family)  
Place settings/Napkins  
Nutritious meal/Drinks  
Poster board (1)  
Yellow petals (5 for each family) Printed and cut out  
Pens/Pencils/Markers/Crayons  
Glue/Tape  
Songbook  
Musical instruments  
Banner materials (felt, fabric glue, wooden dowels, yarn or rope, decorative materials)  
Scissors  
Camera  
Job charts and star stickers (1 pack for each family)



### Handouts:

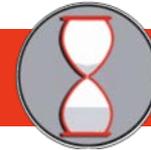
Conversation Prompts	M2.S8.Prompts
Sources of Spiritual Support	M2.S8.Spiritual.Support
Spiritual Assessment	M2.S8.Spiritual.Assessment
Spirituality Word Flower Instruction Sheet	M2.S8.Word.Flower
Petal Template	M2.S8.Petal
Our Family Values	M2.S8.Family.Values
Phone Tree	M2.S8.Phone.Tree
Family Rating Form	M2.S8.Feedback
Contact Sheets	M2.S8.Contact.Sheets
Participant Log	M2.S8.Log
Clinician Rating Form	M2.S8.Clinic.Measures



### Posters:

Rules Poster	Group.Rules.Poster
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## Activity 1: Family Meal

30  
Minutes**Goals:**

- To facilitate an intimate family interaction.
- To increase awareness of the importance of routine within each family.

**Materials:**

Tables (1 for each family)  
Centerpieces  
Nameplates and session schedules (1 for each family)  
Place settings/Napkins  
Nutritious meal/Drinks  
Video camera, remote microphones, and tapes [Research groups only]

**Handouts:**

Conversation Prompts

**Posters:**

Rules Poster

**Instructions:**

Facilitators prepare room by setting tables (one for each family). A simple centerpiece for each table is a nice touch. A nameplate and schedule for the session's activities are also placed on each table. Hang poster with group rules listed in a prominent place where all the families can see it.

Food should be pre-cooked and ready to serve. Food can be served buffet or family style.

**Latino Adaptation:** Facilitators welcome families at the door and engage in small talk with families before start of group.

Parent(s) gather their children around a table and share a meal together. Before serving the food:

**Lead Facilitator:** *Estamos tan felices de tenerlos de regreso con nosotros esta noche. Vamos a comenzar.* We are so happy to have you back with us tonight. Let's begin.

Refer to poster of rules and review.

Ask each family the following question: *Bueno, ¿está pasando algo que pueda impedir la participación de su familia en el grupo de hoy?* So, is there anything going on right now that might get in the way of your family taking part in today's group?

*Esta sesión se enfocará en su sentido de la espiritualidad. Entonces, vamos a comenzar.* This session focuses what you believe in or your sense of spirituality. So, let's get started.

**Co-Facilitator** \_\_\_\_\_: *Primero, vamos darle las gracias a nombre de cocineros por preparar esta maravillosa comida. Por favor pasen a servirse. Padres, pueden servir primero a sus niños y luego prepararse un plato para ustedes.*  
*First let's thank name of cooks for fixing this wonderful meal. Please help yourselves to some food. Parents, why don't you serve your children first and then make a plate for yourself.* Parent(s) should be encouraged to serve their children and then themselves.

**Co-Facilitator** \_\_\_\_\_: *Para ayudarlos divertirse durante la comida [o cena], pueden preguntarse estas preguntas entre ustedes o conversar sobre las ideas en estas tarjetas.* To help your family have a good time during dinner, you might want to ask each other these questions or talk about the ideas on these cards. Hand out conversation prompts.

**Note 1:** Facilitators encourage and model appropriate conversation, sharing, and supervision of children. Facilitators try several methods to stimulate conversation including joining the family and modeling or use of conversation prompts. A facilitator might stop at the table of a family and offer encouragement, praise, and suggestions for managing different situations (behavior management, cueing, discipline). Work with families on interactions/behaviors occurring “in the moment”. Remember to be sensitive to and empowering of the parent(s).

**Note 2:** One facilitator should take on the role of process monitor making sure that the session runs smoothly and proceeds in a timely fashion. The process facilitator should encourage families to start finishing their dinner and cleaning up their tables after about 20 minutes to make sure that this activity is finished within 30 minutes and the group is ready to begin the next activity on time.

## Activity 2: Spirituality Word Flower



15  
Minutes



### Goals:

- To expand the range of images associated with spirituality.



### Materials:

Poster board  
 Yellow petals (5 for each family)  
 Markers  
 Tape



### Handouts:

Word Flower Instruction Sheet

**Instructions:**

Word Flower Activity: A brainstorming activity in which the entire group identifies words associated with spirituality.

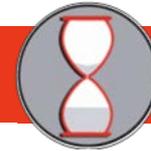
On a sheet of poster board, draw a large circle. Fill in or color the circle, if you want. In the middle of the circle, write the word “Spirituality”. Hang the poster on the wall in a central location in the room. This can be done before the start of this session.

In yellow construction paper, cut out 30 petals. Hand out 5 petals and a marker to each family.

**Lead Facilitator:** *Es el momento para nuestra primera actividad. Vamos a pasar la sesión en la espiritualidad. Lo que queremos decir es “creencia personales o valores que nos dan un sentido de estar cerca de la naturaleza y el universo y nos ayuda a encontrar significado en las cosas que suceden. Quizás para usted, la espiritualidad incluye un poder más alto o poder que le da fuerza y le ayuda a dirigirse”. Cada uno tiene ideas diferentes sobre lo que significa la espiritualidad. Queremos comenzar averiguando que significa la espiritualidad para cada uno de ustedes y a este grupo. Piense por un minuto en su sentido de la espiritualidad. Hable con su familia sobre ello. Entonces anote cinco palabras, uno en cada uno de estos pétalos, en las que usted piensa cuando piensas en la espiritualidad. Cuando todos hayan anotado sus palabras en los pétalos, añadiremos los pétalos a la flor de palabra. It is time for our first activity. We are going to spend the session on spirituality. What we mean is “personal beliefs or values that give us a sense of being close to nature and the universe and that help us find meaning in things that happen. Maybe for you, spirituality includes a higher power or force that gives you strength and helps to guide you”. Everyone has different ideas about what spirituality means. We want to start by finding out what spirituality means to each of you and to this group. Think a minute about your sense of spirituality. Talk with your family about it. Then write down five words, one on each of these petals, that you think of when you think about spirituality. When everyone has written down their words on the petals, we will add the petals to the word flower.*

Give the families time to think, talk, and write. *Ahora, ¿quién quiere poner el primer pétalo sobre la flor? A usted y su familia, la espiritualidad significa \_\_\_\_\_.* *¡Gran trabajo!, vamos a añadir ese pétalo a la flor.* Now, who wants to put the first petal on the flower? To you and your family, spirituality means \_\_\_\_\_. Great let’s tape that petal to the flower. Allow each family to tape all of their petals to the flower, saying the word as they put each one on.

## Activity 3: Value Assessment/Family Banner

65  
Minutes**Goals:**

- To aid families in evaluating their spirituality and looking at means for enriching their family experience.
- To share and learn about sources of hope from others.
- To understand what individual family members need for support.
- To aid family discussion and adoption of shared values.
- To depict an aspect of the family's spirituality and to display this image.
- To help families put their shared values into action.
- To develop family traditions or routines that support their shared values.
- To facilitate discussion, cooperation, and support in and between families.

**Materials:**

Pens/Pencils/Markers/Crayons  
Banner materials (felt, fabric glue, wooden dowels, yarn or rope, decorative materials)  
Scissors  
Songbook  
Musical instruments  
Camera

**Handouts:**

Our Family Values

**Instructions:**

**Lead Facilitator:** *Ahora vamos a pasar un tiempo hablando sobre de lo que la espiritualidad y las creencias significan para su familia. Este es una actividad larga así que tomaremos a los niños más jóvenes a otro cuarto para un [sing-a-long].* Now we are going to spend some time talking about what spirituality and beliefs means to your family. This is a long activity so we will take the youngest children to another room for a sing-a-long. Please have your young children line up at the door.

*La semana pasada le pedimos que hablaran juntos acerca de como usted practica su espiritualidad, llenaran folletos con las maneras diferentes marcadas, y los regrese con usted esta noche. Permita cada familia que trajo el suyo que lo demuestre al grupo sosteniéndolos sobre su mesa para que todos los vea.* Last week we asked you to talk together about how you practice your spirituality, fill out forms with the different ways marked, and bring them back with you tonight. Let each family that brought theirs back show the group by holding them up at their table for everyone to see.

*Tenemos otra manera para usted hable acerca de su espiritualidad y valores de familia.* We have another way for you to talk about your spirituality and family values. Hand out “Our Family Values”.

Families talk about what they have learned about their spirituality and values. Each family decides on a list of values that they all believe in and can share. Families complete handouts, encouraging active participation by all. Facilitator provides example and instructions (15 minutes).

**Co-Facilitator** \_\_\_\_\_ : *Ahora que han pasado un tiempo hablando de la espiritualidad y valores de su familia, van hacer una bandera que lo celebra. Tenemos todos los materiales para usted. Primero, deben de conversar y decidir en un mensaje para su bandera.* Now that you have spent some time talking about your family's spirituality and values, you are going to make a banner celebrating it. We have all of the materials for you. First, you need to discuss and decide on a message for your banner. Each family discusses their banner message and design. Families proceed with task of banner production. Adults direct this task and insure maximum participation by all.

Young children return and help finish and display banners. Families hang their completed banners on the wall beside their table. Take pictures of families with their banners. (35 minutes)

**Lead Facilitator:** Finally, have families look at "Family Values and Family Life". Families develop a ritual or routine around the message on their banner. Each family uses the family planning tools to plan such an event. (15 minutes)

**Co-Facilitator (Younger Child and Baby group)** \_\_\_\_\_ : *Hoy vamos a hacer música y cantar canciones. ¿Quién tiene una canción favorita que les gustaría compartir? ¿Hay una canción que a su familia le gusta cantar juntos?* Today we are going to make music and sing songs. Who has a favorite song that they would like to share? Is there a song that your family likes to sing together? Children can share favorite songs or important family songs. They can play instruments along with the singing. The children return to their families after 45 minutes.

## Activity 4: Closing



10  
Minutes



### Goals:

- To increase sense of group cohesion.
- To practice planning and implementation of rituals and routine.
- To assure continuity from one session to the next.



### Handouts:

Phone Tree  
Contact Sheers

Family Rating Form  
Participant Log  
Clinician Rating Form



### Instructions:

**Lead Facilitator:** *Queremos agradecer a todos por participar en el grupo de esta noche. Es momento de finalizar esta sesión y, al final de cada grupo, haremos unas cuantas cosas para terminar el grupo y para prepararnos para el próximo grupo. We want to thank everyone for taking part in tonight's group. It is now time to finish this session and at the end of every group, we do a few things to end the group and to get ready for the next group.*

**Co-Facilitator** \_\_\_\_\_: *¿Hay algo que todavía necesitamos hacer para finalizar las actividades de esta noche? Quiero dejarle saber a cada familia que hicieron un muy buen trabajo. Is there anything that we still need to do to finish tonight's activities? I want to let each family know what a good job they did. Tell each family, or a family member, one thing that they did especially well.*

**Co-Facilitator** \_\_\_\_\_: Introduce and review the topic for next week. *La próxima semana hablaremos sobre las cosas que interfieren en las actividades planeadas. Aquí están las copias suplementarias de su tabla de trabajos (o tabla de tareas) y más etiquetas adhesivas de modo que usted pueda seguir trabajando juntos para completarlos todo. Next week we will talk about things that get in the way of planned activities. Here are extra copies of your job chart and more stickers so that you can keep on working together to get everything done.*

**Lead Facilitator:** *Queremos asegurarnos que nos mantengamos en contacto durante la semana, así que sigan con el Sistema de Amigos o el Árbol Telefónico. Ahora, concluyamos con el ritual final. We want to make sure that we stay in touch during the week, so let's continue to try the Buddy System or Phone Tree. Now, let's end by closing rituals. Families share closing rituals, if desired. Cue families to acknowledge the end of group to other family members as well. Por favor completen su formulario de evaluación ahora y luego entréguenlo. Gracias. Please complete your family rating form now and hand it in. Thanks.*

**Facilitators complete participant log and clinician rating form.**



### Homework to be Assigned:

- None